King County Play Equity Coalition Newsletter
November 25, 2019

Wrap Up of Recent Events

Beyond Coaching Clinic, coordinated by Sports in Schools
The UWCLA presented about State of Play: Seattle-King County to a group of about 30 middle and high school coaches in Seattle-King County region. Other members of the coalition presented on individual topics such as Addressing Trauma & Moral Injury in Sports, Building Powerful Team Culture, Double Goal Coaching, and Keeping Girls in the Game: Inclusive & Engaging Spaces.

King County Play Equity Coalition Meetings

NOVEMBER MEETING
At our November meeting, we heard from Metro Parks Tacoma and the Trust for Public Land (TPL). Read below for more information on these two organizations and work they are doing around play equity.

Green Schoolyards
Metro Parks Tacoma and TPL are partnering along with the Tacoma School District to pilot green schoolyards in Tacoma’s eastside neighborhoods in 2020. TPL recently released an analysis showing that opening America’s public school grounds during non-school hours have the potential to alleviate the problem of park access for almost 20 million people nationwide, including over 5 million youth.

Elementary Afterschool Sports
Metro Parks Tacoma has introduced a program for students K-5 to participate in afterschool sports at their school site. The program is made possible through community partnerships with YMCA of Pierce and Kitsap Counties, Boys & Girls Clubs of South Puget Sound and The First Tee. During the 2018-2019 school year, soccer, basketball, flag football, volleyball, baseball and golf were offered. Scholarships were available, and opportunities for free/reduced rates are available for qualifying students who have a Whole Child Access Pass. The program is partially funded by Tacoma Creates, a voter-approved initiative to increase access to arts, culture, heritage and/or science experiences throughout Tacoma by reducing barriers to access and expanding offerings, particularly for underserved youth.

Key Takeaways
TPL and Metro Parks Tacoma shared three needs for successful partnerships of this nature:
- Public agency involvement
- Public/community interest and activism
- Funding, both public and private

Metro Parks Tacoma’s partnership with the Tacoma School District at all levels, from director and superintendent to program-level staff, is also critical to their success. Continued efforts will focus on, among other goals, a higher rate of student participants on scholarships for sports programs.

NEXT MEETING
Our next meeting will take place in December. See details below, and let us know if you have any questions by emailing playkc@uw.edu.

**Date:** Thursday, December 19, 2019  
**Time:** 1:00pm - 3:00pm  
**Location:** TAF Bethaday Community Learning Space - 605 SW 108th St, Seattle, WA 98146

**On the agenda:**
- Discussion about the definition of Play Equity, including video chat with Renata Simril, Executive Director of LA84.  
- Discussion of King County Parks Levy grants with Kevin Brown and role of State of Play & Coalition to inform development & evaluation

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**King County Play Equity Coalition Blog**

![King County Play Equity Coalition Blog](image)

In *Nature Contact as a Means to Health and Physical Activity,* we explored the benefits of nature contact and barriers that King County youth face in discovering their nearby parks, trails, mountains, and bodies of water. In the most recent blog, *How to Enhance Access to Parks, Nature and Outdoor Physical Activity,* will look into the importance of the built environment in promoting outdoor play, and what regional organizations are doing to enhance access to the robust outdoor recreation opportunities in this region.

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**Organizational Spotlight**

Each newsletter we will spotlight an organization involved with the King County Play Equity Coalition. This week, we highlight **Up2Us Sports.**

Up2Us Sports is the nationwide leader in engaging, training and supporting sports coaches to serve as mentors and role models to youth living in some of America’s most underserved communities. Up2Us Coach is the first national service program to identify and train young adults to coach and mentor kids in low-income communities. Up2Us coaches serve in King County and in dozens of other cities around the country with more than 150 sports-based youth development organizations nationwide. Up2Us Training brings a unique trauma-informed lens to youth sports coaching and trains thousands of coaches yearly.
Upcoming Related Events and Opportunities

Safe Routes to School: Bike and Pedestrian Safety Education
The OSPI Safe Routes to School: Bike and Pedestrian Safety Education (SRTS) program applications are open. The program is made possible by a grant from the Washington State Department of Transportation (WSDOT). The goal of the program is to improve safety and encourage more students in grades 6–8 to safely walk and bicycle to school. The Office of Superintendent of Public Instruction (OSPI) provides training and materials to the funded districts. Current grants totaled approximately $30,000, and are used to purchase a set of bikes, trailers for storage and transport, curriculum, and more. Read more and apply here.

Creating a Healthy Sports Culture: Facilitating Athletes’ Positive Relationship with Food, Body, and Exercise
The UW Center for Leadership in Athletics (CLA) and Opal Food & Body Wisdom will be hosting a free workshop, "Creating a Healthy Sports Culture: Facilitating Athletes’ Positive Relationship with Food, Body, and Exercise," to discuss how coaches, athletic trainers, and those serving young athletes can be positive change agents in the world of sport.

Date: Saturday, January 11, 2020
Time: 9:00 a.m. - 12:00 p.m.
Location: Opal: Food+Body Wisdom, Seattle, WA
Who: Coaches, athletic trainers, athletic department administrators/leaders, and anyone serving young athletes
Cost: Free
Learn more and register here.

Up2Us Training: Change Your Coaching in 7 Words or Less
Up2Us is offering an interactive session that teaches participants a collection of strategies built around phrases, each 7 words or less, that we can actually say to kids to help build meaningful relationships and provide powerful support in and out of the sports context. If you’ve never attended an Up2Us Training, this is a great starting point for coaches, teachers, program level staff, and all other youth development professionals.

Date: Saturday, December 7th, 2019
Time: 9:00 a.m. - 12:30 p.m.
Location: Rainier Community Center 4600 38th Ave S Seattle, WA 98118
Learn more and register.

NACDD/CDC 6th Annual Walkability Action Institute Request for Funding Assistance (RFA) is Now Live
Eight interdisciplinary regional teams will be selected to receive travel assistance to attend this year’s course. Eligibility is restricted to applicant interdisciplinary Metropolitan Planning Organization (MPO; or similar entities) regions within the 16 currently CDC funded State Physical Activity and Nutrition (SPAN) states. Washington is one of these states.

Dates: The RFA period will take place through Friday, December 20, 2019. All applications and letters of support are due by email to NACDD’s Project Lead, Karma Harris by 11:59 pm ET on December 20.
More information: https://www.chronicdisease.org/page/wai
Important note: New this year, in addition to including a regional MPO and public health representative, applicants are required to include a representative from the state Department of Health and the state Department of Transportation on a team. If you plan to submit an RFA, please contact Chris Zipperer, Physical Activity Coordinator, Healthy Eating Active Living Program at the Washington State Department of Health to help coordinate state-level participation in your proposal.
Apply for the Youth and Amateur Sport Grant in January

Applications for the Youth and Amateur Sport Grant open in January 2020. Learn more about the grant and application process on [King County's website](https://kingcounty.gov).

The [Center for Leadership in Athletics](https://uwcla.uw.edu) (Center) develops effective leaders and leadership practices that maximize the positive, educational impact of athletics. If you have any news to share with the Center, please send a message to uwcla@uw.edu.