

MLSE Foundation Monthly Reporting  
Month 3 (September 15<sup>th</sup>, 2016)  
Program Title: “Little Leaders” Character and Leadership Program  
Venue: Regent Park Academic and Sports Enrichment Summer Camps

### **Impact Story:**

#### Regent Park Soccer League

For the past 4 years, Toronto Youth Development’s sport-based initiative, the Regent Park Soccer League (RPSL), has provided children with opportunities to engage in physical activity through organized sport.

This program has been making a difference in the lives of hundreds of enrolled children. The Academy is targeted towards children and youth age 4 – 15, who live in the at-risk area of Regent Park and surrounding communities.

Every Wednesday, Thursday, and Saturday, RPSL holds skill-training, drills, and competitive play for the players. The type of play and activity is dependent on their age group and what stage they are in the Long Term Athlete Development (LTAD) Model.

- The younger kids experience more open play, focused on fun and general motor skills – they run and chase after the ball, learning basic physical literacy such as coordination and direction
- The older age brackets get into more sport-specific skill training and strategy-based techniques such as passing, dribbling, as well as offensive and defensive formations



Children love to play and be physically active; however, the majority of kids do not meet government recommendations of activity per day – 60 minutes of moderate to vigorous physical activity. **RPSL helps children obtain the daily prescription of exercise, improving their overall physical and emotional health, along with TYD’s comprehensive Character Development and Leadership series of workshops.** This provides the fundamental framework of proper formation of the child in order to help them succeed in daily life experiences.



Last Saturday, RPSL held its summer season’s closing ceremonies for the children and their parents. Everyone was treated by Tim Hortons for food and sweets, while Pizza Pizzeria provided free vouchers.

RPSL Fall/Winter Programming is to start this upcoming October with skills training, senior boy games, and many character development/leadership talks.

### Youth Leader Story



**Name:** Shanjida H.  
**Age:** 14  
**Grade:** 10  
**School:** Jarvis Collegiate  
**Career Objective:** Nurse  
**Favourite Subject:** Math

Shanjida is a youth leader who has been volunteering her time at Regent Park Academic and Sports Camp. She is entering grade 10 at Jarvis Collegiate this coming September, and has been working with the kids to help her get out of her comfort zone a bit more. At the camp she had the opportunity to help teach the students individually and as a class. When asked about what skills she had been working on at the camp, she said,

*“My leadership skills really improved because I got out of my comfort zone and stepped up as a leader... [In the future] I want to work on speaking up a little more.”- Shanjida H.*

Shanjida has also been helping out by managing the students during field trips and event days. Working with so many energetic kids can be exhausting, so she said that the kids taught her a lot about the virtue of patience.

*“One big thing that I learned was patience because with kids you need a lot of patience. I gained a lot of patience throughout these weeks.”- Shanjida H.*

She hopes to use this virtue in the future while spending time with her family as well.

*“[I will use patience when] taking care of my siblings, I have to be patient with them and take responsibility.”- Shanjida H.*

Shanjida has been a huge help with making the Regent Park Academic and Sports Camp a great success, and we wish her well in her future academic year.