

A young boy is seen from behind, wearing a blue t-shirt with the text "GREAT FUTURES START HERE." printed on it. He is sitting at a white table with other children. The background is a brightly lit room with tables and chairs, suggesting a community center or school setting. The text on the t-shirt is in white, bold, uppercase letters.

**GREAT FUTURES
START HERE.**

The Boys & Girls Clubs of Collin County

MCDC Grant Request

July 2023



Youth aged 5 – 18 years old
81% members BIPOC
43% live in non-traditional households
24% diagnosed with disability
52% qualify for federal free or reduced lunch
1% are homeless or in foster care

Who We Serve



How We Serve

AFTER SCHOOL PROGRAM: August – May 2:30pm – 7:00pm \$100 per month

- Clubs located in McKinney, Princeton, Plano and Frisco
- We pick-up our members from more than 55 schools and bring to our Clubs

SUMMER CAMP: 9-week All Day Camp 7:30am – 6pm \$500 for summer

McKinney Boys & Girls Club

Total Registered Members: 516 with an additional 475 youth served at outreach events.

Average Daily Attendance (ADA):103 **Summer Average Daily Attendance (ADA):** 216

Maximum Capacity According to MFD: 157

Current MISD Pick-ups: We pick up children from 11 McKinney ISD schools and bring them to our club

Elementary Schools

Burks

Caldwell

Finch

Malvern

Press

Slaughter

Vega

Imagine International Academy

Middle Schools

Scott Johnson

Faubian

High Schools

McKinney High



BOYS & GIRLS CLUBS
OF COLLIN COUNTY



BOYS & GIRLS CLUBS
OF AMERICA

701 SOUTH CHURCH STREET

McKinney Boys & Girls Club



BOYS & GIRLS CLUBS
OF AMERICA

Thank You MCDC!



BOYS & GIRLS CLUBS
OF COLLIN COUNTY

2022 McKinney Club Project: Fenced In Basketball Court



- **HEALTHY LIFESTYLES**
- In 2022, staff ran 1,200 **Healthy Lifestyle-Triple Play** programs.
- Focused on **Physical, Social Recreation, and Healthy Habits.**



Health and Wellness

What Is Exergaming

FITNESS



GAMIFICATION



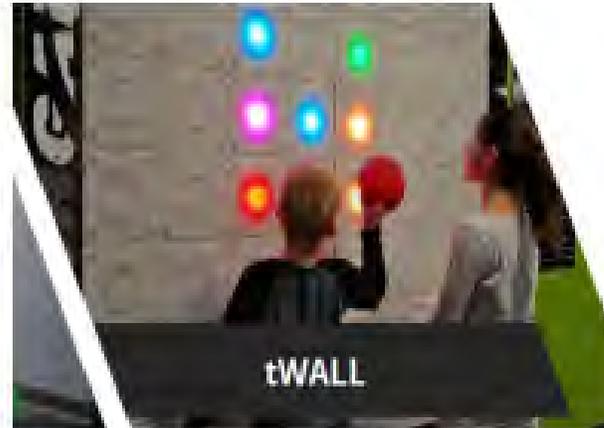
TECHNOLOGY





Fit 3 Kick

- Full body and hand-eye coordination, improved reaction time, foot work, balance and mental acuity
- Elevated heart rate for fat burning and cardio effect



T-Wall 64

- Reaction training & Programming
- Hand-Eye coordination
- Neurological Development
- For any age, any ability, at any level



Fit-Heavy Ball

- Training tool for Lateral Movements & squats
- Allows 1-6 players at once
- Compete with High Scores and Timed Games



