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**What's the Goal:** Increasing Sports Opportunities for Youth from Low Socioeconomic  
Communities

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LS 400: Senior Capstone

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### **Abstract**

The focus of this Capstone Project is researching and learning about accessibility, availability, and affordability for low-income families to enroll their children in sports. This is an important issue for families and children because sports impact youth's lives in a positive way. An argument is made that children at an early age have significant outcomes for general health and physical well-being. The primary stakeholder perspectives chosen were coaches, students, parents, and educators because they are all part of a child's educational journey and childhood experiences. After interviewing administrators, teachers, and students three different action options were thoroughly discussed to enhance availability, accessibility, and affordability around sports. Volunteering as a coach or mentor to increase change is argued to be the most effective way to achieve the goals of children's experiences in sports.

### **Literature Synthesis**

There is an economic barrier that makes it difficult for families to enroll their children in clubs, travel teams, and sports. There are limited financial resources for low-income families who do not have extra money and without affordable options, many do not have the opportunity to join. Another issue is inequality, not having access to sports across communities and socioeconomic groups. Holt (2011) addresses the importance of barriers that may result in being left behind and leading to greater inequality and disparities in health, social development, and education.

### **Why is it an Issue/Opportunity?**

Not having availability, accessibility, and affordability to sports is an issue for several reasons. Kuhn (2021) mentions how participation in youth sports can have a positive, lasting impact on a children's general health and physical well-being. Students' physical and mental health is essential for maintaining good health and preventing chronic diseases such as obesity, diabetes, and heart disease (Allender, Cowburn, & Foster, 2006). Not being able to participate in sports can have a negative effect on students' stress levels and mood and individuals may miss out on these health benefits (Allender, Cowburn, and Foster, 2006). Allender, Cowburn, & Foster (2006) emphasizes that the prevalence of childhood obesity in the United States will increase to 40% in the next 20 years. Additionally, Type 2 diabetes is expected to impact around 300 million individuals across the world within the same time period.

In addition, not being able to have availability, accessibility, and affordability limits social development. Sports can be a valuable tool for social development because they provide opportunities for individuals to interact with others and develop teamwork and leadership skills. Opstoel, Chapelle, Prins, Meester, Haerens, Tartwijk, and Martelaer (2019) focuses on emphasizing prosocial behavior, cooperation, and a strong work ethic may come at the cost of other important outcomes, such as decision-making and problem-solving.

The availability, accessibility, and affordability of sports enhance students' motivation in the classroom and "paramount in a young person's life" (Snellman, Silva, and Putnam, 2015). In other words, sports have an impact in the classroom as well, where students are driven to do better in school. Becoming student-athlete, children learn life skills like time

management which is reflected in their success. This also leads to developing social skills through sports and has a huge impact on student's education and is integral to our culture (Humphrey, 2003).

### **What Should Be Done?**

One of the most effective ways to increase availability is to create more sports programs. Many low-income families are unaware of the sports programs available in their community. This can include advertising in local newspapers or community centers, partnering with schools or after-school programs, or even utilizing social media and other digital platforms to spread the word. As well as building important connections with mentors such as soccer coaches, bandleaders, and youth group pastors (Snellman, Silva, and Putnam, 2015).

Lack of transportation can also be a barrier to sports participation for low-income families because according to Whitaker, Baker, Mathews, McCombs, & Barrett (2019), transportation is time-consuming and involves a heavy commitment to children in low-income communities. To address this, organizations can consider providing transportation assistance, such as arranging carpooling or offering bus transportation to and from practices and games. In addition, partnering up with one of the parents and taking turns taking the children to practice or games. Communication is extremely important because coaches can also set up a group chat with all parents where they can reach out for assistance when their child needs a ride.

