



**Date:** May 8, 2008  
**To:** WCPSS Health and Physical Educators  
**From:** NetWorks Basketball, Inc.  
**Subject:** BC Character @ Work Through Physical Education Grant Program

NetWorks Basketball, a nonprofit 501(c)3 community organization, is pleased to announce our 2008-09 **BC Character @ Work Through Physical Education** grant program. Elementary schools in the Wake County Public School System, grades 3-5, are eligible to apply.

The NetWorks grant program seeks to expand our existing before and after-school Ballhandling Clubs (BC) that are currently operating in 15 WCPSS elementary schools. BCs are designed to supplement the NC Healthful Living Standard Course of Study (see Appendix).

Started as a pilot program in 2006-07 with seven WCPSS schools, the BCs expanded to 15 schools and over 700 students this year and will grow to 20 schools for 2008-09. In future years, NetWorks Basketball is seeking to expand the program statewide and nationally through demonstrating the program is proven to impact positive student outcomes. This novel program is effective with teaching character from the “inside out” by building positive character traits in children through the physical, mental and emotional activity of developing ballhandling skills while learning to be a contributing member of a task-oriented team.

*“...their participation [in the BC program] has helped their self-esteem and sense of belonging, which carries over to the classroom.” WCPSS principal, February 2008*      *“Sports are valued highly in society [and] NetWorks is a positive resource to teach life skills....Many of the skills the students learn will be used when entering the work force.” WCPSS Physical Education instructor, February 2008*      *“Our kids have done a great job. Most have made it to every practice, and office referrals for behavioral issues have decreased. Their self-esteem has soared, and they are so excited when Wednesday comes!” WCPSS assistant principal, March 2007*

A BC program provides physical educators with a simple, systematic fun instructional approach focused on practical strategies and techniques to enhance physical movement and exercise, self-esteem and motivation, character development, and interpersonal relationships. Requiring just 10 hours per month over 5 months (20 practices with 2-4 performances), BCs are entirely free to WCPSS. Each participating student receives a ball, sports bag and team shirt, and the physical education instructor is supported for extra-duty responsibilities with a \$500 stipend.

All interested schools must submit a grant application, including those with current BC programs. Applications will be competitively judged by NetWorks Basketball with grants expected to be awarded to 20 WCPSS elementary schools. In order to be eligible, the physical education instructor and principal must agree to the requirements and expectations described in this request for proposals.

NetWorks is excited to team with talented, motivated educators committed to their professional development, the improvement of student achievement and character, and the reality that Character Matters. Thank you for all you do for our students! **Please submit your grant proposal by 5:00PM, June 12<sup>th</sup>, 2008.** Specifications on how to complete a grant proposal are provided in the attached Request for Proposals.

If you have any questions, contact Mike Hollis, President, at NetWorks Basketball (233-8801, [mikehollis@NetWorksbasketball.com](mailto:mikehollis@NetWorksbasketball.com)). Also, you may visit the NetWorks Basketball website for more information on the BC program at [www.NetWorksbasketball.com](http://www.NetWorksbasketball.com)



## **ABOUT THE NETWORKS BASKETBALL BALLHANDLING CLUBS**

The NetWorks Basketball **BC Character @ Work Through Physical Education** program is designed to positively impact the character development, physical fitness, socialization, and enjoyment of youth. The BC mission is to bring about transformation in “body” (physical exercise), “soul” (character education) and “mind” (academic development). Through the physically enjoyable activity of ball handling and working together as a team, children learn how to pursue improvement from the “inside-out.”

Currently, the BC program is designed for students in grades 3-5 with up to 45 students from these grades participating in a club. The club operates before or after the regular school hours.

Each school designates one individual to be the contact and Coach for their BC program, usually the health educator or physical education instructor. NetWorks Basketball provides training for these individuals and volunteers from the school. The training includes the BC curriculum which outlines activities for each BC practice session, and indicates how these activities align with the NC Standard Course of Study and supports the development of character education traits.

