



Portland Community Squash 2022-2023 Report Card

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.

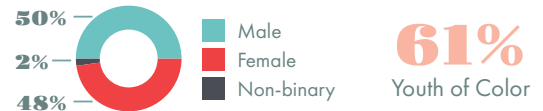
Who We Are

8 STAFF MEMBERS **115** VOLUNTEERS*

182 STUDENTS **348** MEMBERSHIPS

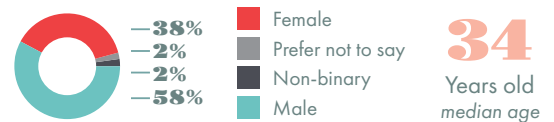
*10 in classrooms, 70 committee members, 35 mentors

Student Demographics



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

Adult Demographics



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.

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

Our Two-Phased Approach

Access — GUIDED PROGRAMS —→ **Equity** — SELF-GUIDED PROGRAMS —→ **Cohesion**

Youth and adults represent the diverse demographics of Portland. Access means: transportation, financial aid, programs from elementary school to retirement, meeting students where they need the most support.

Youth and adults have the knowledge, support, and skills to thrive. Equity means: youth and members know the pathways for their personal success— whatever that looks like for them; strong relationships across the community of youth, adults, and staff; and the skills to support lifelong health and wellbeing.

Youth and adults feel a sense of belonging and empowerment. Cohesion means: over time, youth and adults have spent significant amounts of time as members of PCS and develop strong relationships across lines of cultural, age, religion, and political difference.

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

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