Families may have a hard time purchasing sports equipment because many low-income families may not be able to afford the necessary gear for their children to participate. Whitaker, Baker, Matthews, McCombs, and Barrett (2019) mention stakeholders establishing community collaboratives where field space, gear, and equipment can be shared. Easy Donation PickUp.com is a website where people can donate equipment that their children no longer need or use. There are various of drop off locations or even free pick up and these donations are given to those children in need. Using community resources to help one another comes a long way.

To make it more affordable for families to enroll their children in sports, sports organizations can offer reduced registration fees for low-income families. For example, “Every Kid Sports” is a place where people can donate to cover youth sports registration. Their goal is to help 10,000 kids in 2023 and they state that the cost is the number one barrier that keeps children from participating in sports. As well as, schools, community sports programs, policymakers, and funders can work to lower fees, particularly for low-income students (Whitaker, Baker, Matthews, McCombs, and Barrett 2019). Determining who can qualify for reduced prices can be done by setting a sliding scale based on income or by offering discounts to families who demonstrate financial need.

Scholarships to help low-income families enroll their children to participate in sports programs are another way to get children on the field. Harleystown FC is a club that offers scholarships to children who are committed and have a difficult time affording the expenses of competitive soccer. DA Scholarship program acknowledges that “great talent comes from

all backgrounds”, they also provide scholarships to make sure children have an opportunity to train, coach, and have competitive life-changing experiences. Some sports organizations may be able to offer cost-sharing programs where families can pay a portion of the registration fee and the organization covers the rest. This can make sports programs more affordable for low-income families. Sports organizations can engage in fundraising efforts to help the costs of sports programs. This can include hosting fundraising events or partnering with local businesses to secure sponsorships or donations. Overall, sports participation teaches youths life skills, such as leadership, teamwork, confidence, perseverance, discipline/ personal accountability, and strategic thinking (Whitaker, Baker, Matthews, McCombs, and Barrett, pg. 11, 2019).

### **Conclusion**

By implementing these strategies, sports organizations can help to increase the affordability of sports programs for low-income families, making it easier for children to participate and benefit from the physical and social benefits of sports. By addressing availability, accessibility, and affordability, sports organizations can help ensure that all children have more opportunities that can help them become motivated and goal-oriented.

### **Setting the Stage**

Being born in Mexico and raised in the United States has been such a beautiful and fearful journey. There are a number of challenges and uncertainties because of our citizen status.

Even as a DACA (Deferred Action for Childhood Arrivals) recipient, there are still so many advantages to getting a job, going to school, or even becoming a student-athlete. DACA recipients are undocumented immigrants who are brought to the United States as children. Although DACA provides temporary protection from deportation and the ability to work legally, it does not provide a path to citizenship or permanent residency. It is difficult to pursue things people love when there are more important things to worry about and that causes to put people's interests and passion aside. I grew up in a low-income area where many families did not have the availability, accessibility, and affordability to enroll their children in sports teams. I however consider myself extremely fortunate to be able to have the chance to focus on my studies while playing a sport that has taught me so much.

Cost, time, transportation, cultural barriers, and family troubles were all obstacles that my sister and I faced growing up. My parents are both hard-working and did their best to make sure we never needed anything, but we also never had the luxury of any electronics or cool toys. Playing street soccer was our escape and what made our childhood memorable. My parents struggled financially because of their citizen status, language barrier, working minimum wage jobs, and not having an education. This resulted in not having reliable cars and working two jobs to be able to financially support our family. During these times my father's escape from all his worries and struggle was alcohol. Looking back to my childhood, I have become aware that my parents did everything they could. Luckily, my parents met amazing people along the way that allowed them to enroll my sister and me in sports, help out with transportation, and expose my parents to learning opportunities for us. These people are still in our lives and have become family. I am aware that this does not occur as often as we wish but that is why I want to create



availability, accessibility, and affordability for low-income families to give children a chance to be physically active, have something to be passionate about, become social, goal-oriented, and driven. There are so many positive outcomes when it comes to being on a team and playing a sport.

