



# Portland Community Squash 2018-2019 Report Card

## Who We Are

**11** STAFF MEMBERS **70** VOLUNTEERS

**250** MEMBERS **227** STUDENTS

## Enrollment by Program

*Students may enroll in multiple programs*

### 100 ELEMENTARY SCHOOL STUDENTS

PCS works with elementary school students two days per week. Most elementary school students come through a partnership with LearningWorks.

### 110 JUNIOR SQUASH LEAGUE STUDENTS

The Junior Squash League draws an intentionally diverse group of MS and HS students. PCS provides financial aid and transportation to ensure that all students can participate in squash and wellness three times per week.

REP\* = **96%** ATTENDANCE = **87%**

### 23 RALLY PORTLAND STUDENTS

After participating in at least one season of the Junior Squash League, students can apply to join Rally Portland, which offers academic support, additional practice, and travel opportunities.

REP\* = **96%** ATTENDANCE = **93%**

### 100 SUMMER CAMPERS

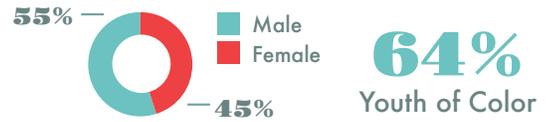
PCS puts on four one-week camps during the summer so that students can play squash and go on daily excursions around Portland and Casco Bay.

## \*WHAT IS REP?

- R**ESPECT ▶ Show appreciation; always support your teammates
- E**FFORT ▶ We work hard and we do it together
- P**OSITIVITY ▶ Greet everyone with a smile and talk positively

*REP is measured on the student level every practice*

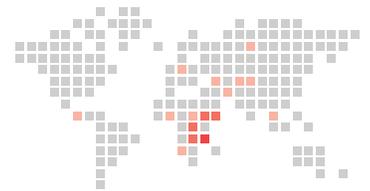
## Student Demographics



**56%** Low-income (qualify for free or reduced lunch)

**41%** First-generation degree-seeking youth

**24%** Immigrants & Refugees



**49%** multilingual youth, speaking Acholi, Arabic, Kinyarwanda, French, Spanish, Kirundi, Urdu, Farsi, Somali, Vietnamese, Khmer, Portuguese, and more

## What We Did

### AT PCS

**525** hours/year squash instruction

**250** hours/year homework help, enrichment, summer STEM

**250** hours/year yoga, fitness, cooking, critical conversation

**700** hours/year van rides

### ON THE ROAD

**8** college visits Middlebury, Dartmouth, Bates, Williams, etc.

**40** enrichment trips Salt Pump Rock Climbing, Portland Museum of Art, Sail Maine, etc.

**10** community service trips Maine Audoban, Yellow Tulip Project, Gear Hub, Maine Coast Heritage, etc.

**14** matches & tournaments MS + HS Nationals, SEA Urban Individual Nationals, etc.

**23** students attending summer camps across Maine

# Student Spotlights



## ASKAR AZEEZ

*Rally Portland, Class of 2024*

Born in Iraq and raised in Maine, Askar joined Rally Portland in the fall of 2017 as a sixth grader. Over the years, Askar has grown in innumerable ways; from a timid newcomer to an outspoken and confident leader, he has developed into a thriving student-athlete. "I got to venture out of my comfort zone and connect with new people," he says of his time at Portland Community Squash. "Rally Portland also helps me with basic skills that help with my learning and expanding my mindset."



## LORIEN FISH

*High School Junior Squash League, Class of 2019*

Lorien joined the Junior Squash League during her sophomore year at Casco Bay High School in hopes of learning a new sport and connecting with peers. Through squash, wellness, and academics, she has enjoyed forming new friendships and strengthening existing bonds. "The support from PCS through college applications, finding a summer job, and high school graduation was extremely valuable," expressed Lorien. This fall, Lorien will attend the University of Southern Maine to study American Sign Language & Interpretation. In reflecting upon her involvement, Lorien states, "I have learned that helping different communities connect and understand each other even through differences will educate and better our world."

# Outcomes

## STUDENT SURVEYS

# 100%

of Rally Portland students reported that the program:

- ▶ helps them focus on postsecondary education
- ▶ challenges them to reach their potential
- ▶ will contribute to their future success

## RESEARCH

Harvard PEAR Institute found that Rally Portland participants showed the most statistically significant improvements in:

- ▶ academic motivation
- ▶ critical thinking
- ▶ relationships with peers

# Letter from the Executive Director

During the 2018-19 school year, our community focused on expanding accessibility and making improvements across all of our programs. Elementary School Squash doubled practice time and transportation. The Junior Squash League reached full enrollment, and we solidified the curriculum for squash, wellness, and academics. Rally Portland is now meeting all the criteria of the Squash + Education Alliance. Membership reached 250 families and now includes Rally Portland families.

The growth is undeniable, but we are determined to do so in a sustainable way. Two keys for continued success are active committees and the Campaign for 100 Scholarships. I feel fortunate for each day that I work alongside our staff and community. Portland Community Squash has allowed Portland, ME, to shine. This summer, PCS is working with US Squash to package our community squash model for 25 emerging squash communities around the country.

Onward and upward,

Barrett Takesian

**I love that my daughters can come here, run around in their hijabs, and be safe and welcomed.**

-MAHMOUD, Parent

# Board Members

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