



LIFE SERVE YOUTH FOUNDATION

2019 Impact Report



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Adam Slone, Founder



Danny Leventhal, Executive Director

From the Founder and Executive Director

On behalf of Life Serve Youth Foundation, we want to thank you for your generous support.

When the organization started four years ago, we could not have realized the full extent of impact we would have on the lives of so many underserved teens. You have been critical to helping us make this difference, and for that, thank you from the bottom of our hearts.

In 2019, for the first time ever, 70 campers attended our camp. The returning teens were excited to see their old friends. For them, camp is their home away from home—a safe and nurturing place filled with excitement. As one camper put it, camp is a “mini family.”

Our teens come from primarily urban areas, and camp gives them the opportunity to expand their horizons. In this nurturing environment, each teen is empowered to unlock their full potential. On the tennis court, they learn that if they work hard, they can achieve anything they set their minds to. This summer we hired two former campers to return as coaches—a special experience for them as they fully realized their leadership abilities. Next summer, we will hire former campers to not only coach, but serve in counselor roles as well.

We are thrilled with the results that we achieved in just two weeks time, and look forward to sharing them with you in this report. Life Serve Youth Foundation has reached a critical point as an organization, and we know that we need to do more. This is why we have embarked on our strategic plan to identify the next steps for our organization, with an ultimate goal is to increase our reach and impact. We look forward to keeping you updated on our progress.

As we look ahead at the future of Life Serve, we are excited by the prospect of how we can add to the impact we have on the lives of so many teens who need us. Thank you again for standing with us, and for your commitment to the teens we serve. We are grateful for your support and we look forward to moving into the next chapter with you.

Sincerely,

Adam Slone, Founder

Danny Leventhal, Executive Director

OUR MISSION

Through the love of tennis and the character-building experience of sleepaway camp, Life Serve Youth Foundation empowers achievement and unlocks the full potential of underserved youth.

137 **UNIQUE TEENS**

have joined us for a transformative summer camp experience since 2016.

70 **TEENS**

campers joined us for the 2019 season, a season high!

100%

of campers reported feeling welcome and included at camp.

“

I am beyond grateful that I was given the opportunity to do this camp this year and the memories I have created here will always be with me.

“

Entering my fourth year of Camp Life Serve, I know the mental and physical health benefits the camp provides and I feel it is greatly beneficial to my summer.

WHY TENNIS?

At Life Serve Youth Foundation, tennis is the pathway for personal growth and development, providing significant benefits for teens:

- **LEARNED WORK ETHIC**—Improvement through lessons or practice reinforces the value of hard work.
- **UNIQUE LEARNING EXPERIENCE**—Tennis teaches discipline, patience, confidence, and concentration in a unique format.
- **BUILDING RESILIENCY**—The teens learn how to recover after a lost point, calm themselves down, and get ready for the next point. The stress of a point and the recovery period between points is similar to stress and recovery cycles in life.
- **STRATEGY PLANNING AND IMPLEMENTATION**—Campers learn how to anticipate an opponent's moves and plan their counter moves.

Ample research indicates how tennis catalyzes academic achievement, health, and social involvement among U.S. adolescents.

Young people who participate in tennis get better grades, devote more hours to studying, think more about their future, and aspire to attend and graduate from college.

Source: USTA Serves Special Report—"More Than a Sport: Tennis, Education and Health"



WHY CAMP?

For thousands of teens with limited financial means, summer can be a time of struggling to find a safe place to play, learn, and grow. Life Serve Youth Foundation provides this safe place for teens.



“Through my training at camp, I became more skilled and confident as a tennis player. This year, I became even more active on my tennis team. I want to continue to improve as an athlete and it is important to me that I continue to play tennis throughout high school.

THE BENEFITS OF CAMP ARE CRUCIAL TO OUR TEENS WELL BEING:

EXPLORING NEW INTERESTS

LSYF encourages teens to choose the activities they'd like to participate in, allowing them to learn something new or learn more about something they are already passionate about.

FITNESS AND WELLNESS

Without the structure and resources that the school year has to offer, teens are at greater risk for weight gain and unhealthy eating habits during the summer.

KEEPING MINDS ACTIVE

Summer programs keep minds active—with a general enrichment summer program, youth return to school in the fall ready to continue learning.

SERVING FAMILIES

Camp is not just a great place for teens to spend their summer—it is a viable option for parents who need some relief too.

BUILDING CHARACTER

Camp enables teens from different backgrounds, schools, and ages to learn from each other and form long-lasting friendships.

