



ARMY Child and Youth Sports and Fitness Programs utilize the START SMART SPORTS DEVELOPMENT PROGRAMS to fulfill two of the four Baseline Programming Areas – Team Sports and Outreach.

Within the Team Sports Program area, installations can implement the Start Smart Sports Development Program as part of their traditional offerings.

Recently, the Start Smart Sports Development program has been executed within CDC and SAS programs to fit a recreational and physical fitness need for children ages 3-7. The following most significant modifications to the Start Smart program were acceptable as the overall integrity of the program remained.

Manual Modifications

We were able to take our Coordinator Manuals (which the Army renamed Instructor Manuals) and our Participant Manuals (which the Army renamed Skill Guides) and change the language/wording in it to fit their needs.

Modifying the parent/child element

In a typical Start Smart program, each child will go through the entire program with his/her parent. As part of the Outreach Programming area, the program utilizes the staff (CYPA's primarily) and teen volunteers at the Garrison to instruct the program. The CYSFP Director along with the TAPS are the primary contact/trainer for the CYPA's.

Skill and Exercise changes

The skills and exercises performed by the participants were modified to fit into a group setting rather than one-on-one with a parent. The skills are still the same, but the format of some skills was slightly changed to fit the Army needs.

Incorporating the Participant Kit into the Starter Kit

In a traditional Start Smart program, the coordinating agency utilizes a Starter Kit (to keep at the facility) and then each participant would receive a Participant Kit (to be kept by the participant). Modifications to the Starter Kits will provide each Garrison with enough equipment to run Start Smart over and over without the participants/families needing to purchase anything. Every installation has received at least one of the General Start Smart Program Kits, the Start Smart Baseball Program Kit, the Start Smart Soccer Program Kit and the Start Smart Basketball Kit. Some installations (depending upon the size of the CDC and SAS programs) have received more than one kit. Additionally, some installations have also received the Start Smart Golf Program Kit.