



Foundation For Allen Schools Grant Application

Scholarship Fund Amount: \$0

Application #: AP208300

Applicant First Name: Britney

Applicant Last Name: Fesco

Applicant Email Address: britney.fesco@allenisd.org

Gender:

Cell Phone #:

High School:

Post Secondary School:

Application Status: Submitted

Application Questions and Answer

Question	Answer
Preferred name/name that you go by:	Britney Fesco
Best phone number to reach you at:	+19727270590
Campus	Ford Middle School
Grade(s)	7;8
I have co-applicants:	No
Please provide your work-related Facebook contact information.	
Please provide your work-related Twitter contact information.	@Coach_Fesco
Name of Grant	Ford Tough
Please select the MAIN curriculum area your grant addresses.	Physical Education

Does your grant have a technology component?	No
Will other campuses be involved/impacted?	No
Will other grades be involved/impacted?	No
How many students will be involved in this grant?	240
Are there any additional funds available for this grant?	No
<p>What is the problem, need or opportunity that this grant will address? Describe the impact of this project on your students.</p>	<p>A. Kettlebells: The kettlebells are in high demand in the weight room for both male and female athletes. The females need lighter weights for specific lifts. The softcover will be durable for accommodating the high yield of use throughout the day and the school years. During inclement weather and basketball season, the male athletes are in the locker room and the girls are in the cafeteria for workouts. Kettlebells allow for many different upper body, core, and lower body exercises that all athletes can use during season or off-season. The soft covering will not cause harm to the cafeteria, gym or weight room floor if dropped. The SWAT team will also have access to these. TEKS: 7.1.C, E 2.A, F-, 3. C, 4.F, 5.A B. Slam balls and Medicine Balls: The medicine balls and slam balls can be used for all male, female athletics and the SWAT team at Ford. The slam and medicine balls can be used in various locations for fitness. They can be used for power, strength, and speed. Slam Balls they have thicker surfaces, making them ideal for high-impact throwing exercises. The over-sized medicine balls can serve as a point of reference for squats as well as throwing or tossing. Both slam balls and medicine balls can offer a variety of uses especially when space is an issue. TEKS: 7.1.C, E 2. A, F-, 3. C, 4.F, 5.A</p>
	<p>The program will be implemented daily by coaches at Ford Middle School. Example activities for the kettlebells may be: 1. Bicep & triceps work 2. Wrist and forearm work 3. Squats, toe raises, Romain deadlifts, kettlebell swings holding weights in each hand 4. Walking, lateral or stationary lunges with</p>

<p>How will the project or program be implemented? Describe activities and tasks. Who is the target population and in what ways will they benefit?</p>	<p>weights in each hand 5.Core strengthening (wall sits, crunches holding weights) Example activities for the medicine balls and slam balls may be: 1. Core work (sit-ups, crunches of various types) 2. Lunges (holding ball overhead) 3. Side/oblique (ab) work 4.Balls slams or throws 5. Push-ups with ball The target population is 7th & 8th grade female and male athletes, and the SWAT team at Ford Middle School. The population will benefit from the use of the items year-round. Ford Middle School currently lacks equipment that can be moved from location to location for workouts due to poor weather conditions or temperature. The mobility of the kettlebells, medicine balls, and slam balls would provide a huge benefit for all of our athletes and will improve programs greatly.</p>
<p>Provide a brief summary for use on the Foundation's website and social media.</p>	<p>The activities that students will perform with kettlebells, slam balls, and medicine balls will be used to improve power, strength, and speed. Also, the items previously mentioned will help reduce injury in athletes.</p>
<p>Which Allen ISD goals/TEKS does this project support? Please provide 2 or 3 examples.</p>	<p>The athletic equipment will help teach and reinforce some of the physical components in the Physical Education curriculum which are not currently readily assessable for all athletes at all times due to limited equipment and facilities. The top 3 TEKS I have selected are: 7.2. A Create and modify activities that provide practice of selected skills to improve performance such as practice with the non-dominant hand, practice specific game situations, or practice jumps in both directions. Use of the Kettlebells will meet the specifics of TEKS 7.2.A. by allowing students to work both hands, arms with the weights thus improving muscle strength and endurance. 7.2. F Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support. The use of all of the requested equipment will allow the students to improve center of gravity and understanding the importance and safety concepts related to it. Also, widening the base of support is essential to weight lifting activities and core activities, all of which will be used and addressed through the use of the requested equipment. 7.4.F Identify and apply basic weight training principles and safety practices</p>

	<p>such as appropriate girls, appropriate weight repetitions, body alignment, the principle of frequency, intensity and time and the importance of muscle pairs. The students will be instructed on safety, proper lifting, exercising technique, goal setting, repetitions, FIT and muscle pairs. This instruction will occur simultaneously with the introduction and instruction of each skill using specific equipment. Safety and the proper equipment use is paramount in the education and health of athletes.</p>
<p>What specific measurements will be used to evaluate the effectiveness of the project?</p>	<p>The students will be pre and post-tested for standing broad jump, 40-yard dash, pro agility, quick steps, bench press, push-ups, and 300-yard shuttle. The assessment that is provided has been created by certified National Strength and Conditioning coaches. Athletes will be assessed every 6 weeks to determine improvement.</p>
<p>What teaching methods will be used to implement this project?</p>	<p>We will use the weight room, gym, cafeteria and locker room (boys) for offseason and in-season athletic training. Small group settings will be used for rotational (stations) for workouts. Safety and correct skill implementation will be highly stressed in each activity. Demonstrations by teacher or student will assist with instructional and comprehension when a new skill is introduced.</p>
<p>What is the project timeline and the date of implementation?</p>	<p>The date of implementation will be 2020 and beyond. All athletes and SWAT team members attending Ford will benefit.</p>
<p>Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.</p>	<p>Allen ISD is well known for both academically and athletically high achieving students. By implementing new activities and new equipment primarily to our in-season and off-season athletic programs, we can continue to improve and uphold the success of Allen athletics. Research also states, that being physically fit and having a positive self-confidence carries over into improving academically, socially and having overall good mental, emotional health. The SWAT (School Wellness Action Team) made up of teachers, paraprofessionals and administration will benefit from the equipment as well. The SWAT</p>

	group holds weekly activities (cardio and strength training) for interested teachers who wish to improve their fitness.
Total Grant Budget Requested:	1762.20
	

Project Budget Set Number 1

Question	Answer
Item Type	Instructional Supplies or Resources
List item to be purchased under item category:	Ultrafit Demolition Medicine Balls
Unit Cost	119.00
Quantity	7
Total cost of items in this category:	833.00

Project Budget Set Number 2

Question	Answer
Item Type	Instructional Supplies or Resources
List item to be purchased under item category:	Alpha Armor Kettlebell
Unit Cost	449.60
Quantity	8
Total cost of items in this category:	449.60

Project Budget Set Number 3

Question	Answer
Item Type	Instructional Supplies or Resources
List item to be purchased under item category:	Fortitude Slam Balls
Unit Cost	479.60
Quantity	8

Total cost of items in this category:

479.60