### **Expectations**

- Student Expectations
  - Come to practice, do the work, have fun!
  - At home, continue with practice exercises and have fun!
  - Show up for performances, show off, and have fun!
  - Schedule
    - 5-month season (October thru February)
    - 20 weekly practice sessions; 75 minutes per session; before or after school
    - 2-4 performances during the year (each performance counts as a practice session). Performances may be before the student body, the school PTA, a parent’s night, or a community group.
- BC Coach Expectations
  - Participate in BC certification training (8 hours before BC season; 6 hours during BC season). Certification training is provided outside school hours at a common location in the county.
  - Administer the BC program – keep attendance, direct activities, ensure all children are safe; support program evaluation activities
  - Conduct 20 BC sessions, one per week, during the period October thru February.
  - Organize and conduct 2-4 performances.

NetWorks Basketball provides every student enrolled in the BC program their own basketball, carry-all bag, and T-shirts. NetWorks Basketball also pays a \$500 stipend to the BC Coach at each school to reimburse in part expenses for participating in the extra-duty training sessions.



**REQUEST FOR PROPOSALS  
2008-09 Grant Application**

*General Instructions*

All applications must follow these instructions in order to be eligible for review. **One (1)** completed application must be submitted to the following address or as an attachment to email.

Applications may be submitted in hard copy (hand-delivered, FedEx, UPS, US Mail, etc.) or as an attachment to email. **The application must be received no later than 5:00PM, EST, June 12<sup>th</sup>, 2008.** If you mail your application via the US Mail or send it by a commercial carrier, be sure to allow enough time for it to be delivered by this deadline.

Mailing and/or Delivery Address

Attn: Mike Hollis, President  
NetWorks Basketball, BC Grant Proposal  
212 Powell Drive, #102  
Raleigh, NC 27606

Email Address:

[MikeHollis@NetWorksBasketball.com](mailto:MikeHollis@NetWorksBasketball.com)

Note: If you send your application as an attachment to email, please put “BC Grant Proposal” in the subject line of the email.

**REMEMBER**

**The deadline for submitting an application is June 12<sup>th</sup>, 2008, 5:00PM, Eastern Standard Time.** To be eligible for consideration, an application must be received by NetWorks Basketball, at the address above or as an attachment to email, on or before the June 12<sup>th</sup>, 2008, 5:00PM EST deadline. All applications will be retained by NetWorks Basketball and will not be returned to the applicant.

The application should be prepared in four sections, as described in this request for proposals on pages 3-6.

1. A Cover Sheet of one (1) page
2. A Narrative of three (3) or fewer pages
3. A Budget of one (1) page
4. An Assurance Form of one (1) page



## **NETWORKS BASKETBALL**

### **BC CHARACTER @ WORK THROUGH PHYSICAL EDUCATION**

#### **REQUEST FOR PROPOSALS**

Deadline: 5:00PM, EST, June 12<sup>th</sup>, 2008

### ***COVER SHEET***

#### **SCHOOL**

Name of WCPSS Elementary School: \_\_\_\_\_

Telephone for School Main Office: \_\_\_\_\_

Name of School Principal: \_\_\_\_\_

Email for Principal: \_\_\_\_\_

#### **PROGRAM CONTACT**

Name of Program Contact ("Coach"): \_\_\_\_\_  
(The BC Coach is the person at the school who will be responsible for implementing the BC program)

School Telephone for Program Contact: \_\_\_\_\_

Mobile Telephone for Program Contact: \_\_\_\_\_

Email for Program Contact \_\_\_\_\_

#### **PROGRAM FEATURES**

Grade Levels to Be Served (circle one)      3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup>      OR      4<sup>th</sup> & 5<sup>th</sup>

Before or After School Program (circle one)      Before      OR      After

Anticipated Program Day of Week (circle one)      Mon      Tue      Wed      Thu      Fri



