



City of Cambridge

42.

IN CITY COUNCIL

March 24, 1997

VICE MAYOR BORN
COUNCILLOR DAVIS
COUNCILLOR DUEHAY
COUNCILLOR GALLUCCIO
COUNCILLOR REEVES
MAYOR RUSSELL
COUNCILLOR SULLIVAN
COUNCILLOR TOOMEY
COUNCILLOR TRIANTAFILLOU

WHEREAS: Sunday, April 13, 1997 is a very special performance and event for **Jamnastics**; and

WHEREAS: **Jamnastics** is a Cambridge treasure, an "on-location" program that provides dance and gymnastics programs to over 1,000 students in Cambridge and Boston at over 30 schools and community centers; and

WHEREAS: **Jamnastics** uses the sport and art of gym and dance to make a positive change in our community; the focus on excellence in gymnastics and dance enables kids to learn goal-setting and discipline, and to develop self esteem through true accomplishments; and

WHEREAS: **Jamnastics** students thrive in an atmosphere of self-acceptance and mutual support; and

WHEREAS: The deeper purpose of the **Jamnastics** program lies in its emphasis on team building which creates positive bonds among group members as they gain the social and emotional skills needed to become a mutually supportive group; now therefore be it

RESOLVED: That the City Council go on record expressing its appreciation and best wishes to **Jamnastics** for its invaluable contribution to the children of Cambridge; and be it further

RESOLVED: That the City Clerk be and hereby is requested to prepare a suitably engrossed copy of this resolution for presentation to **Jamnastics** on behalf the entire City Council.

In City Council March 24, 1997

Adopted by the affirmative vote of nine members.

Attest:- D. Margaret Drury, City Clerk.

A true copy;

A handwritten signature in black ink, appearing to read "D. Margaret Drury". The signature is written in a cursive style with a large, looping "D" and "y".

ATTEST:-

D. Margaret Drury
City Clerk

Attached is summary information on *Jamnastics*, a non-profit group organized under 501 (c) (3) which provides classes to over 1,000 students in Cambridge and Boston at over 30 schools and community centers.

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Prepared by Sarah Cortes, parent of 3.

Jamnastics

*** Jamnastics Profile**

- Founded 1990 by Anara Frank
- Employs 26-40 as contractors and trainees (incl. preteens and teens, paid and unpaid)
- Over 1,000 children age 2-17 currently enrolled
- Contracts with 20 schools, housing developments, YMCAs & youth centers
- Only inner-city gymnastics organization in Massachusetts
- Multi-racial, more than 50% teachers/children of color
- Receives minimal grants from city/private sector (\$3000 in FY'94- CDBG)
- Lowest cost provider of gymnastics in Cambridge/greater Boston area
- Trained staff, teachers attend minimum of 8 hours/month teacher training/development plus USA Gymnastics Congress, martial arts, dance schools

*** Jamnastics Key Staff**

- Gymnastics: Anara Frank, Marco Bonilla
 - + Members, USA Gymnastics Professionals
 - + Certified Coaches, American Sports Education Program
 - + Other key staff: Olivia, Owen, Desi, Ramon
- Dance: Paula Macedo, Angelique Smith, William Graves
 - + Angelique: BS in Education from Emmanuel College
 - + Paula: BS in Consumer Studies from UMass Amherst
 - + Trained in hip hop, jazz, ballet, lyrical jazz, tap, acrobatics, other
- Certified in CPR and First Aid, Safety Certified by USA Gymnastics

*** Services**

- Gymnastics, hip-hop and other types of dance
- Afterschool classes, extended day
- Summer camps
- Weekend classes
- Performance Team, Competitive Team
- Special events: parties, sleepovers, open gyms, performs at City events
- Student/teacher ratio 7:1 or better
- Takes the place of day care for many parents
- Teacher training, employment skills
- Activities for teens

- Groups served:

- Toddlers
- Preschoolers
- Children
- Preteens
- Teens
- Families
- College Students
- Community
- Recreationally interested

- Competitive/performer interest level

*** Jamnastics Mission**

To use the sports/arts of gym and dance to make a positive change in our community

