



Ozanam
basketball
program

Newsletter



We are committed to making a difference in the lives of the youth we serve.

OZANAM, INC. Pittsburgh, PA

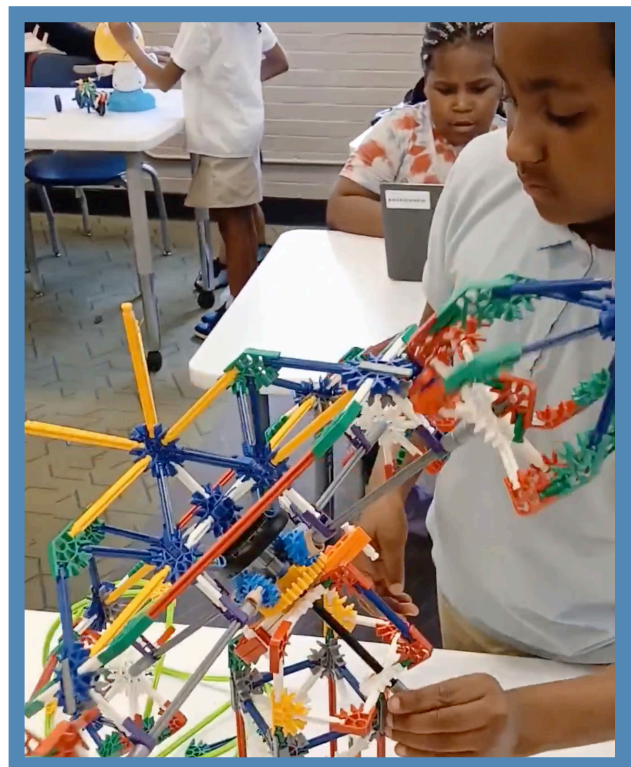
VOLUME 23

ISSUE: SPRING 2024



A Deep heartfelt **THANK YOU** to the City of Pittsburgh Rec2Tech Program:

Maximilian Dennison Anthony Harper, Mondale, Jason, Gerald and Wayne. They taught our students everything from coding, programming, remote control robotics controlled from cell phone, building homes from glue gun, 3-D printing and much more.

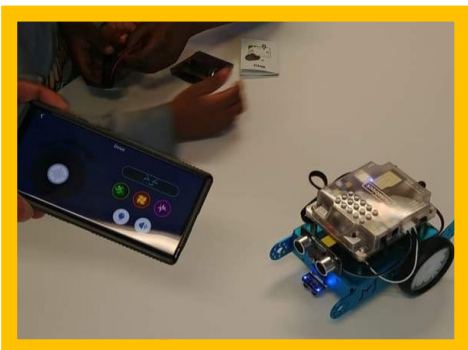


CITIPARKS
REC2TECH

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A Deep heartfelt **THANK YOU** to the City of Pittsburgh Rec2Tech Program:

Our students benefitted immensely from this IT/STEAM Program that was never provided for them before. We hope and pray our future leaders will be able to benefit from these vital programs again in the near future.



THANK YOU TO DR. KAREN HALL AND THE LEADERSHIP PITTSBURGH XL PEER GROUP

A Huge Ozanam Thank You to Dr. Karen Hall and the Leadership Pittsburgh XL Peer Group for attending our After-School Program to tutor, teach, share, interact and influence our students to be the best that they can be on a daily basis.



