

The Right Start

YEAR IN REVIEW

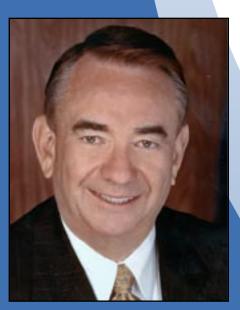
THE NYSP PARTNERS

The National Youth Sports Program effectively combines federal funds and private resources to improve the health and physical fitness of young people, particularly those who are members of low-income families and residents of economically disadvantaged areas of the United States.

The principal partners in the effort include:

200 colleges and universities throughout the country; U.S. Department of Health and Human Services Administration for Children and Families; U.S. Department of Agriculture (USDA); various state and local organizations and businesses; and the National Collegiate Athletic Association (NCAA).

This partnership, which stretches across the United States, has helped give 1,919,281 children the opportunity to succeed over the past 35 years and counting.



Tommy G. Thompson Secretary U.S. Department of Health and Human Services



On behalf of the Department of Health and Human Services (DHHS), I am pleased to recognize the National Youth Sports Program (NYSP) for its role in promoting physical activity and fitness. Your program serving disadvantaged youth across our nation is to be commended.

The NYSP can be a powerful motivator and help children realize that people can remain active through all stages of life. This is particularly critical now that obesity and diseases of sedentary life have become epidemic in our nation.

DHHS established the VERB (www.verbnow.com) and BAM! (www.bam.gov) programs to help teach youth about the importance of being active. Individuals can also earn Presidential recognition from the President's Council on Physical Fitness and Sports by taking the President's Challenge and participating in the Presidential Active Lifestyle Awards (PALA) program (www.presidentschal-enge.org). I invite you to review and use these programs with your participants.

I applaud the NYSP for your hard work and dedication to youth fitness. Your tireless efforts will show young people that by being physically active they will not only feel better about themselves, but they will feel better for life!

Best wishes for continued success with your program.

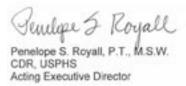
Sincerely, J. Thompson



On behalf of the President's Council on Physical Fitness and Sports (PCPFS), I am pleased to recognize the National Youth Sports Program (NYSP) for taking the initiative to promote physical activity and fitness for children.

Grassroots endeavors such as this are critical if we are to be successful in spreading the important message about the positive impact of regular physical activity on health to individuals and especially our youth. NYSP offers children the opportunity to interact with adult role models in activities that are enjoyable and promote confidence in their abilities. I commend the NYSP for providing supportive environments in which children can develop their physical and mental skills.

The President's Council encourages people of all ages to be active not only to improve their health and quality of life but also to have fun. People who learn to love physical activity and fitness at an early age and who adopt an active lifestyle in youth increase their chances of remaining healthy and fit throughout their lives. Therefore, I am pleased that the NYSP instills values that transcend all playing fields and ultimately help to improve a child's life.





Penelope S. Royall
P.T., M.S.W.
CDR, USPHS
Acting Executive Director



Myles Brand NCAA President

Since the National Youth Sports Program's (NYSP) inception some 34 years ago, the NCAA has strived to provide resources and experiences to one of the most meaningful programs it supports. Over the years, our member institutions have worked with various partners to provide a one-of-a-kind summer opportunity for almost two million youth. The NYSP and the enthusiastic, knowledgeable and dedicated staff located throughout 200 college campuses across the country has strived to provide a rich and meaningful experience for each and every child. Whether it is leading the way in the provision of hot meals or physicals, the NYSP and its partners have made each boy's and girl's experience more than just a bat and a ball. We have committed ourselves to nurturing the balance that leads to a healthy life. The NCAA is extremely proud to be a part of this noble effort. We believe in the infinite possibilities of youth and the NYSP's efforts to nurture that potential.

Myles Brand NCAA President

THE PROFESSIONAL GOLFERS' ASSOCIATION OF AMERICA

PGA

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JIM L. AWTREY

Chief Executive Officer

The National Youth Sports Program (NYSP) Creed, which underscores the importance to take pride in oneself and compete fairly, reflects many of the same goals to which PGA Professionals aspire.

Since 1992, The PGA of America has taken great pride in its association with the NYSP, which has reached out and touched thousands to "take the right start." The growth in participation in golf begins with the introduction of the game to young people through expert instruction.