*** Jamnastics Focus**

- Excellence in Gymnastics/Dance
 - + Goalsetting, discipline, self-esteem through true accomplishment
- Serve primarily low, moderate income children, including many high-risk
- Constructive outlet of energy
- Provide role models for children, many with 1 or 0 involved parents
- Employ trained teenagers as well as young adults, provide job skills training
- Involves children from a very young age, focus on early childhood education
- Provide performance opportunity/incentive to strive: Performance Teams,
Competitive Team
- Promote girls/women in sports
- Business run by a woman, Spanish-speaker, high proportion of racially diverse, non-English-speaking staff

*** Recent Awards/Accomplishments**

- First Place Winners at Amateur Night at the Apollo Theater in Harlem, New York
- First Place winners at the National All Stars Talent Competition in NYC
- First Place Winners, '96 JAMN Amateur Night at the Orpheum/First Night
 - + Peace & Justice Award
- Performed for Dance Theater of Harlem
- Many others

*** Financial Structure**

- Non-profit corporation
- Contracts directly with schools/community centers
- Many children need full or partial scholarship
- Currently applying for 501 c(3) status

Attachments:

- List of Awards, Photos
- Article, Central Square Jamnastics Uses Dance to Fight Violence
- Schools currently contracting with Jamnastics

JAMNASTICS!

RECENT ACCOMPLISHMENTS

- Grand Prize Winners at Summer Slam Finals, 9/96
- First Place Winners at Amateur Night at the Apollo Theater in New York, 6/96
- Grand Prize & First Place Winners at the Boston All Stars Talent Competition in 11/95, and won a trip to New York to represent Boston at the National All Stars Talent Competition in 6/96, where they won First Place as well
- First and Second Place winners (sent two teams) at Dave Vaughn Grand Finals, 2/96
- First Place Winners at the JAM'N 94.5 Amateur Night at the Orpheum/First Night '96
- First Place Winners at the Perkins Talent Competition, 11/95
- Performed for The Dance Theater of Harlem summer residency, 7/95
- 6 members were cast in the production "Mum & Shaw," which ran at The Lyric, 7/95
- First Place Winners at the Urban Edge Talent Competition, 6/95

HISTORY:

Jamnastics is a large gymnastics and dance program which currently serves about 1,000 youth each session, through schools, youth centers, YMCAs, and housing developments. Since 1992, Jamnastics has offered a special "team program" for youth who were ready to dedicate themselves to practice 4-8 hours per week. The youth in this special program progressed quickly, and soon began to perform at block parties and community events. By 1993, the team was receiving invitations regularly to perform at larger events including:

The Boston Youth Talent Show at New England Life Hall (1993)
The Cambridge River Festival (1993, 1994, 1995, 1996)
The Puerto Rican Parade (South End and Government Center) (1993)
Caribbean Carnival Internationale (1993, 1994, 1995, 1996)
Half-time shows at NorthEastern University and Emmanuel College (1993, 1994, 1995)
Massachusetts Youth Service Alliance Conference (Points of Light Foundation) (1995)
Capoeira Camara Batisado at M.I.T. Kresge Auditorium (1994)

Presently, there are 40 children on the three Jamnastics Performance Teams (Developmental, Boys & Girls), ranging in age from 4-13. They perform and compete individually, in their team, and all together as a troupe. They have a large repertoire, including gymnastics, hip hop, capoeira, reggae, calypso, African dance, step, pyramids, salsa, merengue, tumbling, jazz, modern, ballet, and trampoline. There are also 30 children involved in the competitive program (about 15 do both performance and competitive). They compete in the USA Gymnastics Junior Olympic Age Group Program, and have won many individual awards at competitions at M.I.T., Reading, and other locations.

In late 1994, the dance group "Jamnastics!" was formed, consisting of students who had "outgrown" the children's teams, teachers from our company, and other dancers who auditioned to get in. Presently, the 10 members range in age from 13-22 and specialize in jazz, hip hop, gymnastics, African, Latin and West Indian dances. In addition to their rigorous practice and performance schedule, all dancers still find time to choreograph and teach classes to youth in their community.

**FOR PERFORMANCE OR TRYOUT INFORMATION, OR TO HAVE
US PERFORM AT YOUR SPECIAL EVENT, PLEASE CALL 354-5780**

JAMNASTICS INSTRUCTION ACKNOWLEDGES AND ADDRESSES INDIVIDUAL DIFFERENCES!