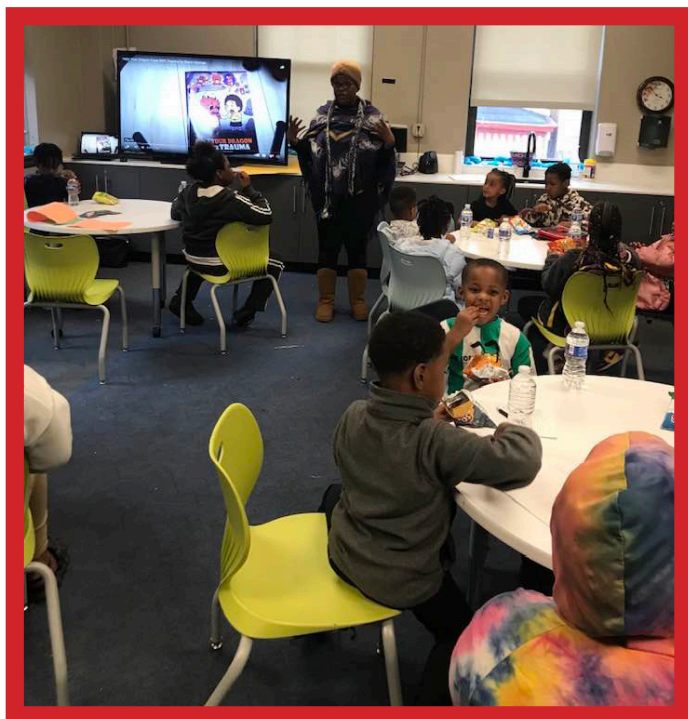
THANK YOU TO MR. BRUCE ATKINS

A Huge Ozanam Thank You to Mr. Bruce Atkins for coming to read and tutor to our After-School Program Students. Readers Are Leaders.



AMMON HEALING SEMINAR

Special thanks to city of Pittsburgh trauma unit specialist

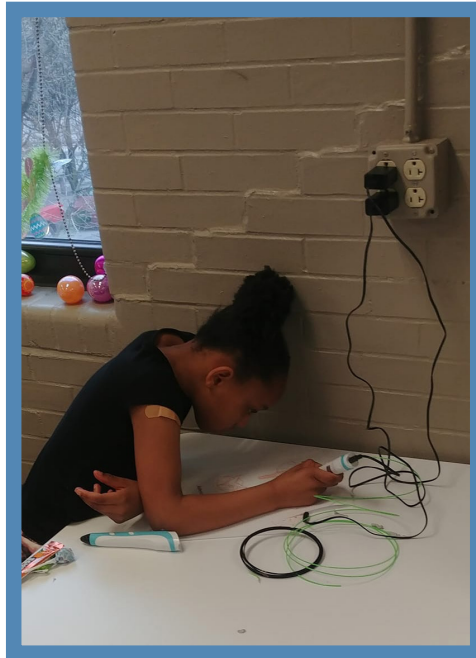
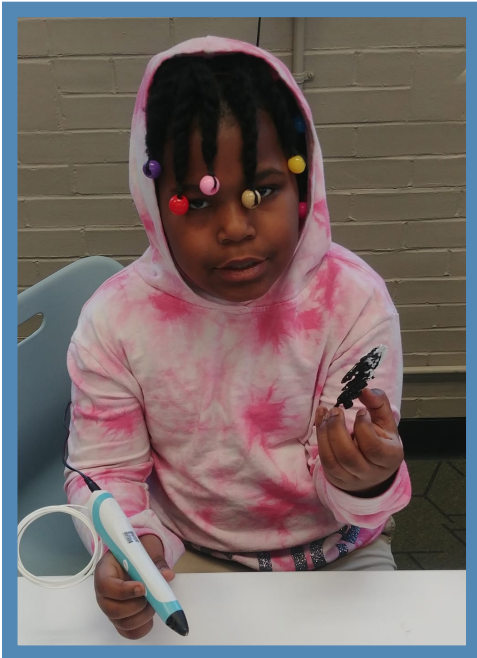




CITIPARKS

REC2TECH

Mondale, Jason, Wayne & Gerald from Citiparks Rec2Tech Program leading our Ozanam/Josh Gibson Foundation Students in this week's STEAM activity...Model Building.



