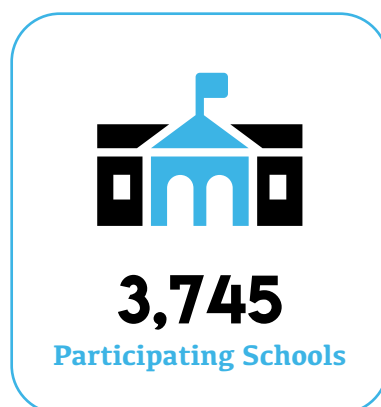
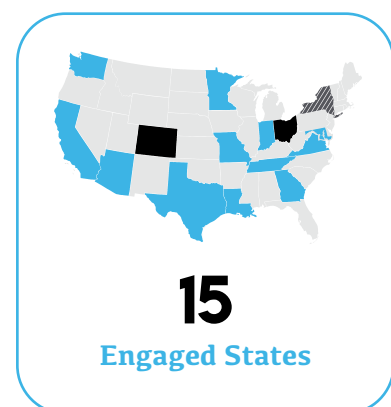


# 2020 MID-YEAR UPDATE

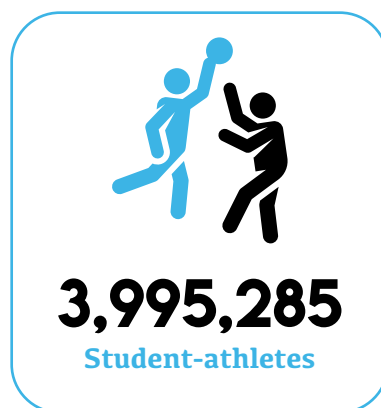
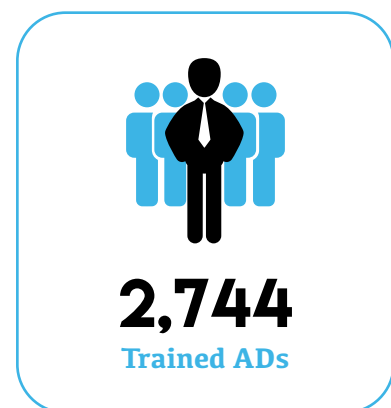
Despite the global pandemic and an inability to connect in person, the InSideOut Initiative continues to serve and support its partners and school communities. From in-depth programming in April and May to bringing on three new states and NFL teams—the Cardinals, Chiefs and Seahawks—the Initiative is supporting educational leaders and coaches in creating a nurturing community for the social-emotional and character development of student-athletes.

## BY THE NUMBERS

MARCH 2016 - AUGUST 2020



\*Includes one-day trainings with the Bills, Giants & Jets



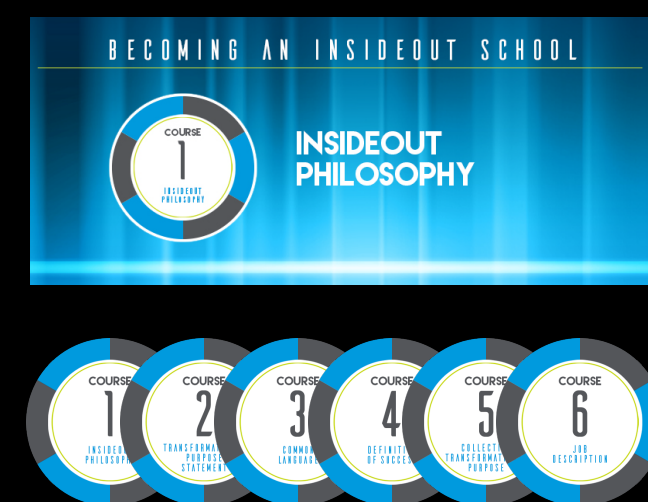
## PURPOSE-BASED ATHLETICS

CONNECTING STUDENT-ATHLETES TO TRANSFORMATIONAL COACHES IN A NURTURING SCHOOL COMMUNITY FOR THEIR SOCIAL-EMOTIONAL AND CHARACTER DEVELOPMENT



## INSIDEOUT COMMUNITY

- New online learning platform engages school community stakeholders in social learning, expert guidance, and peer-to-peer collaboration.
- Creates a community of mutual support that empowers and develops relationships.



## COVID-19 PROGRAMMING

Provided professional development opportunities for athletic administrators and coaches across 20 NFL Markets in 15 states.

**20** NFL MARKETS

**15** STATES

**3,241,800** STUDENTS IMPACTED



“During a time of isolation, there is a deep need to stay connected to people who share the same values and passion for educational athletics. This series of meetings is a great opportunity to connect with colleagues from around the country who are also striving to help students become the best version of themselves.”

**MARK REEVES**  
Assistant Executive Director  
Tennessee Secondary School Athletic Association

## EVOLVED PRESENTATIONS

- Conducting trainings via Zoom, allowing us to reach an even larger audience.
- Broke down four-hour trainings into three 90-minute segments over three weeks allowing for individual reflection and growth between trainings.
- Using breakout rooms, polls and chat for deeper engagement.

## PURPOSE-BASED YOUTH FOOTBALL

- InSideOut Coaching is collaborating with USA Football to design trainings and develop curriculum, that will result in an increase in youth- participants’ physical, social-emotional and character development.
- InSideOut Coaching utilizes an evidence-based, innovative, multi-systemic change model that will create a nurturing ecosystem that prioritizes the purpose and social value of youth football.



## PHASE FOUR

- A fourth phase has been added to the implementation process to ensure sustainability beyond the NFL Foundation's three year commitment.
- Phase Four provides ongoing support through the online InSideOut Community.

## LONGITUDINAL STUDY

- InSideOut has launched the largest systems-level study ever conducted in interscholastic athletics measuring student-athletes’ social-emotional and character development.
- Four NFL teams and state athletic and educational associations have been selected to take part in this study.



## WEBSITE REFRESH

A website refresh is in progress to better reflect the ongoing growth and development of the InSideOut Initiative's research-based implementation process that centers on the social-emotional and character development of student-athletes.



## EVALUATION UPDATE

- In preparation for the longitudinal study, more than 850 coaches, athletic administrators, and state leaders have been surveyed. Their responses have helped to design the study, refine its instrumentation, and finalize the protocol for an evaluation of InSideOut on interscholastic athletics and their student-athletes.
- The first of a series of manuscripts entitled, "The InSideOut Initiative Logic Model," was submitted for academic publication in The American Journal of Community Psychology in September 2020.
- Two additional manuscripts are currently in queue: "A Unique Application of Social and Emotional Learning in Sport: The InSideOut Initiative" and "Towards Alignment in Athletics: Socially and Emotionally Competent Transformational Coaching."
- We are celebrating high impact InSideOut communities and their leadership through the first publication of the Faces of InSideOut this fall! "Faces" will be a recurring publication consistently updated with new stories of success and creativity as more and more high school athletics programs embark on their InSideOut journey.



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