

MENTORING THROUGH ATHLETICS

Building Stronger Communities Through Youth Programming

Prince George's County · Anne Arundel County · Charles County · Washington, D.C.



Keeping Kids Safe · Building Leaders · Strengthening Families

WHO WE ARE



MTA uses the power of sport to mentor, develop, and protect youth in underserved Maryland communities — at low or no cost to families.

01

After-School Programs

Safe, supervised environments during the highest-risk hours — 3 PM to 6 PM

02

6 Summer Camp Sites

6 sites keeping children safe and active all summer long across MD & D.C.

03

Sports-Based Mentoring

Coaches who build character, discipline, and life skills through athletics

04

Youth-Led Coaching

High schoolers and recent grads trained as coaches and mentors — workforce pipeline starts here



MTA athletes celebrating tournament medals — Prince George's County

THE UNMET NEED



The hours between 3 PM and 6 PM are the most dangerous for unsupervised youth. Nationally, only 37% of schools offering afterschool programs can serve all who want to participate.

37%

of schools can accommodate ALL students wanting afterschool programs

NCES 2024



63%

of youth in need are left without a spot — locked out of opportunity and safety

NCES 2024



\$6.69

returned for every \$1 invested in quality afterschool programs

PA ROI Study 2021



WHY AFTERSCHOOL PROGRAMS WORK



The Research Is Clear — Quality Programs Transform Youth Outcomes

20 pts

Academic Gains

Elementary students gained up to 20 percentile points in math scores (Study of Promising Afterschool Programs, 3,000+ students)

44% Lower

Dropout Rates

High schools with quality afterschool programs see 9% dropout vs. 16% at similar schools — 44% fewer students falling through the cracks

~50%

Reduced Chronic Absence

Nearly half of chronically absent students improved school-day attendance after joining afterschool programs (U.S. Dept. of Education 2023)

9 in 10

Feel Safe & Respected

More than 9 in 10 youth say they feel respected, listened to, and trust the adults in their afterschool programs (Every Hour Counts)

THE POWER OF SPORTS-BASED MENTORING



Sport is not just exercise — it is a proven vehicle for mentorship, character formation, and crime prevention.

1

High school athletes are more likely to graduate from college (59–73% vs. 53–67% for non-athletes)

2

Youth who exercise regularly show significantly lower rates of depression, anxiety, and suicidal ideation

3

Sports programs significantly improve self-esteem and mental well-being — with larger effects for older youth (College of Policing Meta-Analysis, 2021)

4

94% of female corporate executives played sports — 61% credit athletics for their career success (EY/espnW)



"Sport acts as a protective factor — building the internal locus of control that steers youth away from crime and toward purpose."

CDC: Regular physical activity improves academic performance, reduces obesity, and decreases psychological dysfunction in youth.

MTA COACHES: BUILDING TOMORROW'S WORKFORCE TODAY



MTA coaches mentoring youth across Prince George's County

Our coaches and mentors are high schoolers and young people right out of high school — and developing them is just as intentional as the youth programs they run.

Professional Development Training

MTA provides internal hard and soft skills training — communication, leadership, conflict resolution, time management, and professionalism.

Real-World Workforce Experience

Young coaches gain structured work experience managing programs, supervising children, and coordinating with partner organizations and municipalities.

Workforce Pipeline for Maryland

Maryland faces a critical shortage of youth-serving workers. MTA directly feeds trained, credentialed young adults into schools, rec centers, government programs, and nonprofits.

Breaking the Cycle

Young men and women from the same communities they serve become role models — completing the mentorship loop and proving that success is local.

WHY THIS MATTERS FOR MARYLAND



Maryland has a documented youth workforce gap — and MTA is already filling it.