WORDS FROM EXECUTIVE DIRECTOR

Ozanam is off to a wonderful start of year 56. Our youth continue to strive academically and athletically this school year. The recent alumni are doing well as young adults in many different countries. We were able to be part of the largest boys basketball tournament in the country by helping with game operations for the Pitt Jamfest. I look forward to a great summer filled with spectacular youth in our summer programming.



ASSISTANT EXECUTIVE DIRECTOR

Dr. Hall community engagement as participant in the United Way "Meal Kit Packing" event.



WESTERN CHAPTER SPORTS HALL OF FAME - OZANAM INDUCTEES



Mr. Carl Kohlman, 2024 Inductee

Dr. Karen Hall, a 2021 inductee, accepts the induction plaque on behalf of Mr. Carl Kohlman, Founder and Executive Director of Ozanam Cultural Center. Mr. Darelle Porter, 2024 inductee, and Dr. Hall share words about Mr. Kohlman and his vision, leadership, his ability to change kids' lives through education and sports.



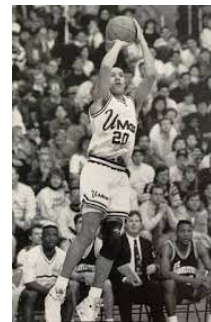
Mr. Darelle Porter, 2024 Inductee

Mr. Darelle Porter, a Perry Traditional Academy. Excelled in Baseball, Basketball, and football. Scholarship opportunities in all three sports. Played for four years at the University of Pittsburgh. Ferocious Dunk's photo lasted a lifetime.



Jim McCoy, 2024 Inductee

Monique McCoy accepts the induction plaque on behalf of Jim McCoy, her brother. Jim's stellar collegiate career took place at the University of Massachusetts.



Mr. Bruce Atkins, 2024 Inductee

Mr. Bruce Atkins, 2024 Inductee. One of Duquesne University's greats. Atkins is a two-time All-Atlantic 10 player and one of the Duquesne All-Century Team players.



ALUMNI PROFILE

FAITH WILDS & CHENEY STATE TEAMMATES INDUCTION INTO NATIONAL WOMEN'S HALL OF FAME IN NASHVILLE, TENNESSEE

Hey, Ozanam family just want to share with you where the path Ozanam put me on my youth has led me, my latest journey was to the Tennessee Women's Hall of Fame. It was an amazing 3-day event for my Cheyney teammates and myself, the first day was a meet and greet in the Hall of Fame we met famous coaches and WNBA players and took a tour into the Hall of Fame.

The second day was autograph signing our team signed well over a hundred Autographs on T-shirts, balls, hoodies, you name it for fans from all across the country, lastly, the induction was at the famous Tennessee Theater where we were inducted into the Hall of Fame.

We were truly grateful to be recognized by so many after so long, we were given Hall of Fame pins and inducted as a trailblazer team. We got to meet Sheryl Swoops and Maya Moore. It was truly amazing! I could not have gotten this opportunity without Ozanam playing a significant role in my youth. Thanks again, Ozanam.