DEVELOPMENTAL MILESTONES

Summer programs improve social skills through continued contact with other children and adults, providing a positive outlet for energy and emotions.

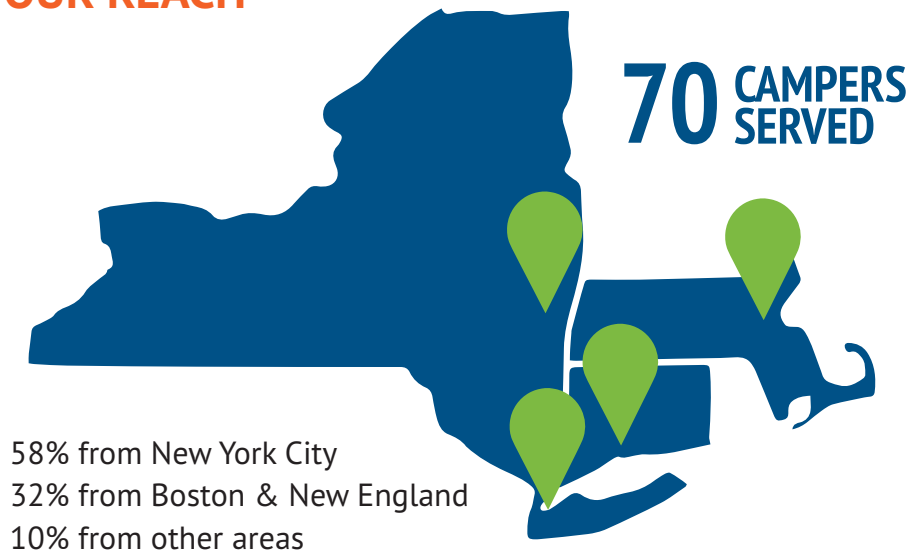
BUILDING CONFIDENCE

According to the American Camp Association, summer programs build confidence and a positive attitude. When teens are part of a team, they grow individually and together.

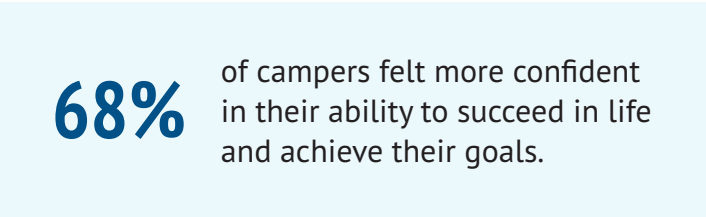
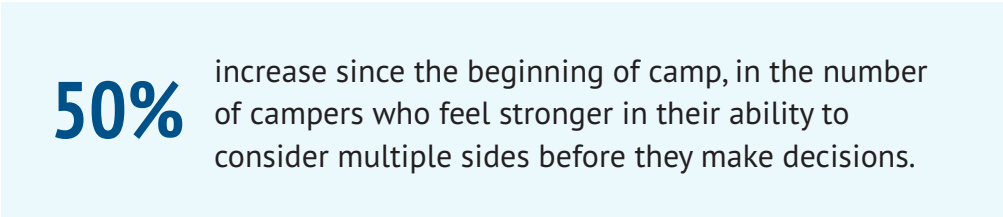
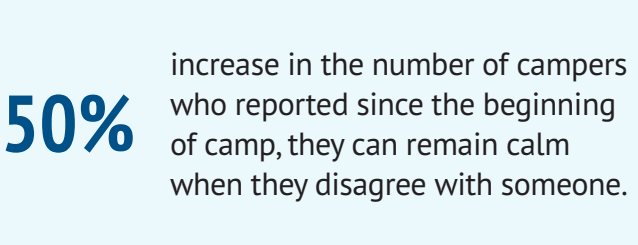
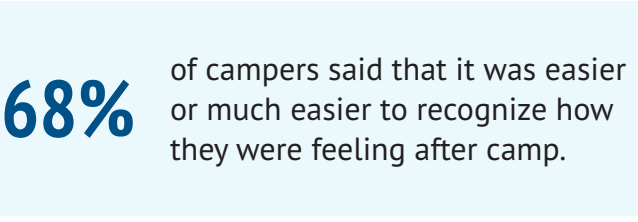
OUR IMPACT

Life Serve Youth Foundation gives underserved teens the opportunity to explore their passion for tennis in a safe and nurturing environment that helps them thrive both on and off the court.

