



# Portland Community Squash 2022-2023 Report Card

## Letter from the Executive Director

This letter is dedicated to our remarkable staff. Operations Director, Sarah Stickney, did a beautiful job leading the staff and implementing the new theory of change - bringing this multicultural and multigenerational community center to life. Our coaches, Marilu Fortson and Paul French, just passed 10 inspiring years on court, serving thousands of Portland youth. Since starting in 2017, Membership and Finance Director, Elise Malongi, has onboarded and retained 729 families, while managing seven consecutive years of budget growth and operational surpluses. Youth Program Director, Kelsey Goodwin, planned and executed 40 weeks of youth programs for 182 students, maintaining above 90% attendance and near perfect REP (respect, effort, positivity), which speaks to the quality of her programs. When he wasn't tutoring or driving vans, Development Director, Lucas Bruns, exceeded annual fund goals amidst our largest ever capital campaign. Finally, Facility and Events Director, Meirgani Alaari, continues to make PCS more welcoming by engaging the full family with fun events and a beautiful facility.

Even with this talented team, we cannot create opportunities, relationships, and well-being for all of our members with staff alone. Our two-phased, community center approach, empowers new members with staff-guided programs and then encourages them to thrive on their own in self-guided programs. With each new self-guided member, PCS becomes more impactful and efficient. The expanded spaces will move all of our key performance indicators above target in the next two years - pcsquash.com/theory-of-change. Thanks for making this dream a reality.

Onward and upward,

Barrett Takesian

## Who We Are

**8** STAFF MEMBERS      **115** VOLUNTEERS\*

**182** STUDENTS      **348** MEMBERSHIPS

\*10 in classrooms, 70 committee members, 35 mentors

## Our Two-Phased Approach

### Access

PCS programs remove barriers to participation by offering financial aid, transportation, free equipment, home visits, religious accommodations, translated materials, and more.

↓ GUIDED PROGRAMS

### Equity

Every student needs a different level of support. We leverage multiple layers of programming and wrap-around services to meet students where they are and help them move forward.

↓ SELF-GUIDED PROGRAMS

### Cohesion

PCS fosters purposeful inclusion across all lines of difference. We use squash and our mission as common ground to create a second home for everyone.

## Guided Programs

PCS prepares and empowers members during the Guided Phase to take charge of their own growth and development and take advantage of Self-Guided Programs.

**65** FARM TEAM STUDENTS  
Kindergarten through 5th grade and in partnership with LearningWorks  
REP = **100%**      ATTENDANCE = **93%**

**101** RALLY PORTLAND STUDENTS  
REP = **99%**      ATTENDANCE = **89%**

**62** CAMP FISH HAWK STUDENTS  
Camp Fish Hawk (4th-8th graders); Squash Intensive Camp; CIT Leadership Program.

**25** EXTERNAL SUMMER EXPERIENCES  
Overnight and Day Camps across Maine, Swim Lessons, Maine Huts & Trails Excursion.

**40** ACCESS MEMBERS WITH COMMUNITY ADVISORS

**23** ACCESS MEMBERSHIPS IN ADULT CLINICS

## What We Did

### PROGRAM HOURS

**500** hours squash instruction      **200** hours homework help, enrichment programs

**100** hours yoga, fitness, cooking, critical conversation      **700** hours van rides

### ENRICHMENT

College tours, tournaments at PCS, Interscholastics Squash Tournament, Squash and Education Alliance Team and Individuals Nationals Tournaments, Sea Dogs game, career networking, goal setting, team building, squash fitness, cooking + nutrition, and critical conversations.

## Student Demographics

**50%** Male      **2%** Female      **48%** Non-binary      **61%** Youth of Color

**57%** First-generation degree-seeking youth

**60%** Low-income youth

**45%** multilingual youth, speaking Acholi, Arabic, Chinese, Kinyarwanda, French, Spanish, Kirundi, Farsi, Somali, Vietnamese, Khmer, Portuguese, and more

## Adult Demographics

**35%** people of color      **30%** families eligible for Child Care Subsidy Program

**38%** Female      **2%** Prefer not to say      **2%** Non-binary      **58%** Male      **34** Years old median age

## Self-Guided Programs

Members navigate program participation on their own in the Self-Guided phase to pursue pathways to opportunity, relationships, and well-being.

**EVENTS** | **94** ACCESS MEMBERS  
475 event visits, 28% Access Members

**FITNESS** | **51** ACCESS MEMBERS  
1,075 fitness visits, 18% Access Members

**SQUASH** | **86** ACCESS MEMBERS  
7,054 squash visits, 12% Access Members

**LEADERSHIP** | **41** ACCESS MEMBERS  
66 leadership visits, 63% Access Members

**CAFE/STUDY** | **33** ACCESS MEMBERS  
81 study visits, 90% Access Members

## Student Spotlight



**HAFSO MIRE**

*Rally Portland, Class of 2027*

My family and I have been a part of PCS for 5 years now. I love squash, the staff, but most of all the community of friendships I have here. I am excited for PCS to expand and for my siblings and mom to be more involved in all the programs that PCS has to offer.

## Outcomes

### STUDENT SURVEYS

The Holistic Student Assessment (HSA) showed that Rally Portland students showed the most statistically significant improvements in:

- Action orientation
- Reflection
- Critical thinking
- Assertiveness

<b>Board Members:</b>	<b>Directors:</b>	<b>Board Committees:</b>	Expansion Design
<b>Hawley Strait</b> Chair	Ruweda Ali	Development	Investment
<b>Brooke Teller</b> Vice Chair	Emily Birchby	Executive	Long Range Planning
<b>Amy Ford</b> Treasurer	Greg Born	Facility	Membership
<b>Adam Edwards</b> Secretary	Adam Edwards	Finance	Policies
	Andrew Emmons	Governance	Social Services
	Harvey Klugman	<b>Working Groups:</b>	Squash Ball
	Beth Lowenstein	Art + Brand	Scholarship Campaign
	Chris Lutes	Coastal Challenge	Youth Programs
	Megan Savage	Corporations + Grants	
	Sandy Spaulding	Competition	

PCS has a leading Theory of Change guiding our programmatic work: <https://www.pcsquash.com/theory-of-change>

Follow along the progress of the PCS Community Commons Campaign: <https://www.pcscommons.com>