# Our Coaching is EPIC

An Up2Us Sports Program to use Coaching and National Service as pathways to meaningful careers.



### **Mission**

Engage, train, and support youth sports coaches to transform youth, programs, and communities.

# **Track Record**

- Founded in 2010
- Only national service (Americorps) program focused on coaching
- Placed nearly 4,000 coaches in 22 U.S.
  Cities
- Engaged 619,649 youth in sports programs
- Recipient of 11 Federal and State grants for promoting health and wellness among atrisk youth



## **Our Reach Across The Country**



## What Our Coaches Are Saying....



"Coaching made me realize that I have valuable skills I can use to build a career."

"What next after AmeriCorps? I'm ready!"



"I want to take what I learned from Up2Us Sports and find a job... build my future."



"Being an Up2Us Coach teaches you to value teamwork, leadership, and commitment. Now, I look at corporate America and say, I can do that!"

# Introducing Our Career Readiness Program: "Experience EPIC"



Experience national service



Prepare & invest in your future



Explore career pathways



Connect to employers

#### Experience

National Service as an Up2Us Coach

Identify, train, and place young adults to support communitybased youth sports organizations across the U.S.

- Up2Us Sport Coaches are ages 18-24; 90% are BIPOC; and 74% are from underserved communities.
- Serving as an Up2Us Sport Coach for 1-2 years is their first professional experience.
- Coaches develop "soft skills" including leadership, teamwork, SEL, DEI, etc.
- Coaches distinguish themselves for their commitment to national service.

#### Explore

Different careers through active, self-driven activities that include professional goal setting and/or post-secondary education.

- <u>Career Planning & Self Development:</u> Personalized career goal setting and individual plans to leverage the various services offered by Up2Us Sports.
- <u>Career Communities:</u> Curated content and connections related to career goals, interests, or aspirations.
- <u>College Campus Tours</u>: Opportunities to explore four year and community colleges in fields of interest.

#### Prepare & Invest

In foundational skill development to effectively transition into the workforce and/or college.

- <u>Essential Skill Development:</u> Communication, Collaboration, Creativity, Critical Thinking, Time management, Leadership.
- <u>Mindset & Leadership Development:</u> Growth Mindset, Self-Management, Problem Solving, Decision-making.
- <u>Transitional Knowledge</u>: Personal Financial Literacy, Resume Writing, Interviewing, Building a network, College Access & Admissions.
- <u>Investment of Eli Segal Education Award</u>: Counseling on how to maximize scholarships offered by federal government for national service members.

#### Connect

To a network of professionals who need your skills, motivation and drive in their workforce.

- <u>Career Mentoring:</u> 1-1 or group mentoring.
- <u>Job Shadowing:</u> Brief worksite visits to spend time with individual employees.
- <u>Internship Research:</u> Establish network to gain experiential learning opportunities.
- <u>Corporate Residency:</u> Extended worksite visits to learn about various occupations across a company coupled with mentoring and/or skill development opportunities.

Become an Up2Us Sports Career Champion

- Assist with career exploration activities.
- Host a career readiness training or corporate residency.
- Record a skills-building workshop for our selfpaced learning library.
- Support career portfolio development by providing cover letter/resume feedback and engaging in mock interviewing.
- Provide Jobs and/or Internships.
- Become a professional mentor or link us to your company's existing mentoring program.



# TOGETHER WE CAN ACCOMPLISH MORE

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