Throughout my journey with sports and furthering my education came a lot of sacrifices for my parents and myself. It has been extremely difficult yet so rewarding. I hope that sharing my story is inspiring for many to never give up on their dreams. Researching to make sports in low-income areas more available, accessible, and affordable is a way of me giving back to my community and thanking you to everyone who helped me dream big.

### **Method**

The focus of this capstone project was to research and find more ways to create availability, accessibility, and affordability for low-income families to enroll their children in sports. Creating availability, accessibility, and affordability are all crucial components in allowing children in low-income to play a sport. Learning more about those who serve the community and what they experience gives a good insight into what is being done and what has to be done to increase the number of children playing a sport.

### **Context**

The majority of the stakeholders are from Southern California, more specifically from San Bernardino County. In 2023 poverty rate was 29.49% and the average household income is \$60,409 according to San Bernardino California Population. This results in a variety of financial

challenges and limited opportunities to provide students the chance to fulfill their dreams or be exposed to sports.

### **Participants and Participant Selection**

There were 3 coaches, 1 player, and 1 educator that shared their personal experiences with children in low-income communities playing sports. The coaches and educators who took the survey all have coached players and have first-hand experience with the challenges the families face. Players who took the survey can also describe how it feels worrying about the cost when they can not really contribute based on their age.

**Coach A:** A female who has coached for more than 6 years at different levels of soccer; club, division 1, and division 2.

**Coach B:** A male Hispanic coach and teacher involved heavily in coaching and mentoring the youth of the community. He has created teams to help make a name for the city working towards providing opportunities for the youth.

**Coach C:** A high school teacher and coach involved in children's success as a student-athlete. He also coaches his daughter's club team and is involved heavily in the youth's life.

**Player D:** A Hispanic male with, low-income background, and has played soccer since the age of 7. He played at a community college and then transferred to a four-year university. He is the first generation and recently just graduated as a student-athlete, the fall of 2022.

**Educator E:** The athletic school counselor that helps guide students throughout their whole high school experience. He has been in this field for more than 15 years.

### **Researcher**

I am a current student at Cal State University of Monterey Bay majoring in Liberal Studies and minoring in Human Development and Family Science and Social Work. I am a female, first-generation, and DACA student. My educational journey has influenced who I want to be in the near future and why I decided to dive deeper into helping my community to create availability, accessibility, and affordability for children in sports. I had a small conversation with one of my mentors about people wanting to get a higher education and move up in life instead of gaining a higher education to give back to their own community. In reflecting on what he said deeply, I have learned so much away from home but yet have so much eager to head back to share things I learn and help my community.

Finding different and more ways to give children an opportunity in being in a competitive sports team is important to me. However, there are obstacles and barriers that continue to exist that limits children to be a part of a team. I come from a low-income family where I saw my parents struggle to register my siblings and me in sports because of money issues. This led to me losing many good opportunities because it was unaffordable. In addition, great quality teams were further from my home where transportation was an issue. The team I was on growing up really limited the exposure I got to allow college coaches to recruit me. In some ways, I am

similar to students wanting to pursue their interest in sports but being so limited because of their family's financial status. There is a competitive, challenging, and joyfulness that comes from being on a team which is something I want more students to be exposed to. I am also different from the participants because I have been fortunate enough to overcome my situation and receive a soccer scholarship that paid for my college education. However, I am the exception, not the rule when it comes to this issue.

I realized that I have to be mindful of my own biases. I am aware that sports might not be for everyone and should not be forced. However, the goal is to expose children to sports and allow them to decide to play a sport or an extracurricular activity. I am also a soccer player and creating availability, accessibility, and affordability is not only for soccer specifically but for all sports. Additionally, I need to be mindful and respectful of others who have different opinions and suggestions about affordability and availability. I also have to be mindful of showing respect and compassion to the community. I am also emotional about this subject based on my challenges but being composed and a listener to stakeholders' thoughts and feelings.

