FOR FOUNDATIONS, GRANT OFFICERS AND MAJOR DONORS

What we measure, what we have reached, and what the evidence says.

Handball Rising puts an Olympic team sport inside the school day of New York City public-school students and gives them a ladder that runs from a PE class to Team USA. This document sets out our reach, how one school year is structured, what we measure, and the published research the model rests on.

REACH TO DATE

5,500+
young people introduced to the sport in NYC schools and after-school programs

10+
years delivering in NYC schools; 10+ schools and community partners served

15+
Team USA players developed by our coaches, men and women

52
years of continuous operation; players from 70+ countries

THE UNIT OF DELIVERY: ONE SCHOOL, ONE YEAR

- **Two 11-week cycles** (October–January, February–May) inside the regular PE schedule, one 90-minute session a week per class.
- **Two full PE blocks a week** of 65–90 students each, plus the **Monday morning group** (7:15 AM) for 15–20 students who need help arriving on time or a place to belong.
- **260–360 students introduced** per school per year; **20** selected to represent the school at the NYC Youth Cup, with jerseys, equipment and a day of competition.
- **Delivered by our coaches**, under the supervision of the school's certified PE teacher. The school writes no lesson plans and trains no staff.
- **About $150 per student** for the year; $35,000 for a school at full strength (donors ~$25,000, school ~$10,000 plus gym time).

WHAT WE MEASURE, AND WHEN

- **Six skill measures, baseline to final.** Catch a pass; dribble with control; throw to a target; change direction through cones; jump small hurdles; know the rules and play. Each student is scored in week 1 and week 11 on three challenge levels.
- **Participation.** Attendance and active-participation rates per session, per class.
- **Student reflection.** A short end-of-unit reflection on teamwork, confidence and belonging, in the students' own words.
- **Graded on growth, not talent.** Every student is measured against their own baseline, so a first-time mover and an experienced athlete both have somewhere to go.

What a funder receives

- A thank-you within 48 hours of the gift.
- A note when the funded school's unit starts, with the schedule and class counts.
- An **end-of-unit report** for each funded school: baseline-to-final skill results, participation rates, a sample of student reflections, and the Youth Cup squad.
- A **season report every June** aggregating every school we ran that year. Site visits on request.

Cost per student, in context

A full 11-week unit is 16.5 hours of coaching per student (11 × 90 minutes). At about $150 a student that is roughly **$9 an hour with a national-champion coach, inside the school day**, reaching 100% of the grade. For comparison, New York City spends $3,000–$4,000 a year on one after-school seat, about $6–$7 an hour over a 540-hour year, and the City Council has proposed $4,900, about $9 an hour. Different models, and we say so; the same money introduces twenty students to a sport, not one.

Published rates $2,800–$3,200 (NYC Council, May 19 2025; proposed $4,150–$4,900); providers we work with report more. Hours per COMPASS NYC (DYCD). Our figure is a blended average across all students introduced in a year.

What we do not claim.

Our own data are pre/post skill, participation and reflection measures collected by our coaches, without a control group. We report them as growth, not causal proof, and we share the instruments on request. The causal evidence comes from the published studies on the next page.

Handball Rising · a program of New York City Team Handball Club Inc., 501(c)(3) public charity, EIN 27-0541418 · NYC FMS vendor VS00085913 · 80% of spending goes directly to programs
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THE EVIDENCE BASE

The problem is documented. So is the answer.

Three findings describe the need in New York City; seven describe why a specialist-delivered team sport inside the school day is the right response. All peer-reviewed, with DOIs.

FINDING	WHAT THE STUDY FOUND	SOURCE
1 in 5	NYC public-school children in grades K–8 have obesity. Surveillance of 1.37 million students, 2011–2020, with the burden highest among Black, Hispanic and lower-income students.	Argenio et al., *PLOS ONE* 2024 doi.org/10.1371/journal.pone.0302099
22%	Middle-school obesity reached 22% in 2019–20, a relative rise of 5.8% in three years.	Same study, grades 6–8, 2016–17 to 2019–20
1M	Eight-year study of one million NYC children; the authors point to community fitness programs as part of the response.	Neshteruk et al., *BMC Public Health* 2023 doi.org/10.1186/s12889-023-15267-w
11,235	Children in team sports had lower anxiety, depression and social problems than non-players, and did better than children in individual sports. Team sport specifically.	Hoffmann et al., *PLOS ONE* 2022 doi.org/10.1371/journal.pone.0268583
30	Studies of handball in school physical education, reviewed together: significant gains in skills, effort, enjoyment and participation.	*Int. J. Environ. Res. Public Health* 2021 doi.org/10.3390/ijerph182111438
50 yrs	In a 50-year follow-up, high-school sport participation was the strongest predictor of good health at age 70.	Dohle & Wansink, *BMC Public Health* 2013 doi.org/10.1186/1471-2458-13-1100
+60%	More active minutes per lesson when PE is taught by specialists rather than generalist teachers, in a four-year randomized trial across 29 schools. Who delivers it changes the outcome.	Telford et al., *IJBNPA* 2016 (the LOOK study) doi.org/10.1186/s12966-016-0388-4
2×	Young people with a sporting role model are about twice as likely to meet activity guidelines; coaches rank among the most influential role models.	Kelly et al., *Eur J Public Health* 2024 doi.org/10.1093/eurpub/ckae114.028
0 cost	Activity time does not hurt academics, and quality PE that gets children moving more in class is the format most linked to sharper cognition and stronger math scores.	García-Hermoso et al., *Br J Sports Med* 2021, doi.org/10.1136/bjsports-2021-104112; Loturco et al., *Education Sciences* 2022 (31 studies), doi.org/10.3390/educsci12020134
3 in 10	PE teachers show high emotional exhaustion. A specialist-delivered unit carries the engagement load.	*Frontiers in Human Neuroscience* 2021, meta-analysis of 12 studies doi.org/10.3389/fnhum.2021.553230

Why handball, specifically

It needs no prior experience, so a first-time mover is not left behind. It uses every movement fundamental. No single player can dominate, because the ball must move. And it runs all five CASEL competencies live, at full speed, where a teacher can watch them happen.

Standards and compliance

The curriculum is mapped to 24 SHAPE America 2024 Grade 6–8 learning indicators across all four national standards, and adapted for K–5 and 9–12. Sessions run under the supervision of the school's certified PE teacher and count toward the New York State 90-minutes-per-week requirement. Every coach is NYC DOE PETS cleared, SafeSport certified and background screened.

Request the instruments, a sample report or a site visit.

We will send the assessment rubric, a redacted end-of-unit report and the dates of the next sessions you can watch. Grant applications and vendor documents (W-9, certificate of insurance) on request.

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