In 2003, The PGA of America partnered with the National Youth Sports Program (NYSP) to introduce 30,000 students to golf through the Kids On Course Program. As a result, Kids On Course is now a part of the curriculum at 79 sites nationwide.

Just as golf brings enjoyment and fulfillment to many, it also connects with the NYSP to inspire young people to pursue higher education opportunities.

On behalf of The PGA of America's 28,000 men and women professionals, we extend our congratulations to the NYSP for its commitment to building a brighter tomorrow for so many young Americans.

M.G. Orender, President The PGA of America



M.G. Orender President The PGA of America



Richard H. Carmona M.D., M.P.H., F.A.C.S. VADM, USPHS United States Surgeon General



DEPARTMENT OF HEALTH AND HUMAN SERVICES

Exercise, eating nutritious food, and staying away from harmful drugs allow a child's mind and body to grow and be healthy. When a child also gains increased physical endurance, emotional perseverance, and the power of setting goals, we begin to see the building blocks of a successful life and community.

The National Youth Sports Program provides an environment where children learn true sportsmanship by playing fairly and tackling tough situations on and off the playing field. NYSP's teachers and staff are wonderful examples, encouraging better communication and life skills that are imperative for succeeding in a fast-paced, competitive society.

NYSP has made efforts to include the children's entire family, which fosters a sense of pride and belonging. By impressing on children and their families the benefits of a healthy lifestyle, America can overcome the epidemic of overweight and obesity. Organizations, like NYSP, help America's youth exceed their own expectations and be motivated to pursue an active, safe, and healthy lifestyle.

Richard H. Carmona, M.D., M.P.H., F.A.C.S

VADM, USPHS

United States Surgeon General

2003 NYSP National T-shirt Design

Each summer NYSP conducts an annual logo design contest for its participants. In 2003 NYSP introduced "Family Fitness" as the theme for the 2003 program year. Participants were asked to incorporate their personal interpretation of the theme in their artwork entry. This initiative was designed to involve parents, guardians, and other family members with the program. This summer NYSP institutions from across the country competed to create the official NYSP logo for the 2004 program.

The National Youth Sports Program wishes to congratulate Cynthia Tecson, participant in the San Diego Community College NYSP, winner of the 2003 National T-shirt Design Competition. In addition, NYSP would like to commend the 11 meritorious award winners, whose designs are featured here in the 2003 Year in Review and in the 2004 NYSP Calendar.





Cynthia Tecson

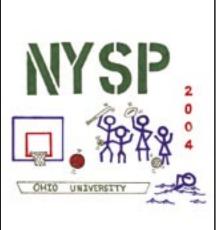
14 years old San Diego City College

"The best part of having an NYSP Family is receiving their guidance. They help guide me through life and success."









Daymion Bonner

12 years old Texas Southern University

"The best part of having an NYSP Family is that we all have fun together. And they also protect me."

Cody Collins

12 years old Ohio University

"The best thing about having an NYSP Family is being able to go somewhere in the summer and being able to play sports. I liked going to NYSP and doing everything. That is what I like about having NYSP."

The National Youth Sports **Program**

The Right Start!

The National Youth Sports Program (NYSP) has created positive opportunities for youth in at-risk environments for 35 years. Since 1969, NYSP has served youth between the ages of 10 and 16 through an organized program of sport skills and life skills instruction. In the summer of 2003, NYSP was conducted on the campuses of 200 colleges and universities and served over 78,000 young people. NYSP has made an unprecedented effort to combine the promotion of athletic know-how and life skills that can assist participants in making a successful transition to adulthood through positive youth development.

The NYSP Creed

I am a good sport at all times and conduct myself with decency and honesty. I do my best to get along with others and have pride in myself. I put forth the best effort in all competition and always compete fairly. "Walk Tall, Talk Tall, Stand Tall"











13 years old University of Arizona

"The NYSP Family has provided me the support to be willing to try things I once only dreamed of. I now know that the sky is the limit and I can be what I want to be. This positive feeling has carried over into my academics. My success is greater in the classroom as well as on the playing field. Thanks NYSP!"





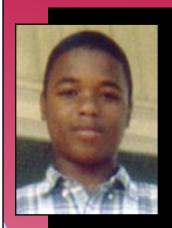
Michael Daniels

14 years old Albany State University

"I think the best thing about being a part of an NYSP Family is that with all of our differences, you get to know the best of people."