### **Survey Questions**

1. How would you describe the availability, accessibility, and affordability of sports opportunities in your community? What do you see as the challenges with the availability and affordability of sports in your community; What are you most concerned about when it comes to the availability and affordability of sports in your community?

2. What is currently being done to increase the availability, accessibility, and affordability of sports in your community for low-income students - by whom - and what are the strengths and weaknesses of these efforts?
3. What do you think should be done to improve the availability, accessibility, and affordability of sports opportunities for low-income students in your community?
4. What do you think are the challenges in increasing the availability, accessibility, and affordability of sports opportunities for low-income students in your community?
5. Is there anything else that you would like to say about the availability, accessibility, and affordability of sports opportunities for low-income students in your community and/or improving the availability and affordability of sports in your community?
6. What are your thoughts about sports in students' lives?
7. Share your previous experiences with sports.

### **Procedure**

Participants were recruited based on interactions and involvement in their community. I have witnessed them be the player or even help the player to achieve their dreams. I myself have played for them, with them, or worked for the community I was a part of. I decided to reach out to them through phone number and email to explain to them my capstone project. I later then decided, to survey them via a Google form where they were asked to be as specific as they could. The questionnaire was sent to individuals where they had the chance to share and go in depth about their involvement in their community and their perspective on availability, accessibility, and affordability in sports. The responses I received from the participants were all anonymous.

### **Data Analysis**

Survey data was coded and analyzed for emergent themes.

## **Results**

For this capstone project, I am researching and learning about barriers that low-income families face that limit them to enroll children in sports. I have personally played sports my entire life and it has shaped me into the person I am today. Sports being introduced to children at an early age have great outcomes for general health and physical well-being. Creating availability, accessibility, and affordability to sports opportunities can change the lives of many children and give them a better life. Based on the analysis of data I collected from coaches, educators, and athletes and research there are three important evaluation criteria availability, accessibility, and affordability. Availability is an important criteria in promoting children's sports opportunities because they can help children develop physically, mentally, and socially. With more availability, children would have the opportunity to engage in physical activity. Accessibility, on the other hand, can ensure that children have equal opportunities to participate in sports regardless of their location or socio-economic status. This will also lead to having a sense of belonging and connection in their community. Promoting inclusivity and equity can benefit children to be exposed to sports and find affordable options in their area.

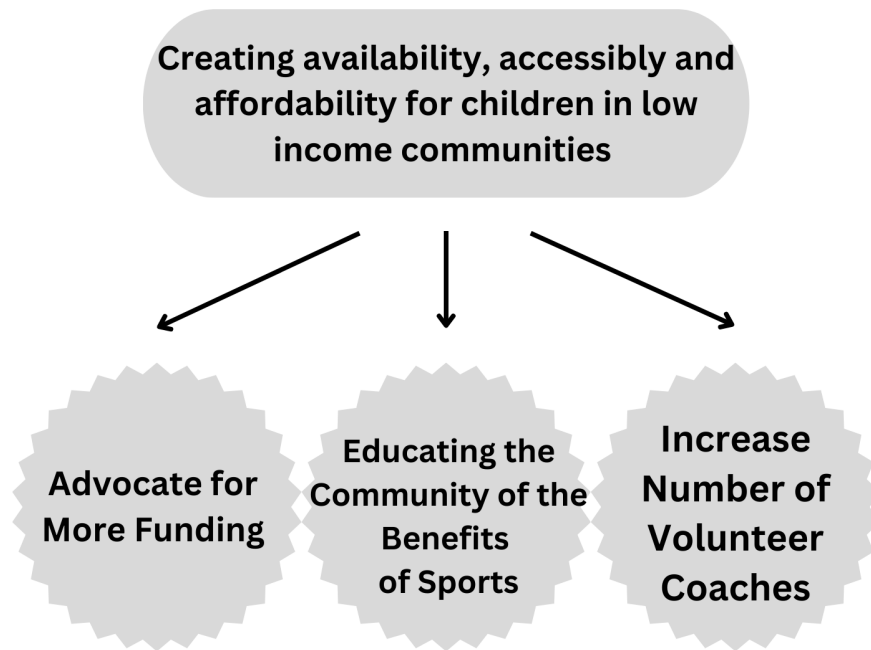


Table 1

*Evaluation of Action Options*

	Availability	Accessibility	Affordability
Advocate for More Funding	High	High	High

