



BEYOND WALLS
URBAN SQUASH TWIN CITIES



Academic Support • Fitness/Health • Squash • Community Service • Mentoring • Character Development

2022-2023

Expectations Guidebook

BEYOND WALLS' MISSION is to inspire confidence and encourage academic excellence with urban youth as lifelong learners and active leaders - both on and off the court.

Vision and Model:

- Beyond Walls seeks to become a Twin Cities leader in promoting academic excellence, healthy lifestyles, and access to meaningful opportunities for all youth through academic support and development, health/fitness through the sport of squash, mentoring, community engagement, and college readiness.
- We believe our approach during out-of-school time levels the playing field for under-resourced youth and significantly impacts academic achievement, self-concept, and future aspirations.

Three Expectation Pillars:

Attendance

Attitude



Students are role models who inspire others through their attitude, which includes their determination and ability to work hard, talk positive, and problem solve.



Students make a year-long commitment to our program maintaining an average attendance of 80%.



Effort



Students come ready to work hard physically, mentally, and socially while participating and trying new things.



Student Expectations:

Be Safe ◦ **Follow Directions** ◦ **Talk Positive** ◦

Best Effort

Program Culture

As a Beyond Walls team, everyone is respected for who they are. Students are expected to treat others with respect and demonstrate good sportsmanship at every opportunity. Everyone should show their best effort, talk positive, follow directions, and be safe.

Safety

Students are expected to listen, follow directions, and behave within rules and guidelines. On the squash courts, students are expected to wear protective eye wear and use equipment only as instructed.

Space

Beyond Walls has the privilege of being located at the U of M campus. Students should be mindful when walking, talking, and interacting with the space and the people in it.

Cellphones & Electronics

Unless necessary for school work/rationale previously discussed with staff, phones/other electronic devices should be put away. After one warning, the phone or other item will be kept in the Beyond Walls office until the end of the day. If this is a recurring issue, a student's family may be contacted and further action taken.

Outside Food

Beyond Walls provides healthy snacks every day to ensure students are getting the right energy. Outside food is not permitted and must be put away during program time, including bus/van transportation. Vending machines are also off limits. **Water bottles ARE allowed and encouraged.**

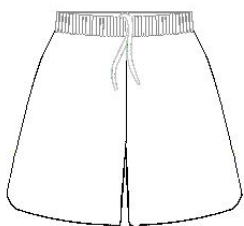
Bus and Van

The behaviors and attitudes expected of students during programming are also expected on the buses and vans used to get to and from programming.

Social Media Policy

Beyond Walls team members should act in an appropriate and responsible manner in person and online. Students who deliberately use inappropriate language, communication, and/or images or use social media to bully or put down peers, the program, staff, or other members of the Beyond Walls Community may be subject to disciplinary action, including program suspension or expulsion. **Students should be aware that everything posted on the internet is permanent, even if deleted.**

Squash Expectations:



- Be prepared with squash apparel: protective eyewear (provided), sweats/shorts, Beyond Walls t-shirt, and non-black soled shoes (shoes can be provided) **If a student does not have her/his gear, students are still expected to attend. Other activities will be assigned.**
- Be ready to warm-up 10 minutes after arrival with squash clothing on, water bottles filled, bathroom breaks done, and on the bench ready to hear about the day's plan.
- Maintain and handle squash equipment with care. **These are tools to play the game of squash only and should not go home with students**
- Full participation in warm-ups (raising heart rates), stretching, and being actively involved in team meetings is expected.
- Maintain focus and perseverance, with the goal of always doing their personal best in squash skills during drills, games, and matches.