Jamnastics staff work with mixed age groups, helping each child develop at his or her own pace. Accommodations are made for a wide range of energy levels, natural and acquired abilities, confidence, and learning styles. On a daily basis, Jamnastics staff have success with children who have trouble waiting or focusing; children who are awkward or fearful; and children who are tempted to quit when frustrated. We employ visual, auditory and kinesthetic methodology, often simultaneously, so that students can progress as a group while their individual needs and learning styles are being addressed.

Jamnastics students thrive in an atmosphere of self-acceptance and mutual support. Cooperation among students provides all types of learners with opportunities to share and reinforce skills.

JAMNASTICS "ON-LOCATION" PROGRAM SERVES OVER 1000 YOUTH EACH YEAR IN CAMBRIDGE AND BOSTON!

From the beginning, Jamnastics staff have always felt that selecting a single building to "house" the program would limit our vision, and would cause us as a group to be much less effective. We chose instead to have an "on-location program," to offer classes through various after-schools, camps, community centers--any community-based site that had children, teens, adults, or families that wanted to participate. This perspective has allowed us to reach out to a greater variety of students and we get the chance to know and appreciate many different neighborhoods. Most importantly, our on-location program has empowered community members to create programs with us that serve their population, and has enabled us to make our classes available to a larger group of people, many of whom would be unable to attend due to issues of transportation and/or affordability.

Each semester we evaluate classes at every site so we can improve and expand our existing programs. New and creative ideas come from a combination of the instructor's experience, feedback from participants and their families, observation from community members, and planning expertise and knowledge of their community from the site coordinators.

JAMNASTICS PHILOSOPHY

Jamnastics is a gymnastics and dance program with a vision. We channel the natural urge of children and youth for sociability, action, and learning-by-doing into an experience of community and purpose. We cultivate self-esteem by teaching even the youngest children ways to respect and control their own bodies.

The fundamentals of gymnastics and dance instruction challenge students at all levels to improve their strength, flexibility, and endurance—to become all they can be—while accepting differences in their individual interests and talents. Each child finds stimulation, constructive criticism, and support from the teachers. Individual students' efforts gain purpose and momentum as they create performance pieces in which each individual's current level of skill is collaboratively shaped into a group, artistic production.

The deeper purpose of the program lies in our emphasis on team building. Throughout our program, classes and teams are organized into small working groups. Teachers coach not only physical skills but also the social and emotional skills needed to become a mutually supportive group that assist and depend on one another as they pursue individual and group goals. This process creates positive bonds among group members as they gain experience with small-group problem-solving and sustaining effort toward a goal.

THE JAMNASTICS STAFF

This high energy, multi-racial and multi-linguistic team of teachers models and inspires a commitment to the Jamnastics Program, encouraging youth in a positive direction. The staff uses gymnastics and dance training as a means to promote health and fitness, build self-esteem, and provide experience in team-building and goal-setting.

The Gymnastics Programs are directed by Anara Frank and Marco Bonilla. Anara and Marco are both USA Gymnastics Professional Members. Since 1992, Anara and Marco have been attending the USA Gymnastics Annual Regional Congress. Both are certified Coaches from the American Sport Education Program. Anara Frank herself has been involved with the sport for 18 years. Anara and Marco coordinate the team, club, and recreational gymnastics programs, develop the curriculum, and train the staff.

The Dance Programs are directed by Paula Macedo and Angelique Smith. Paula has been involved with the art of dance for 19 years in various dance companies and has a BS in Consumer Studies from UMASS Amherst. Angelique has a BS in Education from Emmanuel College. Together they have been trained in jazz, ballet, lyrical jazz, tap, acrobatics, hip hop, gymnastics, African dance, Caribbean dance, Latin dance, double dutch, step and modern dance. The two women coordinate both the team, club and recreational dance programs, develop the curriculum, and train the staff.

All of Jamnastics excellent staff members spend a minimum of 8 hours per month furthering their education and training through certification programs, master classes, work shops, seminars and professional developmental programs. All Group Leaders and Instructors are certified in CPR and First Aid. All Gymnastics Instructors are Safety Certified by USA Gymnastics (the governing body of the sport in the US.).