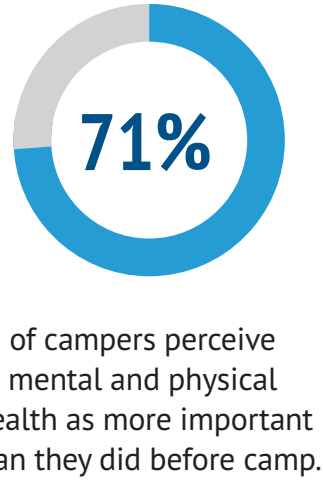
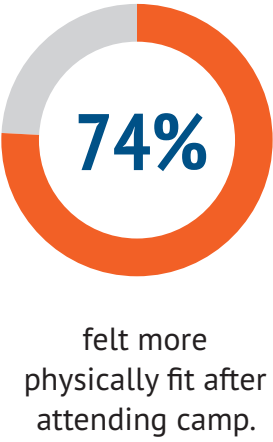
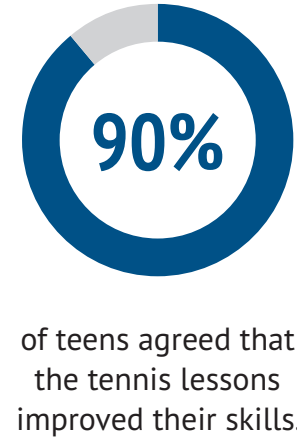
OUR REACH



SOCIAL & EMOTIONAL LEARNING



TENNIS, HEALTH, & FITNESS



“Camp Life Serve has helped me developed as a person. I think that by attending for a fourth time, I can fully enjoy myself, and be surrounded by the people who have changed my life for the better.”

A DAY AT CAMP

MORNING MEDITATION & VALUE OF THE DAY

The teens meditate to set themselves up for a successful day. We also discuss values that are important to us at camp such as honesty, integrity, and responsibility. The teens share how they can carry these values out each and every day.

TENNIS SKILLS & DRILLS

The adults at camp have a significant impact on the teens we serve. This is why we carefully select coaches who are not only highly skilled, but have many years of relevant experience working with teens. They encourage them when they face adversity and offer individualized support to each camper.

Campers are able to improve their tennis skills in a variety of ways:

- Three hours of training daily
- Drills focusing on footwork, shot depth, volleys, serves, and more
- Cardio and fitness training
- Match play teaches sportsmanship and humility

CAMP ACTIVITIES

One of the great advantages of a sleepaway camp is that campers are able to leave urban environments and explore nature. The fresh air, green grass, and peaceful environment are the perfect ingredients to transform their realities.

On a typical day, they may go rock climbing, zip lining, or mountain biking. They can also ride in go-karts or play soccer, softball, or basketball. Some campers may try archery for the first time or dabble in arts and crafts. Many teens will learn how to bake while others will learn to play a musical instrument.

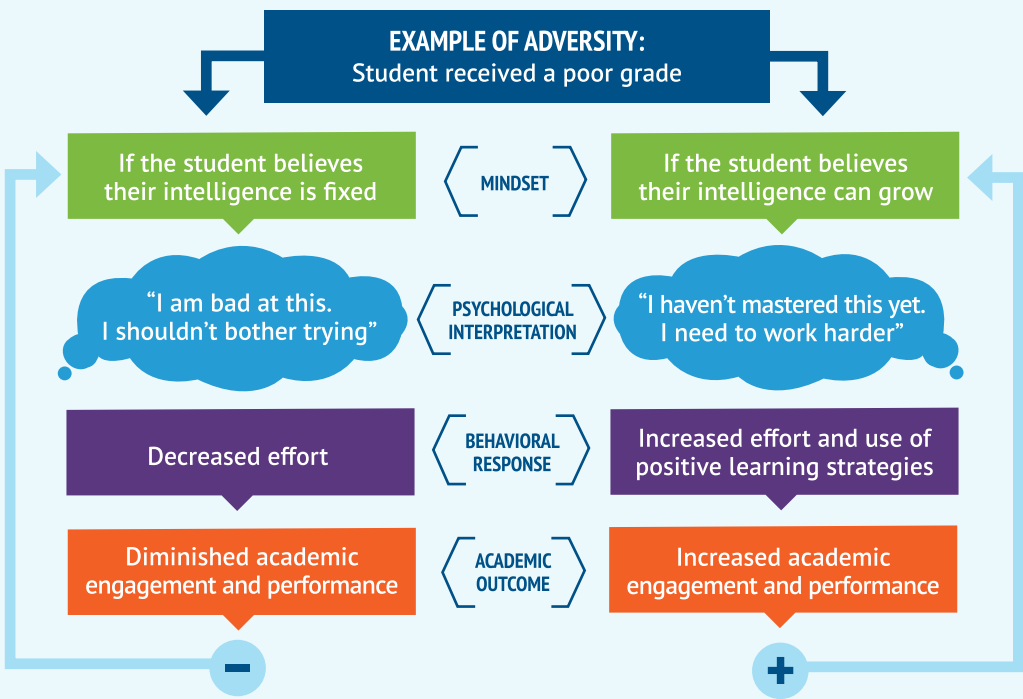


TENNIS & A GROWTH MINDSET

On the tennis courts, we teach a growth mindset. Campers learn that with hard work and dedication, they will improve their tennis skills. They learn that they are not in a fixed state—that they can achieve whatever they set their minds to.