GIVE
110%



Academic Expectations:


- Arrive in our classroom with focused energy ready to have a healthy snack and get to tasks at hand.
- Come prepared with homework/questions about school work. Each session will have at least 20 minutes dedicated to work students need support with in school.
- Maintain focus and perseverance with the goal of work completion on given tasks whether independent or group work, individual homework or Beyond Walls assignments.
- Accept/seek out help from the academic tutors and staff
- Be open to trying new things, working with new people, and applying new skills that may be challenging

Community Engagement Expectations:

- Contribute to planning community engagement activities by bringing ideas. Community engagement activities are inspired by students!
- Represent Beyond Walls with integrity when we take field trips and participate in community service projects. **All students are asked to complete 10 hours of community service throughout the year. Community hours impact other areas of programming such as travel opportunities.**

Attendance Expectations:

Students are expected to maintain an 80% attendance rate to remain in good standing.



| | |
|--|---|
| Above 80% Misses 2 or less practices per month | At this level, students are in good standing and eligible for all trips and special events.* |
| 70-80% Misses 3-4 practices per month | When a student's attendance is below 80%, they are not meeting the expectations Beyond Walls has set and may not be eligible for travel or special events.* |
| Below 70% Misses more than 4 practices per month | If a student is consistently below 70% attendance, they will not be eligible for trips or special events and may be eligible for suspension or expulsion from the program.* |

*Attendance rate is not the sole factor in eligibility for trips and events. Other factors include behavior, academic performance, and communication with staff. If students foresee a period of scheduling conflict, they may be permitted to take a season off after communication and discussion with staff.

Response to Misconduct:

Beyond Walls team members are held to high expectations in behavior. We want each student to be and feel successful. However, working towards success cannot be at the expense of others. If a student is consistently challenged to meet these expectations, the following steps may occur depending on the situation:

1. Student meeting with staff: discuss general behavior and next steps
2. Week long suspensions: communicated with families and schools
3. Meeting with staff and family to discuss program re-entry with a signed behavior contract
4. Season-long suspensions with re-entry interview
5. Expulsion from program

Family Expectations:

- Participate in mandatory family meetings.
- Participate in at least one of the Beyond Walls Family events.
- Maintain open communication with staff through phone calls, emails, and in-person conversation.
- Prepare any and all permission slips and waivers required of students

Meetings and events will be crucial times for discussing program information and providing opportunities for you to share your Beyond Walls experience with your student, other families, and staff. The success of your student here depends a great deal on communication with us.

All dates requesting family participation will be given out well in advance, and Beyond Walls will always strive to meet any accommodations needed.

Program Expectations:

What can you expect from us?

- Teaching and coaching from professional and licensed staff in a safe and secure environment. All volunteers and staff attend Beyond Walls training and pass a background check
- One-on-one care in supporting student growth mentally, physically, and emotionally with the current best practice models and curriculum
- Opportunities to participate in local and national tournaments, all travel expenses paid
- Strong communication from Beyond Walls staff to families and schools about each student's strengths and challenges as well as program updates
- Engagement in at least five community outreach projects per year
- Embarking on at least three college visits per year
- Mentoring opportunities for academic and social growth with a team of University of Minnesota tutors
- Exposure to new ideas, new people, and a new sport!

At Beyond Walls, we understand that quality out-of-school programming can have significant impacts on a student's success. We strive as a community to provide an excellent program on and off the courts.

Practice Schedule:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--------------|--------------|--------------|--------------|----------------|
| Middle School | 4:00-6:00 pm | | 4:00-6:00 pm | | Once per month |
| High School | | 4:00-6:00 pm | | 4:00-6:00 pm | Once per month |

*Occasional weekend events, such as tournaments or community engagement outings may occur on some Saturdays. Notification of these events will be sent home in advance.

Contact Information:

Office Address:

Beyond Walls Urban Squash Twin Cities
University Recreation and Wellness Center
123 Harvard St. SE, Minneapolis, MN 55455 Suite #144

Office Phone: (612) 624-1810

Executive Director | Sammy Loeks-Davis | sloeksdavis@beyondwallsmn.org

Academic and Operations Director | Robin Purman | rpurman@beyondwallsmn.org

Squash Director | Adam Bews | abews@beyondwallsmn.org

Expectations Agreement

My student(s) and I have reviewed the above expectations and agree to follow these to the best of our abilities. We understand that Beyond Walls staff are open to questions and feedback at all times.

Guardian Signature _____

Date _____

Print Guardian Name _____

Student Signature _____

Date _____

Print Student Name _____