~14%

Teen unemployment rate (ages 16–19) nationally — consistently 3x the adult rate

BLS 2024

Black & Hispanic youth face unemployment at nearly **DOUBLE the rate of White peers**

BLS / WIOA Analysis

\$15/hr

Maryland's minimum summer youth wage — but most youth lack the soft skills employers require

MD Dept. of Labor 2024

What Maryland Needs

- Youth-serving workers for after-school programs
- Young adults with structured work experience
- Community connectors who reflect the population served

What MTA Delivers

- Coaches trained in professionalism & leadership
- Real program management responsibility from day one
- Young people from the same neighborhoods they serve

MTA Coaches Are Maryland's Next Generation Workforce — We Just Need Your Support to Scale

PARTNERSHIP SPOTLIGHT: PG COUNTY SHERIFF'S OFFICE



PG County Sheriff's patch — worn on MTA uniforms

The Prince George's County Sheriff's Office partners with MTA to provide FREE flag football summer day camps — officers serve as coaches, out of uniform and on the field.

Officers as Coaches

Law enforcement officers step out of their uniforms and onto the field as coaches and mentors — building genuine relationships with youth in their most authentic roles.

Trust Through Sport

Teens who might fear or distrust police see officers as people first. Sports create common ground that no community meeting can replicate.

Violence & Crime Prevention

When youth have positive relationships with law enforcement, cooperation increases and the cycle of fear and violence is broken from both sides.

Free to Families

Because the Sheriff's Office partners with MTA, these summer camps cost families nothing — the municipality funds the program and MTA provides the structure.

MTA SUMMER CAMP PROGRAM



When school is out, the risk goes up. MTA's 6 Summer Camp sites create safe, structured environments — at an accessible cost because municipalities help with the budget.

6

Summer Camp Sites

Across MD & D.C.



MTA Provides

- Trained & certified staff
- Sports & enrichment curriculum
- Mentorship programming
- Full program management

We Need From You

- A school or public facility
- Municipal budget partnership
- Your advocacy & support

Low cost to families. High impact for communities. MTA does the work — we need the space and your support.

WHY SUMMER PROGRAMS MATTER



Summer is not a break from risk — it is the highest-risk season for vulnerable youth.

83%

of schools offered summer programs in 2024 — but only 48% could serve ALL students who needed them

NCES 2024

100%

of youth in quality summer programs improved or maintained academic performance — zero experienced summer slide

Boys & Girls Club 2023

Up to \$12

saved per taxpayer dollar invested in afterschool & summer programs — from dropout prevention, crime reduction, and health outcomes

PA General Assembly 2021



THE MTA MODEL: A LOW-COST PARTNERSHIP FOR HIGH IMPACT



MTA removes the biggest barrier — cost — through municipal budget partnerships. All we need is a facility and the support of local representatives.

1

Municipality or School Partners

- Provides facility space
- Helps fund program costs
- Connects MTA to families

2

MTA Deploys Programming

- Staff arrive ready to go
- Sports-based curriculum
- Mentorship & workforce dev
- After-school & summer

3

Youth & Community Benefit

- Safe, supervised environment
- Low cost for families
- Academic & life skills gains
- Stronger communities

YOUR ROLE: Connect MTA with a school or facility in your district. We handle everything else.

HOW YOU CAN HELP



MTA is ready to expand. What we need from Maryland's legislators is simple:

01

Identify a Facility

Help connect MTA with a school, recreation center, or municipal facility in your district where programming can take place.

02

Advocate for Budget Support

Champion county budget contributions that offset program costs — keeping participation accessible for working families.

03

Connect Us to Your Communities

Introduce MTA to school principals, parks & rec departments, and community leaders in PG, Anne Arundel, Charles County, or D.C.

04

Champion Youth Investment

Speak up for afterschool and summer programming in budget hearings. Every dollar invested returns \$6.69 in community savings.

Together, we can ensure every child in our communities has a safe place to grow. Thank you.



MENTORING THROUGH ATHLETICS

Let's Build Something Together.

We bring the staff, the training, and the passion.
We just need the space — and your partnership.