A student’s growth mindset has significant impact on how they experience school and respond to setbacks or adversity.

Chart source: mindsetscholarsnetwork.org



SPECIAL WORKSHOPS

Volley Against Violence: Our very own Board Member Officer Frank Williams brought his colleagues from the Boston and New York Police Department to lead a thought provoking discussion about interacting safely with the police. As many of the teens knew the officers from programs back at home, it was a safe environment to ask anything on their minds.

Yoga: Sondra Loring of the Sadhana Center for Yoga and Meditation joined us at camp to teach yoga to our teens. A special and new experience for most of the campers, they tried new stretches and learned how to listen to and take care of their bodies.





ADDING VALUE WITH PARTNERSHIPS

We have partnerships with 13 organizations that help us serve more teens. They collectively support thousands of teens annually by delivering programming directly to neighborhoods in New York City, Boston and areas in between. We work with our partners to identify which teens in their programs can benefit most from our camp, giving the teens the opportunity to explore a world outside of their cities.

We have learned from them that when the campers return home they are more mature and come back a changed person. The teens return with the belief that “if I can improve that much on my tennis, what else can I do.” By working on their game three hours or more each day, they learn the value of commitment. Throughout the year, the teens learn many life skills and our program offers them the opportunity to build upon these skills and practice them without the supervision of their parents or guardians.

Together, we are able to make a greater difference than any of us are able to make alone.

PARTNER ORGANIZATIONS INCLUDE:

- A Better Chance
- City Parks Foundation
- 15 Love
- Franklin Park Tennis Association
- Highland Park Tennis Association
- Junior Tennis Clinic
- Kings County Tennis League
- Lee Community Tennis Association
- Lincoln Terrace Tennis Association
- Sportsmen’s Tennis & Enrichment Center
- Tenacity



GOAL SETTING

We work with the teens on a regular basis to formulate and set goals using a research-based framework. The campers set a goal they wish to achieve either in camp, or in the bigger picture of their lives. By the end of camp, each child has identified three goals they would like to achieve and has created a plan to reach them.

FUTURE LEADERS

This summer, we invited two former campers, George Arteaga and Isaiah Goldsmith, to return as tennis coaches. They worked alongside their former coaches, Bubla and David. It was incredible to see the confidence and responsibility they each brought to the job each and every day.

SOCIAL AND EMOTIONAL LEARNING (SEL)

Through Social and Emotional Learning, the teens learn social awareness, self-awareness, self-management, relationship skills, and responsible decision making.

Benefits of Social and Emotional Learning:

- Achievement scores are an average of 11 percentile points higher than students who do not receive SEL instruction.
- Improved attitudes and behaviors, greater motivation to learn, deeper commitment to school, increased time devoted to school work, and better classroom behavior.



COLLEGE PREP & FINANCIAL LITERACY

Rebecca Lazarus, a college prep coach for UnCommon Charter Schools in New York, joined us at camp for an engaging college prep session with our teens. The campers asked questions about college applications, choosing schools, and scholarship opportunities. We look forward to learning where they go to college, and cannot wait to support them along their journey.

Financial literacy is not currently taught in many schools—we use the summer time to close this gap. We partnered with D.R.E.A.M. (Developing Responsibly Economically Advanced Model-Citizens) to host a financial literacy workshop for our teens. The teens learned about opening up a bank account, saving for college, creating a budget, and more.



62% of campers agree or strongly agree that by the end of camp, their aspirations to go to college increased.

64% of campers felt that the financial literacy workshop helped them understand how to budget and manage college expenses.

BOARD OF DIRECTORS

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Dan Silver, DanSilver Productions
Sterly Wilder, Duke University
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WE COULDN'T DO THIS IMPORTANT WORK WITHOUT YOU!
Thank you for your generous support. Your kindness allows us to provide this meaningful program for underserved teens.



Empowering achievement and unlocking the full potential of underserved youth.

To make a tax deductible donation please go to: www.lifeservetennis.org/donate

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