Educating the Community on the Benefits of Sports	High	High	Low
Increase the Number of Volunteer Coaches	High	Medium	High

**Advocate for More Funding**

The survey’s purpose was to collect data and to learn more about the struggles that coaches, players, and educators face when it comes to children participating in sports.

Advocating for funding is a common topic that was discussed in the survey. It is especially relevant knowing that cost is the number one barrier that limits children from participating in sports according to “Every Kid Sports”. In the Google survey, one of the participants stated, “The concern is that most athletes end up dropping out of sports because of the high costs. Sports bring social and emotional growth in individual athletes that will be taken away because of increased cost in sports”(Coach, Personal Communication, May 9, 2023). Costs have limited families to sign their children up for sports and have also been a reason why children stop playing based on the data collected. From the data collected, a participant also mentions that as children get older they also quit sports to get a job and become a provider for the family. Ultimately sports have high benefits for a child’s life. There can also be a negative effect on students’ stress levels, and moods, and miss out on health benefits because of cost (Allender, Cowburn, & Foster, 2006).



Public funding to support sports programs for children, the creation of more facilities like sports parks, and coming together as a community to give children a chance at being a part of a team were mentioned by two of the participants that took the survey. One participant also mentions contacting local government officials or public meetings to address the issue because ultimately children are the next generation. Overall, I agree with one of the participants that briefly mentions how sports are known to develop great qualities and values that will help children in the long run so there's a huge importance on the cost that prevents children from participating.

Based on the research collected and the data I received from the Google survey sent out to 5 stakeholders with different experiences, three themes emerged. Advocating for funding is one, by reaching out to coaches and the community to create fundraisers or ask about scholarships that can be created to help low socioeconomic households. Payment plans are something that is more common but allowing families to have more flexibility to play releases stress and there is more of a wiggle room for families who struggle financially. Also, educating the community about the benefits of sports and educating them on what is accessible and available to them is a great start. My parents migrated to the United States and not knowing what was in their community made it difficult for my siblings and me to be exposed to extracurricular activities and sports. Lastly, Increasing the number of volunteer coaches. This will result in more teams and programs in low-income communities and overall it'd create more opportunities.

### **Educating the Community on the Benefits of Sports**

Another action plan to help more students participate in sports is to educate the community about the benefits of sports. A couple of the participants that took the survey emphasized that there have been more community parks that are more local and accessible. Having walking distance parks available, accessible, and affordable to families increases children's participation in sports. Having to drive less of a distance is less of an inconvenience and time-consuming to families with a tight schedule, according to a participant in the survey. Informing families about the increase of fields and possibilities to get their children outside and become active is a huge step forward. Informing parents and caregivers about what sports can do for a child causes no harm, so coaches and educators reaching out to the community about how sports can help children physically, physiologically, and socially is crucial. A way to educate the community is to create banners near and at schools, have coaches reach out to schools and create flyers about the sports teams around the area, and even use social media are all different ways that were mentioned to get children more involved in sports.

I believe that the progress some low-income communities have made is beautiful, mostly because the more parks that are built the more accessible sports and programs become to families. I also think that it is very common for high school teachers to also be high school coaches or even coaches in their community, simply sharing information with their students and family is a simple but effective way to get more students involved in sports. As for social media, flyers, or banners are all effective recruitment tools to catch the eyes of both children and parents

to look into. These tools can incorporate benefits how it helping with mental health, developing social skills, encouraging academic success, building self-esteem, and teaching life skills.