Jamnastics staff consists of Assistants, Group Leaders, Instructors, Administrative Staff, and Teachers who are dedicated to serving children, families, and communities. They have a wide range of experiences and types of education and training to offer. All Jamnastics staff participate in trips and team-building projects; attend staff meetings; throw staff parties; work on curriculum, planning or steering committees; and participate in decision-making and development of all parts of the organization. All classes are team-taught, all performances are group efforts--in every facet of our organization people work TOGETHER. The fact that we are a group that works, plans, and plays together is one of the most important ingredients in our organization's success.

JAMNASTICS PROGRAMS

Arts/Sports taught: gymnastics, hip hop, tumbling, reggae, jazz, ballet, pyramids, salsa, merengue, African dance, trampoline, double dutch, Capoeira, calypso, step, drill, rhythmic gymnastics, and more.

We will work with each worksite coordinator to develop a special program to suit the needs and wishes of their community. Please consider the types of classes listed above which can be put into the types of programs listed below. We love innovations--call us with all your ideas!

RECREATIONAL PROGRAMS:

Most recreational programs are conducted in 8-12 week sessions--fall, winter, spring, and summer. Recreational classes can be a single "art" or a combination of two or three (for example, "Hip hop and Jazz Dance"). Brochure-style descriptions of each of the arts we offer are available upon request. These classes focus on skill building, and are especially successful if each session is followed by a performance or exhibition. Class structure and objectives are broken down into age categories below.

Children's classes (ages 2-8) are a fun introduction to gymnastics and dance, based on a step-by-step progression of skills. The skills are broken down so that success come quickly, and so that each achievement builds on the one before, and the student's self- confidence grows rapidly. Through games, obstacle courses, and combinations, these classes build the strength, flexibility, endurance and coordination necessary for all sports.

Pre teen programs (ages 9-13) follow the same principles as the recreational classes for younger children, however the focus is more on team- building and group coaching. Students learn how to help one another and how to use positive reinforcement to improve both their own performance and that of others.

Instructors guide the students in the use of critical thinking, analysis, and decision making. This teaches the students to figure out their own corrections using what they already know. The coach begins to take on a new role, as a provider of support and encouragement, a resource for technical and artistic information, and a sounding board for new ideas and choreography.

Teen and adult programs If you are interested in offering classes, workshops, or a job-training program, please call us for more information.

TEAM PROGRAMS:

Team programs are intensive programs for serious students. They must meet a minimum of two times per week, for two hours each time. They consist of a combination of dance and gymnastics (styles selected by site coordinator, Jamnastics, students and parents). Teams perform regularly, and usually represent their school or community. Students gain experience in sustaining effort over a longer period of time; managing stress, fear and disappointment; setting goals and in Mental Imagery Training. The coaches will help students organize their wide range of individual skills and ideas into a well-polished performance, which gives all participants a way to excel and earn positive recognition.

CLUB PROGRAMS:

Club programs are designed for children and pre-teens who are taking part in Recreational or Team Programs. They can be conducted in 8-12 week sessions, half-year sessions, or year-long sessions. They consist of fun, educational projects based on the history and science behind the classes the students are taking. They also focus on helping the students work constructively in both small and large groups. They may include a homework center or a snack time depending on the site's needs. They are often helpful as child care solutions for before and after classes. All club programs will be developed towards specific needs and interests of site coordinator, students and parents. Detailed descriptions and sample projects from past Club Programs are available upon request.

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Central Sq. Jamnastics win All Stars

Boston All Stars Talent Show uses dance to fight violence

The Boston All Stars, an all-volunteer anti-violence program for youth, brought their fourth citywide talent show to the Jeremiah E. Burke High School in Dorchester on Saturday, Oct. 14.

Jamnastics, a 9-member dance group based at the Maynard School in Central Square won the Grand Prize and will represent Cambridge at the National All Stars "Best of the All Stars" show in February 1996 in New York City.

Jamnastics also won first prize in the Dance Category, with second prize going to Freaky from Jamaica Plain, and third prize to B.O.Y.S (Beautiful Optimistic Young Sister) from Dorchester. First, second and third prizes were also awarded in the Rap, Reggae, Vocal and Junior All Stars Categories.

