TARGET AUDIENCE

This program is for youth who are 6 to 18 years old.

SUMMARY

The Triple Play: A Game Plan for the Mind, Body, and Soul (Triple Play) program, a community-based, wellness program, is offered at Boys & Girls Clubs of America (BGCA) and intends to help youth improve their nutrition and general physical health; participate in regular physical activity; and develop positive relationships, social skills, and character.

EVIDENCE

No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

The Triple Play Program seeks to help youth improve nutrition, increase physical activity, build character, and improve relationships and self-worth. This program includes three components:

- The **Mind** component uses the Healthy Habits* curriculum, which consists of 10 lessons about nutrition, well-being, and the importance of getting regular health care.
- The **Body** component uses Daily Challenges, which engage youth in sport skill practice, games, and tournaments, to increase physical activity and promote fitness.
- The **Soul** component focuses on building social skills, such as leadership, ethics, self-confidence, and cooperation, while children play and interact in the Club’s games room.

Parents are encouraged to reinforce the program goals at home using the Triple Play Parents Game Plan. This Plan contains educational information and activities that pertain to nutrition, physical activity, and social recreation, and they may be completed at home. The link to the parent guide can be found in the Source section.

*A separate fact sheet is available for this program.

PREVIOUS USE

Triple Play has been available since 2005. According to the BGCA website, the Triple Play program is available to approximately 4,000 BGCA serving over 4.2 million youth in the United States, Puerto Rico, the Virgin Islands and domestic and international U.S. military installations.
## Triple Play: A Game Plan for the Mind, Body, and Soul (Triple Play)

### TRAINING

Training is not available or necessary; Triple Play is only offered by BGCA staff at BGCA clubs.

### CONSIDERATIONS

Considerations for implementing this program include understanding this program is only available to members of participating BGCA clubs, realizing those clubs will require extensive staffing and resources to successfully implement the program, recognizing some of the information in the curriculum is out-of-date as it does not use the most current Food Guidance System from the USDA (i.e., MyPlate), and understanding some participants may require transportation.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### IMPLEMENTATION

If you are interested in implementing Triple Play, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### TIME

Each BGCA club determines the amount of time spent in program activities.

### COST

Program implementation costs were not located.

### EVALUATION PLAN

To move Triple Play to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email Clearinghouse@psu.edu

You may also contact Boys & Girls Clubs of America national headquarters by mail 1275 Peachtree St NE, Atlanta, GA 30309-3506, phone 1-404-487-5700, email info@bgca.org, webform www.bgca.org/Pages/Contact.aspx, or visit www.bgca.org/whatwedo/SportsFitnessRecreation/Pages/TriplePlayResources.aspx or www.bgca.org/whoweare/Pages/FindaClub.aspx

### SOURCE


www.militaryfamilies.psu.edu