Family Fitness Initiative

The 2003 national NYSP initiative, "Family Fitness," was designed to encourage parental and/or guardian involvement within NYSP activities. Through the Family Fitness initiative, parents and/or guardians received information on services made available through community resources that address childhood obesity, proper nutrition and the importance of physical activity. Connecting with parents and/or guardians at scheduled enrollment activities, medical examinations, parent orientation sessions and special events presented unique opportunities to promote the "Family Fitness" initiative.

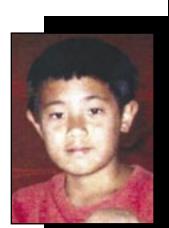




Ulysses Gatling

13 years old Hampton University

"The best part of having an NYSP Family is meeting new friends and being active. The best thing about the NYSP Family is that an active family is a healthy family."





Peter Hu

13 years old University of North Texas

"I can play team sports such as basketball and football."

Ready for College

In addition to sport skill instruction, educational programming is required for each NYSP program. Each program offers lessons in career opportunities, higher education and job responsibilities. Institutional resources from a variety of campus departments provided support in this area through presentations related to financial aid, selecting a college, student-athlete challenges and opportunities, careers related to sport and a variety of other topics. Lesson plans in the educational program are age and developmentally appropriate in order to entice students to learn. Participants receive a minimum of 15 hours of instruction as a requirement of the educational component.

The Math and Science program, conducted at 121 NYSP institutions in 2003, was created in 1991 to enhance participants' interest and aptitude in these subjects. Hands-on interactive instruction helped to reinforce student success in math and science. Institutions participating in this program provide an additional 7.5 hours of instruction in math/science as a part of the educational component.

NYSP Keeps Growing

More than one-and-a-half million youth have participated in NYSP since 1969. This number represents growth from a pilot of three institutions to the present level of 200 colleges and universities across the United States. This includes third-year programs in Hawaii and Puerto Rico, and a second- year program in Alaska. Inquiries about NYSP during 2003 led to the receipt of 14 applications for participation in the 2004 program. The number of program to be funded is dependent upon the availability of resources.



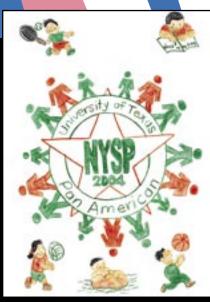


Ana Meza

14 years old University of Texas-El Paso

"Participating in an NYSP Family gave me the opportunity to grow as a person by developing mental, physical and artistic skills in a fun and friendly environment."



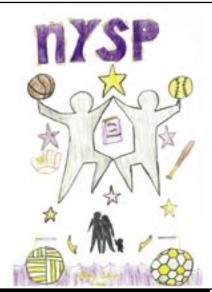


Haziel A. Olivarez

10 years old University of Texas-Pan American

"We have good exercise and good activities during the summer program."





Cortné Robinson

12 years old Wiley College

"I enjoy going and being with my new friends and old friends, and competing with them to show our skills learned at NYSP."





Crystal Williams

10 years old Lawson State Community College

"The best part of having an NYSP Family is getting to meet people and playing all types of sports. They help bring out the best in me and respect me for who I am."





Megan Wong

13 years old Seattle University

"The best part of having an NYSP Family is the friendships that you make over the summer."

STATISTICS FOR 2003

Number of participants	78,148
Number of participating institutions	200
Number of states and the District of Columbia	49
Number of cities	175
Number of medicals	78,790
Number of auxiliary staff	1,367
Male	519
Female	648
Number of professional staff employed	1,402
Male	847
Female	555
Number of project aides employed	1,787
Male	894
Female	893
Number of supporting personnel employed	1,204
Male	589
Female	615
Number of volunteers	1.740

Sport Skills Development

NYSP participants are required to participate in swimming and receive instruction in at least two additional sports each summer. The most commonly offered sports include: basketball, football, golf, gymnastics, soccer, tennis, track and field, volleyball, dance and aerobics. Many of these age and developmentally appropriate activities are designed to develop lifelong skills. Each participant receives a minimum of 2 hours of physical activity per day. Many program sites expose children to non-traditional sports and activities such as challenge courses, canoeing, bowling and fencing. Activities vary depending on the facilities and resources available.