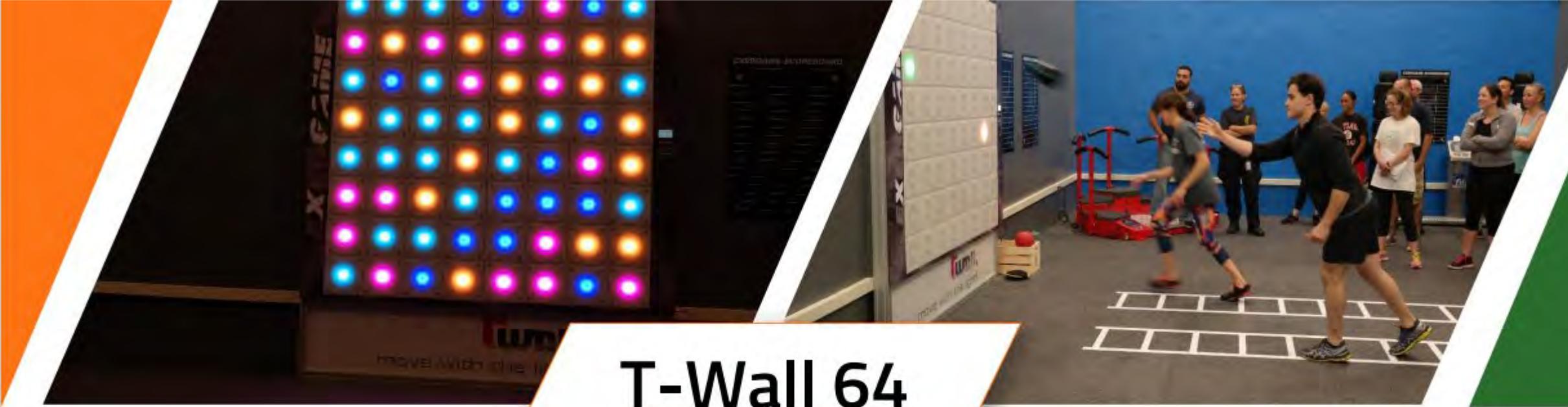


3 Kick

3 Kick is designed with proprietary and resilient foam pads that can be punched, kicked, slapped, or tapped with shoes or bare feet, a fist, or an open palm.

Features

- Full body and hand-eye coordination, improved reaction time, foot work, balance and mental acuity.
- Elevated heart rate for fat burning and cardio effect
- Provides Fun & Exciting Fitness For All Ages.
- Compete with High Scores and Timed Games



T-Wall 64

Whether training for power, agility, endurance, flexibility, or reaction, tWALL tests your personal limits resulting in the ultimate fitness gaming platform for any challenge.

Features

- Reaction Training & Programming
- Hand-Eye Coordination
- Neurological Development
- For Any Age, Any Ability, at Any Level





Heavy Ball

The object of this fun, interactive game is to put the medicine ball into the hole with the light on and retrieve it from the archway below. Then, quickly move it to the next hole with the light on.

Features

- Great Training Tool for Lateral Movements & Squats
- Games & Programs Allow 1-6 players at once
- Compete with High Scores and Timed Games



PROGRAM EXAMPLES

All Exergame partners will have access to our online portal for fitness programming. Including WOW (Workout of the Week), kid and family challenges, kids weekly fitness program, lesson plans, curriculum goals, instructor training, marketing materials.



55-MINUTE CLASS LESSON PLANNER:

	WELCOME and PERSONAL BEST <ul style="list-style-type: none"> Making both returning and new students alike feel comfortable, establishing a sense of belonging. Emphasizing Personal Best as the only measure of success.
	WARMUP - Body and Brain <ul style="list-style-type: none"> Getting the heart rate up to prepare for activity. Interesting thoughts to engage the brain to prepare for motion.
	PHYSICAL LITERACY UNIT <ul style="list-style-type: none"> One or two of the Physical Literacy units.
	FIT LOOP CIRCUIT <ul style="list-style-type: none"> Featuring Core, Strength, Endurance and Mobility (flexibility over a range of Motion).
	GAMES <ul style="list-style-type: none"> Continuing fitness through the Joy of Play and teamwork!
	NUTRITION <ul style="list-style-type: none"> Perfect environment for encouraging understanding of nutritional concepts in conjunction with movement.
	CLOSING and HANDOUTS <ul style="list-style-type: none"> Reviewing the day, Personal Bests, Handouts, creating excitement for the next class!