Advocating for more funding will result in higher availability, accessibility, and affordability. Cost is the number one barrier and if the community and stakeholders take more initiative in finding and creating resources there will be more financial support for families living paycheck to paycheck. Educating the Community on the benefit of sports and what's in their community because it leads parents to better understand the positive outcomes that shape an individual. This is high for accessibility and availability and low for affordability because parents and children gain more knowledge about health and personal gains and what is around them. Lastly, increasing the number of volunteer coaches results in high availability and affordability and medium accessibility because there are more role models to give their time free of charge.

### **Increase the Number of Volunteer Coaches**

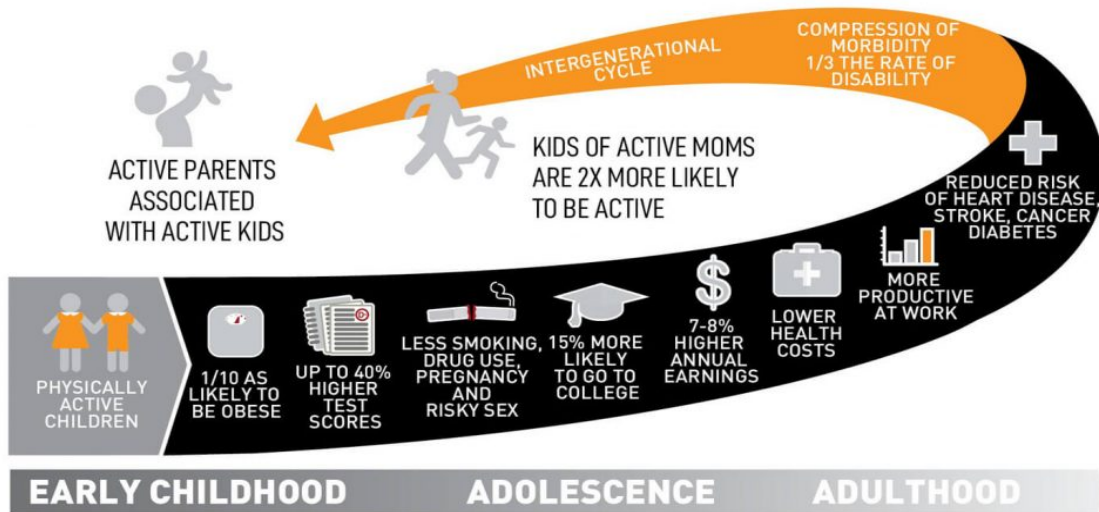
From the data collected, coaches and educators all seem to enjoy helping children grow as individuals. Even for those educators who do not coach, they all want them to stay away from trouble and succeed in school. These individuals all become some kind of role model that students look up to and motivate them to succeed. A participant in the survey mentions how students who do not have someone that they look up to or someone who they feel cares for them, tend to lose motivation in school or make poor choices. Children need to find that sense of care and love to feel like their lives matter and ultimately every life matters no matter where you come from or who you are. Increasing the number of coaches will allow children to receive more

attention and develop their skills in whatever sports they chose. Having more coaches means having more teams or programs that create more opportunities in accessibility and availability.

Growing up, I felt like the coaches in my life really cared about my progress on the field and motivated me to become the person I am today. This allowed me to aim for my dream which was to play college soccer. Having role models that want to see individuals thrive is probably one of the best feelings, someone to give you guidance and advice really also has a huge effect on a child's motivation to keep going. Sports have also taught me how to lose but learn from my losses and keep going. Overall, encouraging and allowing retired athletes to give back to their communities to coach is a great way to start a great and strong community. Even giving an opportunity to people who know the sport or really want to see the next generation succeed a chance to coach, will also help the community with availability, accessibility, and affordability.