Healthy and Safe

NYSP is devoted to promoting an active and healthy lifestyle. Practical life skills taught during each summer program include: drug and alcohol abuse prevention, general health, nutrition education, fitness training, and training in conflict resolution. Specifically, participants are required to receive a minimum of 7.5 hours of hands-on instruction in the prevention of alcohol and other-drug abuse, 3 hours of hands-on instruction in personal health, nutrition and disease prevention, as well as the 3 hours of instruction in career opportunities, higher education and job responsibilities as noted above.

To reinforce an understanding of healthy living, NYSP provides daily United States Department of Agriculture (USDA) approved meals, accident and medical insurance for each participant and a medical exam for all participants prior to beginning the program. Last year 78,790 medical exams were administered to youth from targeted low-income neighborhoods.

NYSP Mentors

Currently, through partnerships with NCAA colleges and universities, NYSP has the unique ability to utilize college coaches and student-athletes to serve as role models and mentors for NYSP participants. NYSP programs also utilize dedicated public school teachers and select college/university staff to provide mentoring and foster positive mental health. Opportunities for peer mentoring are found in both program activities and career education settings.

Reporting and Accountability

To aid in the management of the vast NYSP network of programs, an on-line data reporting system facilitates timely submission of pertinent program information and reinforces standards of accountability. On-site evaluations take place annually at all program sites to ensure adherence to NYSP guidelines. All 200 NYSP programs were able to effectively and accurately utilize the online data reporting system in 2003.

Support of NCAA Goals

NYSP has a direct link in supporting and expanding the goals of the NCAA. NYSP supports the NCAA goals of: education, quality and professionalism, respect, communication and teamwork, creativity and vision, diversity, empowerment and accountability, and fostering knowledge of truth. The NCAA's six attributes—balance, learning, character, community, spirit and fair play—are also values embraced by NYSP. By setting standards of integrity and fairness, the NCAA hopes to level the playing field for athletes from all backgrounds. Preparing student-athletes for a lifetime of leadership and providing funding to reach these goals is paramount to the NCAA mission.

Local and Governmental Partners

Every program within NYSP establishes a community advisory committee made up of representatives of the target-area population, the local community action agency (or similar agency), the institution, the business community, other community-based organizations, and parents and participants. The relationships that are built within and between the committee and community leaders, businesses and other youth serving agencies enhance program success and links NYSP participants to year-round services. The committee also assists programs in identifying participants and resources for the program. Funds received from the U.S. Department of Health and Human Services (DHHS) and the U.S. Department of Agriculture (USDA) are leveraged at the local level with donations from institutional, public and private sources. Local programs provide almost \$3 in local resources for every dollar of federal support.



SILVIO O. CONTE AWARD OF EXCELLENCE

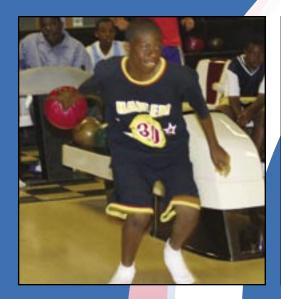
Each year the National Youth Sports Program (NYSP) recognizes the one project in the country that provides the best all-around programming to participants with the Silvio O. Conte Award of Excellence. In 2003, 200 colleges and universities from the United States and Puerto Rico competed for this most coveted award. The University of California, Davis was presented with the 2002 Silvio O. Conte Award at the NYSP National Workshop held at Walt Disney World in Lake Buena Vista, Florida, in January of 2003. The 2003 Conte Award recipient will be announced and honored at the NYSP National Workshop in Washington, D.C., in February of 2004.

Congressman Conte served in the United States House of Representatives from 1959 to 1991. During his time in Congress, Representative Conte focused a great deal of his energy and attention on the Labor, Health and Human Services, and Education Subcommittee appropriations process. In doing so, he became recognized as a leader in national health policy and social service programs. Congressman Conte successfully fought battles against attempts by the administration to dismantle and cut back on the number of health and human services programs. He was instrumental in reordering spending priorities to benefit these programs. President Bush once called Conte the "Education Congressman," citing his vocal support for the cause and unparalleled success in getting educational programs funded. Congressman Conte believed in programs, such as NYSP, and thought them to be essential to our nation's future.

Congressman Conte passed away in 1991. In 1993, the Silvio O. Conte Award of Excellence was established, and the University of the District of Columbia became the first program to receive the prestigious Conte Award.