T-WALL
WOW
WORKOUT OF THE WEEK

WEEK 3 **GAME PLAY:**
CHASER
NO. LEVELS COMPLETED

<p>60s CONE CHASE</p> <p>3 CONES AT 45° ANGLE ON V FACTOR FORMATION. HIT WALL, THEN CONE. ALTERNATING BETWEEN CONES</p> <p>PROPS: CONES (2)</p>	<p>30s SPIDERMAN</p> <p>LAY PRONE WITH ARMS/LEGS EXTENDED. RAISE RIGHT ARM & LEFT LEG BY CROUCHING AND HOLD FOR 5 SECONDS. ALTERNATE & REPEAT</p>
REST 30 SECONDS	
<p>60s GOBLET SQUAT</p> <p>STAND WITH FEET TOUCH LIGHT WITH SANDWELL. SQUAT AS DEEP AS YOU CAN WHILE KEEPING YOUR KNEES TRACKING OVER YOUR FEET</p> <p>PROPS: ONE SANDWELL (2, 4, 8LB)</p>	<p>30s HAMSTRING BRIDGE</p> <p>LIE ON BACK WITH FEET ON THE GROUND WITH KNEES BENT. PALMS FLAT ON GROUND. USE HEELS TO LIFT HIPS UP STRAIGHT. HOLD</p>
REST 30 SECONDS	
<p>60s 2 HAND CROSSOVER</p> <p>GRAB WALL BALL, STAND IN MIDDLE. IF LIGHT IS ON LEFT, HIT THE WALL BALL TO OPPOSITE WALL, VICE VERSA</p> <p>PROPS: NONE</p>	<p>30s SINGLE LEG REACH</p> <p>STAND ON ONE LEG, EXTEND OTHER OUTWARD AND BACK. RAISE OPPOSITE LEG FROM GROIN, STRAIGHT AND PARALLEL TO THE GROUND AND HOLD</p>
REST 30 SECONDS	
REPEAT (1-4 ROUNDS)	



Commercial Game Room Upgrades



*Help us create a
State of the Art
Gameroom that
will last.*



MCDC
Funding Request



We need your help to
merge exercise and
technology in our club!



McKinney Boys & Girls Club Project 1: \$43,635.00

Total Funding Requested from MCDC: **\$71,477.00**



1

New ExerGame
Equipment
\$43,634.00

Qty	Item	Conference Catalog Pricing**
1	Twall-A64	\$15,995.00
1	Freight	\$ 1,000.00
1	Fit-3 Kick	\$11,995.00
	Freight	\$ 750.00
1	Heavy Ball	\$ 9,995.00
	Installation & Training	\$ 2,000.00
	Exer-Care Warranty	\$ 1,900.00
	Exergame Equipment Sub-total	\$43,635.00

McKinney Boys & Girls Club Project 2: \$27,842.00

Total Funding Requested from MCDC: \$71,477.00

2

Commercial Game Room Equipment
\$27,842.00

 2 @ 3095.00	Super Chexx Premium solid Wood Base/choice of Stain finish: NHL Licensed	\$ 6,190.00
 1	Ice Ball Pro- w/ Full vinyl custom Graphics	\$ 4,195.00 \$ 750.00
 1	NBA Game Time Pro with NBA Team of Choice	\$ 4,445.00
 1	NHL Team Air FX Full size air Hockey 8' Playfield	\$ 7,395.00
	Shipping & Handling	\$ 1,772.00
 1	Commercial Bumper Pool Table (different vendor)	\$ 2,695.00
Bumper Pool	Shipping & Handling Estimate	\$ 400.00
Game room Equipment Sub-total		\$27,842.00



Project Timeline





By 2030, we will provide a world-class, affordable and accessible Club Experience to 14,000 of the Collin County youth, with all members on track to graduate high school with a plan for the future, practical life skills, demonstrating good character and citizenship and a healthy lifestyle.

Our Vision for the Future



BOYS & GIRLS CLUBS
OF COLLIN COUNTY



Thank You MCDC!