## NARRATIVE SECTION

The project narrative should provide the information requested in each of the five categories indicated below. The entire project narrative must not exceed three (3) single spaced and numbered pages in 12 point, Times New Roman font. Page size should be standard 8 ½” by 11” with margins of one (1) inch on the top, bottom, left and right. Outside of these margins, a header may be used to identify your elementary school and a footer may be used for page numbering. If this narrative section exceeds three (3) pages or does not follow rules for spacing, margins, font size and style, the application may be considered ineligible

1. **Student Participation.** Describe how many students you anticipate serving in your BC program. **Note:** Forty-five (45) students are a recommended maximum. What grades will you recruit students from (grades 3-5 or just 4-5)? How will you recruit these students to ensure that children have equitable opportunity to participate? Are you able to provide transportation home for students who do not have their own means? **Note:** NetWorks Basketball is unable to provide transportation and is not responsible for how students get to or from program events. *This section is worth 25 points (25%) in the competitive rating of applications.*
2. **Parent Involvement.** Describe how you will keep parents/guardians informed about the activities and accomplishments in your program. What opportunities will there be for parents or volunteers to participate in the program? **Note:** Practice sessions are open to parent participation as observers or volunteers. What audiences do you anticipate being able to provide “BC Performances” where the entire club showcases their ballhandling skills and accomplishments (e.g., student body, PTA meetings, parent nights, community groups)? *This section is worth 20 points (20%).*
3. **Curriculum.** Describe how you see the BC program aligning with the Healthful Living curriculum in the North Carolina Standard Course of Study (see Appendix). Describe how you see the BC program supporting the greater mission of your school described in your school improvement plan or goals for raising student achievement. *This section is worth 20 points (20%).*
4. **Character Education.** WCPSS has identified eight character traits that schools promote through their character education program: Responsibility, Self Discipline, Courage, Good Judgment, Integrity, Kindness, Perseverance, and Respect. Please describe how you see the BC program supporting participants’ positive development of these traits. *This section is worth 20 points (20%).*
5. **Adequacy of Resources.** Please describe the adequacy of your resources to implement the BC program. What facility will you have access to for instructing the basketball skills and reinforcing positive character traits? How will you ensure continuous supervision of students participating in the program? Will you be able to attend the required training sessions? *This section is worth 15 points (15%).*



**BUDGET SECTION**

The following budget is divided into two sections: 1) a section showing the dollar value that NetWorks Basketball will invest in the BC program at your club, and 2) a section showing the \$500 award that will be given to your school for your use to support BC activities. The \$500 award may be used to pay a stipend to the BC Coach, to purchase materials and supplies, or for other expenses that you identify. To complete this Budget Section, you are only required to provide an explanation for how you will budget the \$500 award.

<b>NETWORKS BASKETBALL MATCHING CONTRIBUTION</b>	<b>VALUE</b>
Materials and supplies provided by NetWorks Basketball to each participant up to a maximum of 45 participants at your school (basketball, carry-all bag, player’s notebook, and T-shirt valued at \$20 per participant)	\$900.00
WCPSS Community Services charge for facility rental (valued at \$11 per hour for use of the all purpose room, 1¼ hours per practice session, 20 practice sessions)	\$275.00
BC Character @ Work Through Physical Education Coach’s kit and curriculum (valued at \$50)	\$50.00
BC Character @ Work Through Physical Education Coach’s apparel (valued at \$100)	\$100.00
BC Character @ Work Through Physical Education 14 hour professional development program (valued at \$280)	\$280.00
<i>Subtotal of Value NetWorks Basketball Contributes to BC program at Each School</i>	<b><i>\$1,605.00</i></b>

<b>NETWORKS BASKETBALL SCHOOL GRANT AWARD</b>	<b>BUDGET</b>
Stipend, including fringe benefits (explain):	
Materials/Supplies (explain):	
Other (explain):	
<i>Subtotal of Line Item Expenses for School Grant Award (not to exceed \$500)</i>	<b><i>\$500.00</i></b>

<b><i>TOTAL VALUE OF BC PROGRAM</i></b>	<b><i>\$2,105.00</i></b>
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**ASSURANCE FORM**

Agree to participate in the 14-hour *BC Training of Trainers* program with NetWorks Basketball staff. Training sessions will be held outside of school hours on weekends and weekdays. Tentative plans at present are to provide eight (8) hours of training on two Saturdays before start up of the BC program, and another six (6) hours of training during the program distributed over a number of evening sessions after school hours. The training program will be coordinated with the WCPSS Health and Physical Education Department to provide teachers with continuing education renewal credits.