Former Conte Award Recipients

2002 - University of California, Davis 2001 - Yale University 2000 - Monroe Community College 1999 - University of Massachusetts, Lowell 1998 - University of Wisconsin, Eau Claire 1997 - Malcolm X College 1996 - Hampton University 1995 - University of Detroit Mercy 1994 - University of Arizona 1993 - University of District of Columbia



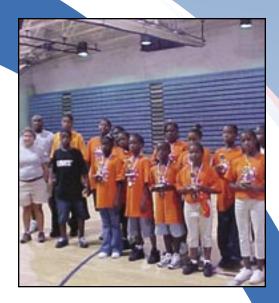


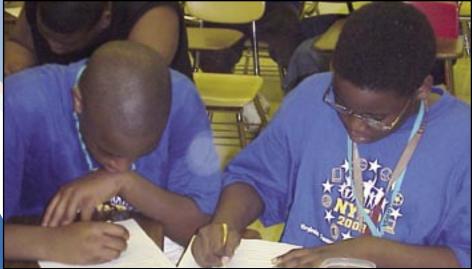




















2003 **PARTICIPATING INSTITUTIONS**

ALABAMA

Auburn – Auburn University Birmingham – Lawson State

Community College Miles College

Livingston – University of West Alabama

Mobile – Bishop State Junior College Montgomery – Alabama State

University
Normal – Alabama A&M University
Selma – Wallace Community College
Talladega – Talladega College
Tuscaloosa – Stillman College

ALASKA

Anchorage – University of Alaska Anchorage

ARIZONA

Flagstaff - Northern Arizona

University
Tempe – Arizona State University
Tucson – University of Arizona

ARKANSAS

Fayetteville – University of Arkansas Little Rock - Philander Smith College Pine Bluff - University of Arkansas Jonesboro – Arkansas State University

CALIFORNIA

Bakersfield - California State University

Chula Vista – Southwestern College Compton - Compton Community College

Davis - University of California Hayward – Chabot College Los Angeles – California State University

Los Angelés Southwest College University of Southern California

Marysville – Yuba College Riverside – University of California San Diego – San Diego City College San Jose – San Jose State University

CONNECTICUT

Hartford – Trinity College New Haven – Yale

DELAWARE

Dover – Delaware State University

DISTRICT OF COLUMBIA

University of District of Columbia Howard University

FLORIDA

Boca Raton - Florida Atlantic University Daytona Beach – Bethune-Cookman College

Miami – Florida Memorial College St. Petersburg – Eckerd College

St. Petersburg College
Tallahassee – Florida A&M University
Tampa – University of South Florida

GEORGIA

Albany – Albany State University Atlanta – Morehouse College Augusta – Paine College Decatur – Georgia Perimeter College Fort Valley – Fort Valley State University

Milledgeville – Georgia College and

State University

Rome - Floyd College Savannah - Savannah State University

HAWAII

Lihue – Kaua'i Community College

IDAHO

Lewiston – Lewis-Clark State College

ILLINOIS

Chicago – Chicago State University Daley College University of Illinois Kennedy-King College Malcolm X College Olive Harvey College Quincy - Quincy University

INDIANA

Bloomington – Indiana University Indianapolis – University of Indianapolis Marian College Notre Dame - University of Notre Dame West Lafayette - Purdue University

IOWA

Davenport – St. Ambrose University

KANSAS

Kansas City – Kansas City KS Community College Lawrence – University of Kansas Pittsburg – Pittsburg State University Topeka – Washburn University Wichita – Wichita State University

KENTUCKY

Morehead - Morehead State University

LOUISIANA

Baton Rouge – Southern University Grambling – Grambling State University New Orleans – Southern University Dillard University Shreveport – Southern University

MAINE

Gorham - University of Southern Maine Orono – University of Maine

MARYLAND

Baltimore – Coppin State College Morgan State University Princess Anne – University of Maryland Eastern Shore

MASSACHUSETTS

Boston - University of Massachusetts Dartmouth - University of Massachusetts Lowell – University of Massachusetts Springfield – Américan International College

MICHIGAN

Albion – Albion College Detroit – University of Detroit Mercy Wayne County Community College Wayne State University Flint – Mott Community College

MINNESOTA

St. Paul – University of St. Thomas

MISSISSIPPI

Hattiesburg – University of Southern Mississippi Holly Springs – Rust College Itta Bena – Mississippi Valley State University Jackson – Jackson State University Lorman - Alcorn State University Mississippi State – Mississippi State University