The Boston All Stars are a new affiliate of one of the most successful anti-violence programs for youth in the country, the National All Stars Talent Show Network. The national organization started in 1984 in the South Bronx, and over the past 11 years has developed into a unique alliance between over 30,000 inner-city artists nationwide and the 100,000 predominantly middle-class contributors who support the program financially. Youth in the All Stars



PHOTO BY SUSAN SLATER

The Jamnastics were the grand prize winner at Boston's All Stars Fall '95 Talent Show.

produced talent shows in their neighborhoods as a way of creating something positive in their communities.

Young people operate sound equipment, staff the box office, stage manage, work on the security crew and MC the show themselves, taking full responsibility for every aspect of the production, and learning how to work together cooperatively and professionally.

Yoran Small, a 15-year-old dancer who joined Jamnastics when she was 11, said, "I went to school today and people were com-

ing up to me saying, 'Oh, Jamnastics won the All Stars Show! Oh, my god, you get to go to New York, and you were the only group in the show from Cambridge!'"

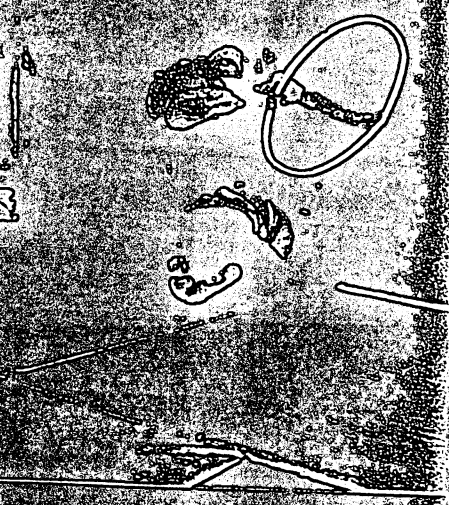
Jamnastics has been together for 6 years, and consists of 500 dancers, divided into performance subgroups. The group that won Grand Prize at the All Stars show includes: Luttasha Taylor, Sophia Kelly, Jasmina Kwater, Malik McMullen, Jennifer Sullivan, Yoran Small, Paula Macedo, Ricardo Foster, and Sophia Mersels. They and other groups from Jam-

Jamnastics will represent Cambridge at the National All Stars in February in New York City.

nastics have performed at the Central Square World's Fair, River Festival, Harvard Square and at public schools in the bridge area. The older dancers teach classes at Maynard School, Cambridge Rindge and Latin School, Cambridge Community Center and at English High School in Jamaica Plain.

"Everybody is like a brother, sister, and our manager, Frank, supports us," said Yoran. "You can talk about stuff, and younger performers look up to us."

The next Boston All Stars Talent Show will be in early 1996, with the Spring '96 show scheduled for April or early May. In February, the All Stars will be chartered by bus to take an audience from the Boston area to support Jamnastics at the Best of the All Stars show in New York. For information on the Boston All Stars at 576-



THE
NEXT
GENERATION

Ages: 8-12





City of Cambridge

42.

IN CITY COUNCIL

March 24, 1997

VICE MAYOR BORN
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COUNCILLOR REEVES
MAYOR RUSSELL
COUNCILLOR SULLIVAN
COUNCILLOR TOOMEY
COUNCILLOR TRIANTAFILLOU

ORDERED: That the City Clerk be and hereby requested to prepare a resolution congratulating Jamnastics on their performance and special event on Sunday, April 13, 1997, 4:00 - 6:00 p.m.

In City Council March 24, 1997

Adopted by the affirmative vote of nine members.

Attest:- D. Margaret Drury, City Clerk.

A true copy;

D. Margaret Drury

ATTEST:-

D. Margaret Drury
City Clerk

4/2

KB

Ordered: That the City Clerk be requested to prepare a resolution congratulating gymnastics on their performance and special event Sunday April 13, 1997, 4-6 p.m.



City of Cambridge

42.

IN CITY COUNCIL

March 24, 1997

VICE MAYOR BORN

ORDERED: That the City Clerk be and hereby requested to prepare a resolution congratulating Jamnastics on their performance and special event on Sunday, April 13, 1997, 4:00 - 6:00 p.m.

Consent Order #42 ^{Entire} ^{mem} R-427

Vice Mayor Born re: Prepare resolution
congratulating Jamnastics on their
performance and special event on
Sunday, April 13, 1997.

In City Council March 24, 1997

ORDER ADOPTED