

MLSE LAUNCHPAD

TOMORROW IS BUILT TODAY



Summer Camp

This summer, MLSE LaunchPad piloted our very own 6-10 camp program from July 29th to August 9th. Participants visited Ripley's Aquarium, engaged with some fascinating reptiles, and of course played all kinds of SPORTS! Camp focused on building physical literacy in our youth – supporting them to gain the confidence and competence to be physically active for life. We would like to thank all of the members who attended and we are excited that our 11-14 Boys and Girls Leadership Camps are underway!



Camp trip to Ripley's Aquarium

Reminders

August 19: Fall Program Registration Begins

September 2-7: Break Week *NO PROGRAMS*

September 9: Fall Programs Begin

Summer Leagues

MLSE LaunchPad participants ages 11-14 & 15-18 are engaging in a variety of league play this summer – we love the passion, dedication and competition! Our Girls Basketball League is focused on self-esteem as a primary outcome and Boys Basketball, Multi-Sport and Ball Hockey Leagues are all focusing on resilience. We want to congratulate all participants for their efforts!



Boys Basketball Champions

Meet Our Staff

We've updated our team page! Want to learn more about the full-time staff at MLSE LaunchPad? Head on over to our website and click "Team" under the banner "MLSE LaunchPad".

VISIT US AT

259 Jarvis Street, Toronto, ON

QUESTIONS? REACH OUT!

info@mlselaunchpad.org

@MLSELaunchPad

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Did you know?

At MLSE LaunchPad, we focus on a life skill through our sport programming every program cycle. Teaching life skills through sport is important to us, because we understand that life happens beyond the playing field and we want our youth to be prepared for whatever comes their way. Life skills can be learned while developing sport skills and can be transferred to other areas of life such as school or work.

See below for a breakdown of our programs this cycle and the life skills taught in each!

Boys Basketball, Multi-Sport, and Ball Hockey Leagues - Resilience

Girls Basketball League - Self-Esteem

Boys Leadership Camp - Grit and Leadership

Girls Leadership Camp - Self-Esteem and Leadership

Each program uses a variety of strategies to intentionally teach life skills while maintaining a focus on quality sport and activity. How can you promote these life skills at home? Ask your kids about the life skill they've been learning and how they've been using it at MLSE LaunchPad!

Research Insight

Did you know that youth who are physically active are more likely to go to university and earn a degree? High school students who are active in sports have better school attendance and are more likely to graduate. Studies show up to 98% high school graduation rates in students who play sports - compared to around 85% in students who don't play sports.

Sport and physical activity are also linked to academic performance: better ability in math, reading, and writing, and higher standardized test scores.

Finally, being active increases memory and attention in youth. Showing up to programs at MLSE LaunchPad every week isn't just for fun – it can also help youth achieve their educational goals!

Learn More: head over to our website, click “Research” under the MLSE LaunchPad banner.



Girls Basketball League



MLSE LaunchPad 6-10 Campers