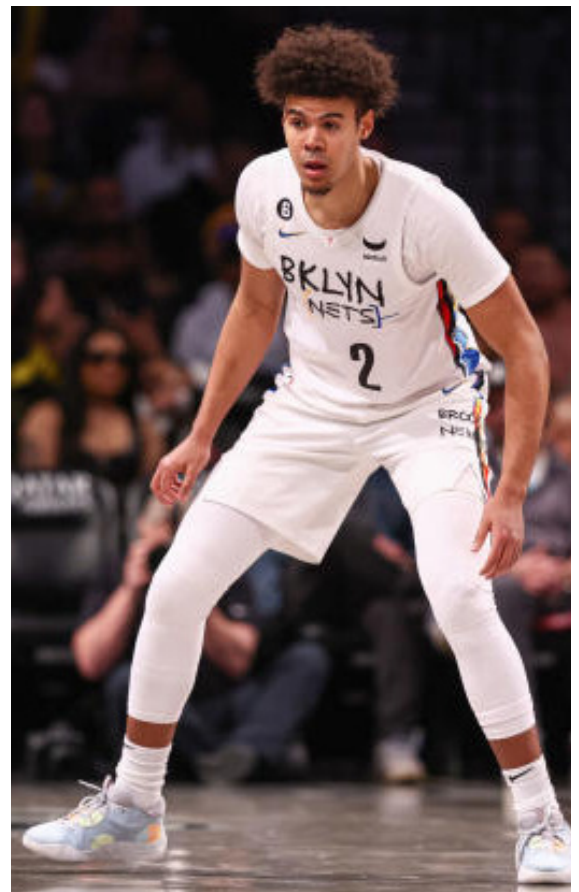


The story of Cam Johnson's rise from under-the-radar prospect to NBA starter and how he strives to inspire the next generation.

From Moon Township to Brooklyn
presented by Qatar Airways

Watch the video on youtube:

<https://www.youtube.com/watch?v=AYoe3vwEhbl>



Pitt Pathers visit Ozanam Kids

Exciting day at Ammon Recreation Center as the Pitt Panthers Wide Receivers and Coaches dropped by to spend time with the kids and staff, creating joyful memories.



Ozanam Accomplishments:



Jaymeir Bostic (Ozanam Alum) worked the Pittsburgh Jam Fest this weekend, and is getting ready to graduate from Allderdice this June. He will be attending Penn St. University and will be studying Mechanical Engineering this upcoming fall.



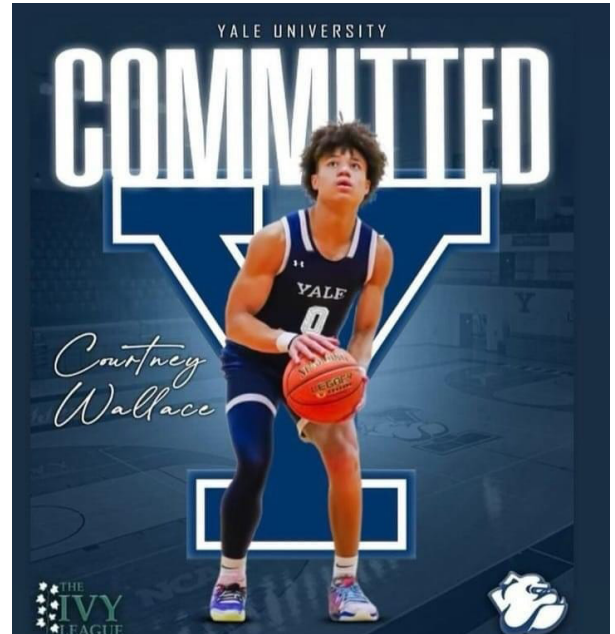
RJ Sledges, Nate Brazil and their Imani teammates won the 1A WPIAL and 1A PIAA Championships again. BACK 2 BACK.



Ozanam Accomplishments:



Congratulations Manchester, Ozanam & Perry
Traditional Academy Alum, Eddie Benton



Another one of our local student-athletes
and Ozanam Alum, Courtney Wallace
(Neighborhood Academy), has committed
to Yale University in the Ivy League...
Congratulations Courtney and Family.
Keep up the outstanding work in the
classroom and on the court!



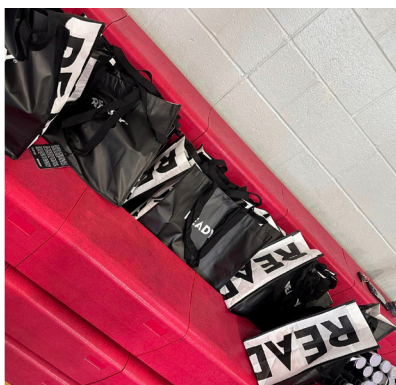
Congratulations to our Northside resident and Ozanam Alum Ayanna Townsend for receiving the Prestigious Atlantic 10 Postgraduate Award! She has excelled both on and off the court. Her leadership abilities and work ethic are second to none. She also loves and works with and mentors our youth.