Agree to implement a BC program at your school, involving as many as 45 participants in grades 3, 4 & 5 **OR** 4 & 5, with students meeting for twenty (20) weekly practice sessions during the period October thru February. Two to four (2-4) of these sessions will be organized as *BC Performances* in which the participants show case skills, teamwork and accomplishments before audiences of other students, staff, family and friends, the PTA and/or community groups.

Agree to collect parent permission forms for, a) enrollment in the program and b) release of information on academic and behavioral indicators of school achievement.

Agree to participate in an evaluation of the program's impact on student outcome variables, including character development, attitudes towards school and academic performance (Note: NetWorks Basketball will seek approval of the WCPSS Evaluation & Research Department for the program evaluation.)

Signatures are required from the school principal and individual who will function as the BC Coach responsible for implementing the BC Character @ Work Through Physical Education program

**SIGNATURES**

\_\_\_\_\_ Date: \_\_\_\_\_  
(School Principal)

\_\_\_\_\_ Date: \_\_\_\_\_  
(BC Coach)

\_\_\_\_\_  
(Title of BC Coach – Health Educator, Physical Education Instructor, Other)



## PROPOSAL CHECKLIST

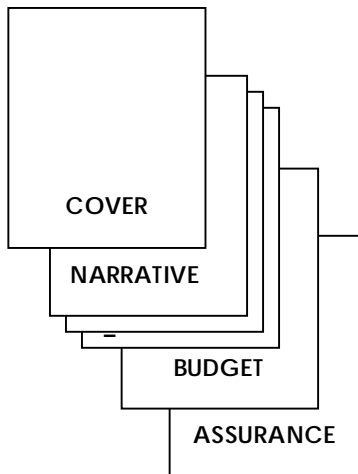
\_\_\_\_\_ Have you followed the specifications for spacing, margins, font size and style?

\_\_\_\_\_ Have you addressed the issues and questions posed in the narrative section?

- Student Participation
- Parent Involvement
- Curriculum
- Character Education
- Adequacy of Resources

\_\_\_\_\_ Have you assembled your application in the following order?

1. Cover Sheet (one page, as provided in this request for proposals)
2. Narrative Section (three pages or fewer)
3. Budget Section (one page, as provided in this request for proposals)
4. Assurances (one page, as provided in this request for proposals)



\_\_\_\_\_ Have you submitted your application by the **deadline: June 12<sup>th</sup>, 2008, 5:00PM, EST?**

**CONGRATULATIONS** if you can say “Yes” to these questions! NetWorks Basketball greatly appreciates your interest in our BC Character @ Work Through Physical Education program, and thanks you for the work you do on behalf of children and youth.

## APPENDIX

### NORTH CAROLINA STANDARD COURSE OF STUDY HEALTHFUL LIVING CURRICULUM AND ALIGNMENT WITH BC CHARACTER @ WORK THROUGH PHYSICAL EDUCATION PROGRAM CURRICULUM

#### Grade 3

**Competency Goal 1:** The learner will develop knowledge and skills to enhance mental and emotional well-being.

- 1.01 Identify healthy methods of self-control.
- 1.02 Define stress and demonstrate positive stress management strategies.

**Competency Goal 3:** The learner will develop healthy and effective interpersonal communication and relationship skills.

- 3.01 Identify qualities and benefits of a healthy relationship.
- 3.04 Demonstrate compassion for all living things and respect for other people's property.
- 3.05 Create and follow rules for productive discussion.

**Competency Goal 4:** The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.

- 4.07 Create methods for increasing daily physical activity.

