

Team Ultimate

Profile



The Inspiration

As a pre-teen, Kayla struggled with body image and confidence. Luckily, Kayla had an extraordinary wellness teacher who made her feel comfortable in class and in her own skin.



The Idea

Kayla's teacher had such a positive impact on her life that she wanted to do the same for other young girls, who may be going through the same issues she did. Kayla wanted to use sports as a medium because she felt working in teams and staying active are important in life.

The Venture

With her friend Amanda, Kayla launched Team Ultimate in 2006. The Team teaches inner-city pre-adolescent girls how to play Ultimate Frisbee. Once a week, they hold two hour sessions consisting of an icebreaker, team building activities and, of course, Ultimate Frisbee. Each session ends with reflection time where the girls journal about whatever is on their mind. Kayla and Amanda write comments back to girls and return them next week.

The Impact

Team Ultimate has had an incredible impact on it's participants. Through the Venture, the girls have learned many important skills. Some of them include how to live and maintain a healthy lifestyle both physically and emotionally, understanding and respecting each other's differences, self confidence and the importance of communication. Team Ultimate launched as a result of a partnership among Youth Venture, United Way of North Central Massachusetts and Mount Wachusett Community College.