### **Recommendation**

Many first generations of students whose parents struggle financially, do not speak English, and do not know what the community has to offer for children can find it difficult to give children an opportunity to be a part of a team. The priorities are to make sure children succeed in the classroom and as an individual. Educating the community about the benefits of sports in children's lives is probably the first step in grabbing the community's attention and a great step forward in getting more children involved. Prioritizing children's mental health, social development, and self-esteem, and teaching them life skills all come from being a part of an organized team. This also allows children and families to have more availability, accessibility, and affordability by taking advantage of the resources around them and learning about the effect that sports have on a child. This means that educating the community about sports will be an eye-opener and encourage families that sports can be accessible, available, and affordable.



### Concessions

The strength of educating and informing schools, parents, and students are the increase in children's involvement in sports. According to the image above, students are less likely to be obese, do better in school, have better life choices, have more of a chance to go to college, become more productive, and be better human beings. The more knowledge families gain and are more aware of what they can afford as well as what is in their community will increase the number of children who become student-athletes. However, not choosing to advocate for funding will also set back students from participating in a higher level of competitiveness. However, the goal is to expose children to sports to be healthy and gain social skills, and be disciplined. In addition, increasing the number of volunteer coaches does allow children to receive more attention and coaching and not having enough coaches for children does limit them. Although, as

we raise more knowledge about sports and what is around their community will have more of an impact that will increase student participation and encourage parents who have the experience to coach or help out.

### **Limitations**

Educating the community about the benefits of sports and the effect it has on a community as a whole really depends on what the community does with the information. However, this can also be a reason educators and schools teach children about sports and create sports programs in schools that way that have more accessibility and availability to still be physically active. Educators can really contribute to what is exposed to children in their community and in their school.

### **Potential negative outcomes**

Finding creative ways to reach out to the community, so that the issue does not get dismissed or ignored can be challenging. There are also many individuals who can be closed-minded and ignore the opportunities that may be rewarding to their child. I also could understand why parents would refuse to enroll their children in sports because it is a commitment that can possibly not be ideal to fit their schedule.

### **Conclusion**

The creation of opportunities in sports and extracurricular activities, whether it is related to accessibility, availability, or affordability, will always be a challenge. However, society can begin to make its best effort to minimize this issue. Receiving feedback and data from educators, coaches, athletes, and research has simplified the limitations low-income children have and the possibilities to move up based on community efforts in helping the children in the community. It

is a community-based effort and sharing knowledge with parents and children is a step forward in the right direction.

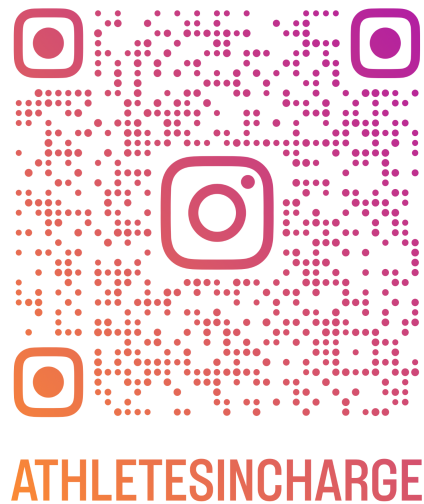
### **Action Documentation and Critical Reflection**

What's the goal? Creating more availability, accessibility, and affordability for low-income families in sports. Sports can and are viewed as a luxury, not a necessity which makes it difficult for families to expose and enroll their children in sports. However, there are many positive benefits that come from children being on a sports team physically, mentally, and socially. There was a survey created to learn more in-depth about the problems and reaching out to stakeholders to share their personal experience or what they witnessed has narrowed down the barriers of the issue. Three themes emerged after collecting the data from the survey; advocating for more funding, educating the community on the benefits of sports, and increasing the number of volunteer coaches. Educating the community about the benefits of sports and what's in their community is an important action option to increase the number of student-athletes. In addition, volunteer as a soccer coach and share my knowledge to inspire and motivate the youth who are just like me. I created an Instagram that people can follow to learn more about my story and to educate the community to take advantage of the opportunities there are for the youth to have an aspiring future.