**Competency Goal 6:** The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1)

- 6.04 Demonstrate the skills of throwing, catching, striking or trapping in an activity

**Competency Goal 7:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).

- 7.01 Identify safe practices in physical activity settings.
- 7.04 Demonstrate principles of flexibility, muscular strength and endurance through a variety of activities.

**Competency Goal 8:** The learner will exhibit a physically active lifestyle (NASPE Standard 3).

- 8.01 Demonstrate positive attitude characteristics toward being physically active.
- 8.02 Engage in regular physical activity throughout the day.

**Competency Goal 10:** Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).

- 10.02 Identify positive behaviors and comments to use during play situations
- 10.03 Utilize and demonstrate positive behaviors and comments to use acceptable methods of conflict resolution during play situations.

## Grades 4:

**Competency Goal 1:** The learner will develop knowledge and skills to enhance mental and emotional well-being.

1.03 Compare and contrast positive and negative strategies for handling stress.

**Competency Goal 6:** The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).

6.03 Demonstrate ball-handling skills necessary for participation in lead up games and sports.

6.07 Create movement sequence routines that contain balance, inversion, weight transfer, and landing.

**Competency Goal 7:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).

7.01 Apply critical elements (cues) of skills to improve personal performances in fundamental and selected specialized skills such as throwing to a moving target.

7.02 Use critical elements of fundamental and specialized movement skills to provide feedback to others such as peer assessment.

**Competency Goal 8:** The learner will exhibit a physically active lifestyle (NASPE Standard 3).

8.03 Chooses to participate in structured and purposeful activity.

**Competency Goal 9:** The learner will show evidence of an acceptable level of health-related fitness and be familiar with factors that benefit performance (NASPE Standard 4).

9.03 Identify and demonstrate the health related components of fitness.

- Cardiovascular endurance

- Muscular strength and endurance

- Flexibility

- Body Composition

**Competency Goal 10:** Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).

10.02 Chooses to participate cooperatively and productively in-group and individual physical activities.

10.04 Follows directions, activity-specific rules, procedures, and etiquette, with few reminders.

10.05 Regularly encourages others and refrains from put-down statements.

## Grade 5:

**Competency Goal 1:** The learner will develop knowledge and skills to enhance mental and emotional well-being.

- 1.01 Differentiate between positive and negative stress and demonstrate effective ways to cope with each.

**Competency Goal 2:** The learner will develop knowledge and skills to enhance personal and consumer health.

- 2.01 Define personal values and predict how values can affect health behavior.

**Competency Goal 3:** The learner will develop healthy and effective interpersonal communication and relationship skills.

- 3.01 Interpret stereotyping and discrimination as limiting and hurtful behaviors and demonstrate how to address these behaviors in a positive manner.  
3.02 Create and demonstrate methods for resolving conflict without violence or avoidance.

**Competency Goal 4:** The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.

- 4.08 Predict the short term and long-term benefits of physical activity.

**Competency Goal 6:** The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).

- 6.03 Demonstrate throwing, passing, dribbling, catching, and shooting skills in team sports.  
6.08 Create movement sequence routines that contain balance, inversion, weight transfer, and landing.

**Competency Goal 7:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).

- 7.03 Participate in a variety of physical activities as both leader and follower.

**Competency Goal 8:** The learner will exhibit a physically active lifestyle (NASPE Standard 3).

- 8.01 Participates regularly in physical activities for the purpose of improving skill and health.  
8.03 Identify social and psychological benefits from participation in physical activities.

**Competency Goal 9:** The learner will show evidence of an acceptable level of health-related fitness and be familiar with factors that benefit performance (NASPE Standard 4).

- 9.04 Identify and demonstrate the skill related components of fitness.  
-Agility  
-Balance  
-Coordination  
-Power  
-Reaction time  
-Speed

**Competency Goal 10:** Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).

- 10.01 Interacts with others by helping with their physical activity challenges.
- 10.02 Demonstrate behavior that will resolve conflicts in socially appropriate ways.
- 10.03 Display the ability to follow rules, procedures and safe practices while working independently for the short periods of time.
- 10.04 Assesses and takes responsibility for his/her own behavior problems without blaming others.