Machia Hairstonn Ozanam Alum, Senior Recognition Day at LaRoche College.

The Ready Brand visit Ozanam

Very Special Citiparks, Josh Gibson Foundation & Ozanam After-School Program Thank You to Ready Brand for coming to tutor/mentor, healthy snacks and education, recreational & physical activity, snack bags and pizza for our students. Your generous time, educational piece, Goody Bags, recreational activities and pizza were all needed and appreciated by all.





Ozanam
basketball
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Summer League IS BACK

JUNE 2024

Boys & Girls Basketball

Monday - Thursday 5:30-9:30

Game times: 5:30, 6:15, 7:00, 7:45, 8:30

Monday 12 & Under

Wednesday High School Boys

Tuesday 14 & under

Thursday 10 & Under, High School Girls

Cost: \$350 per team



The Miles Group Rita M McGinley Foundation
www.tmilesgroup.com



FUELED BY
READY



CITIPARKS

55
ANNIVERSARY



Ozanam
summer
basketball
league



Ozanam
basketball
program

BREAKFAST CLUB



Starts June 24th, 2024
@ 8:00 am • Monday-Friday

2217 Bedford Ave
Pittsburgh, PA 15219

COME WORK ON YOUR GAME!

Tips to Support Healthy Routines for Children and Teens:

A) Make sure they get enough sleep.

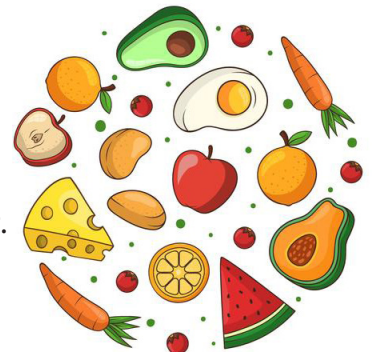
Recommend amount of sleep by age:

Newborn	0–3 months	14–17 hours
Infant	4–12 months	12–16 hours (including naps)
Toddler	1–2 years	11–14 hours (including naps)
Preschool	3–5 years	10–13 hours (including naps)
School age	6–12 years	9–12 hours
Teens	13–17 years	8–10 hours



B) Help them develop good eating habits

- Provide plenty of fruits, vegetables, and whole-grain products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Include low-fat or non-fat milk or dairy products, such as cheese and yogurt.
- Encourage your family to drink water instead of sugary drinks.



C) Reduce screen time

Data from the 2019 National Youth Risk Behavior Survey)

- Students with higher grades are more likely to engage in physical activity compared to students with lower grades.
- Students with higher grades are also less likely to engage in sedentary behaviors compared to students with lower grades.
- School health professionals, school officials, and other decision-makers can use business fact sheets to better understand the connection between physical activity and sedentary behaviors and grades and reinforce policies and practices that support physical activity in schools.



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D) Limit salt, added sugar, and saturated fat

Healthy Snacks

- a) 1 cup carrots, broccoli, or bell peppers with 2 tablespoons hummus.
- b) A medium apple or banana with 1 tablespoon of peanut butter.
- c) 1 cup blueberries or grapes with 1/2 cup plain, low-fat yogurt.
- d) 1/4 cup of tuna wrapped in a lettuce leaf.



E) Help them stay active

Regular fun physical activity:

- a) Strengthen bones and muscles.
- b) Decrease blood pressure.
- c) Reduce the risk of several chronic diseases, including type 2 diabetes and obesity.
- e) Reduce the risk of depression.
- f) Boosting academic performance by improving attention and memory.

<https://www.cdc.gov/healthy-weight-growth>

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Clinical Transformation Consultant
Highmark Inc.



The mission: We are committed to making a difference in the lives of the youth we serve.