### **Action Research Project Documentation and Reflection (Group)**

I created an Instagram page called ATHLETESINCHARGE to catch the attention of my community. I am to share my knowledge about being a student-athlete my whole life and

overcoming similar obstacles that first-generation and low-income families may face. I also plan to volunteer coaching by teaming up with my previous coaches and offering one on one and group sessions to individuals. Every child is deserving of being given the opportunity to play a sport and making an Instagram page has made it easier to reach out to my community.



I thought it is an effective way to connect with my community and mostly inspire youth. I am aware that as students get older they decide to stop playing sports to take on bigger roles in their family. There are many children who become income providers to support their families or help with their necessities. I also shared my Instagram with coaches and teammates of mine to follow and share. I also told them to share their stories and reach a bigger audience who can relate. Listening to the stakeholder's personal experiences and what they have witnessed is surprising. I was not aware of the extent of this issue.



### **Modifications and Outcome**

I realize that it would be difficult to get ahold of vendors or local businesses to support sports teams. I decided to modify the action plan to inform and educate the community about the pros of sports and sports teams in the area. It is an effective way to introduce programs and sports to parents and encourage them to enroll their children.

After creating the Instagram page, Athletesincharge I have received a variety of support from my coaches, teammates, mentors, and my community. The outcome of my action plan after asking them to follow and share the QR code or Instagram username has allowed me to stay connected and inspire everyone who has support.

### **The realization**

I have come to the conclusion that cost will forever be the number one barrier that keeps families and youth from participating in sports. There is also a range of programs from Recreational to Elite sports where the cost are nothing compared. I really wish I knew how to change the system but little by little I hope to find ways in taking control and helping those I can with my knowledge. I realized I know more than I thought I did and underestimate my connection to this issue. Creating opportunities for students and families hits home. I was a child who loved playing with a soccer ball and thanks to the sacrifices my parents made it helped pay for my college and am forever grateful for my time as a student-athlete. I realize helping youth play a sport is something I am extremely passionate about.

### **Critical Reflection**

I had great mentors, educators, coaches, and supportive parents despite our economic status which brought financial struggles. I learned from a young age that I could not get

everything my peers had growing up and spent most of my time in my backyard playing soccer, tag, or making dirt balls. However, my parents recognized my sisters and my passion for soccer so they did their best to sign us up for the most affordable options. This did limit my opportunities on getting exposure for college but I made the best out of my situation and am very grateful. This really allowed me to view sports and life in general from a different perspective. It also has pushed me to teach and learn from my community to best support youth. I also love helping others so this is something I look forward to increasing the number of youth participating in sports.

### **Synthesis and Integration**

Liberal Studies MLOs, the required coursework, and this Action Research Project impacted my professional development in multiple ways. I learned how to time manage, research, a way to create change, and most importantly learn about myself and my passion for creating more opportunities for children in sports. MLO 2, Diversity and Multicultural Scholar has allowed me to evaluate my own and others' experiences based on being a student-athlete, the sacrifices made, and exposure to sports. Creating an Instagram-incorporated innovative technology practitioner to teach and learn from people who have access to it. This research topic is one I feel strongly passionate about and connected with based on personal experiences which is where MLO 4, Social Justice Collaborator gets involved. Conducting research and discussing three themes that can increase availability, accessibility, and affordability in low socioeconomic communities is all in effort in working to create a sustainable world. Overall, I demonstrated in-depth research and collected data from stakeholders to successfully create change and an

environment I envision myself as an individual from a low-income household.

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Holt Nicholas L. , Abstract Objectives The first purpose of this study was to examine

low-income parents' and their children's perceptions of the benefits associated with

participation in youth sport. The second purpose was to examine parents' perceptions of

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