Raymond – Hinds Community College

Tougaloo – Tougaloo College University – University of Mississippi West Point – Mary Holmes College

MISSOURI

Jefferson City – Lincoln University St. Louis – Harris-Stowe State College St. Louis Community College, Florissant Valley St. Louis Community College, Forest Park

MONTANA

Billings – Montana State University Missoula – University of Montana

NEBRASKA

Kearney – University of Nebraska Omaha - Creighton University

NEVADA

Las Vegas – University of Nevada

NEW JERSEY

Camden – Rutgers University Sewell - Gloucester County College

NEW MEXICO

Albuquerque – University of **New Mexico** Espanola – Northern New Mexico Community College Las Vegas – Mexico Highlands University

NEW YORK

Bronx – Bronx Community College Lehman College Brooklyn – Medgar Evers College Buffaló – Buffalo State College Canisius College Jamaica – York College Rochester – Monroe Community College

NORTH CAROLINA

Charlotte – Johnson C. Smith University Concord – Barber-Scotia College Durham – North Carolina Central University Elizabeth City – Elizabeth City State University Fayetteville Fayetteville State **Úniversity** Greensboro – North Carolina A&T State University Raleigh – St. Augustine's College Salisbury – Livingstone College Sanford - Central Carolina Community College Winston-Salem – Winston-Salem **State University**

NORTH DAKOTA

Fargo – North Dakota State University

Akron – University of Akron

Athens – Ohio University

Cleveland – Case Western Reserve University Cleveland State University Columbus – Ohio State University Dayton – University of Dayton Ironton – Ohio University, Southern Kent – Kent State University Springfield – Wittenberg University Toledo – University of Toledo Youngstown – Youngstown State University

OKLAHOMA

Miami - Northeastern Oklahoma A&M Tahlequah - Northeastern State

University

OREGON

Ashland – Southern Oregon University Portland – Portland State University

PENNSYLVANIA

Chevney – Chevney University McKeesport – Pennsylvania State University Philadelphia –Temple University Pittsburgh – University of Pittsburgh Scranton – University of Scranton

RHODE ISLAND

Lincoln - Community College of Rhode Island

SOUTH CAROLINA

Columbia – University of South Carolina Conway – Coastal Carolina University Denmark – Voorhees College Orangeburg – South Carolina State University

SOUTH DAKOTA

ermillion – University of South Dakota

TENNESSEE

Clarksville – Austin Peay State University Jackson - Lane College McKenzie - Bethel College Memphis - University of Memphis LeMoyne-Owen College Murfreesboro - Middle Tennessee State University Nashville - Fisk University Tennessee Státe

University

TEXAS

College Station – Texas A&M University Corpus Christi – Texas A&M University Dallas - Mountain View College Paul Quinn College Denton – University of North Texas Edinburg – University of Texas, Pan American El Paso – University of Texas Hawkins – Jarvis Christian College Marshall – Wiley College Prairie View – Prairie View A&M University San Antonio – St. Mary's U<mark>ni</mark>versity Stephenville - Tarleton State University Terrell - Southwestern Christian College Tyler – Texas College

UTAH

Ogden – Weber State University Salt Lake City - University of Utah

VIRGINIA

Hampton – Hampton University Lawrenceville – Saint Paul's College Norfolk – Norfolk State University Old Dominion University Petersburg – Virginia State University Richmond – Virginia Commonwealth University Virginia Beach – Old Dóminion University

WASHINGTON

Pullman – Washington State University Seattle – Seattle University

WEST VIRGINIA

Bluefield – Bluefield State College Institute – West Virginia State College Morgantown – West Virginia University

WISCONSIN

Eau Claire - University of Wisconsin La Crosse – University of Wisconsin Milwaukee – Marquette University

PUERTO RICO

San German – Inter American University of Puerto Rico



2004 STATE COORDINATORS

ALABAMA	Augustus James	205/929-1615	MINNESOTA	Mark Ahrens	651/962-6346
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The Right Start!

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Nancy Bourff Administrative Assistant, NYSP



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Leslie BrownAssistant Director of Youth Sports,
YES



G<mark>ina Friedholdt</mark> Administrative Assistant,



Tom LeixDirector of Youth Sports,
PAL



A. Jeannie BurkeAssistant Director of Youth Sports,
PAL



Sheila Bradley Administrative Assistant, PAL



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