



2013 ANNUAL REPORT

ON THE ROAD TO WELLNESS





MISSION STATEMENT

“Unifying Tribal Youth and Communities Through Structured Athletic Programs While Providing Necessary Resources and Developing A Strong Foundation In Native Culture, Leadership, and Wellness.”

VALUES

Native American Culture, Healthy Life Styles, Leadership,
Self-Improvement, Personal Growth, Positive Attitudes, Having Fun



MEET OUR MASCOT

Rez Dogg became ITS' official mascot in 2010. He is the official Health and Wellness Ambassador of ITS and often attends ITS and partner outreach events throughout the service area. This year he was busy with the launch of Rez Dogg's Refreshments nutrition education and healthy snack program. Visit "Rez Dogg's House" on our website to learn more about him, request an appearance, and to shop for Rez Dogg gear.

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MESSAGE FROM THE PRESIDENT

Haawka! Memeyuu temenyeway? Enyaa eshaches.

Greetings! How are you all? It is a beautiful day. (Translation from lipaay 'Aa, the Kumeyaay language)

Indeed, it is a beautiful day. Any day that families gather for healthy, culturally-sensitive, esteem-building activities hosted by Inter Tribal Sports, it is beautiful to behold. 2013 marked the 11th consecutive year that our organization has been able to provide days such as these for the Native American communities of Southern California. For tribes and tribal organizations who get involved with ITS, a full annual calendar of events is provided. We are an essential link in the chain of community service providers. I speak first-hand; both as a member of the Barona Band of Mission Indians, and as the Director of the Barona Recreation Department.

Our board of directors is committed to addressing our communities' needs as they evolve. I'd like to share several accomplishments that made 2013 stand out from previous years:

- 1190 youth participated in our no-cost, coed sports leagues.
- Our Wellness Initiative was launched with resounding success. The San Manuel Band of Mission Indians and Coca-Cola Foundation provided funding that allowed us to provide healthy snacks and nutrition education at periodic regular-season game locations, including the softball, flag football, and soccer championship events.
- Our first scholarship rewards were given out to individuals with a history of ITS participation. \$8000 in education funds were given out, thanks to a generous matching gift of \$4000 from Basketball Hall of Famer Bill Walton.
- A record amount of \$360,250 was contributed by 10 tribal sponsors. (52% of total revenues.)

By some measures, 2013 was our greatest year. However, past performance is only a measuring stick. By no means is it a guarantee of future returns. It is only with undying commitment to a cause that this upward trend can be sustained. Our cause is the future of our peoples; namely the youth. Our commitment is our time, energy and financial resources. These investments are no-brainers to us.

But we can't do it alone.

If you have already gotten involved with Inter Tribal Sports; thank you. If you haven't yet; I hope you will consider it after reading this annual report.

The pages ahead provide written summaries along with photos and infographics related to most of our events and activities this past year. I hope you enjoy learning more about what we do at Inter Tribal Sports. It is truly our pleasure.

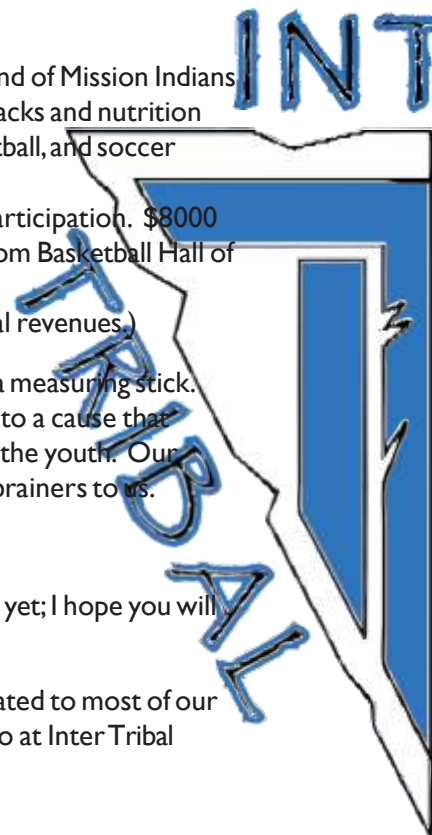
'Nya wu 'maa (*I will see you*),



Brian van Wanseele
Board President, Inter Tribal Sports



BRIAN VAN WANSEELE
Board President



MESSAGE FROM THE EXECUTIVE DIRECTOR



BEN FOSTER
Executive Director

Dear Community Members and Partners,

I am pleased to present this report of the activities and accomplishments of Inter Tribal Sports over the past year. As ITS entered its second decade of the service to the Native American communities of southern California in 2013, our efforts and impacts continued to expand, which included the initial steps in developing our wellness initiative.

Recognizing the growing need to address the health epidemics plaguing Native communities and opportunity that our organization has to make a significant impact beyond offering sports leagues, we began making a concerted effort in 2013 to be a greater part of the solution to ending these diseases. Our initiative was launched with direct support in the form of grants from the Coca-Cola Foundation and San Manuel Band of Mission Indians. Additional unrestricted funds from our tribal sponsors and the Nike N7 Fund grant have also been directed toward our initiative.

The most visible aspect of our initiative is our Rez Dogg's Refreshments nutrition education and healthy snack program which is featured on the cover and in the wellness section of this report. This kid-friendly approach with our mascot as our Health and Wellness Ambassador was piloted in the second half of the year and was very well-received and was met with great appreciation. I am optimistically anxious to see what the future holds as we continue to seek additional partners and supporters in the wellness realm and dedicate more resources, time, and energy to this effort.

In addition to the wellness initiative, we were thrilled to launch a scholarship program, have a presence at 21 different community events put on by tribes and partner organizations, and to serve nearly 1,200 youth through our coed youth sports leagues. Those are just a few of the highlights that you will read about in this report, none of which would be made possible without the generous support we received from our tribal sponsors, grant funders, and donors.

I feel privileged to lead the administrative branch of this organization and to work with a board of directors that is so committed to improving the lives of Native American youth throughout southern California. We are honored to do this important work and grateful to every single partner and supporter who has joined in our efforts.

Respectfully,

A handwritten signature in blue ink that reads "Ben Foster". The signature is written in a cursive, flowing style.

Ben Foster
Executive Director

ATHLETIC PROGRAMS

BASKETBALL

Basketball continues to be the most popular sport offered by ITS, with a record 793 individual youth participating in the coed league, representing a 31% increase over last year. There were 58 teams from 17 different tribes and tribal organizations. The 2013 basketball season tipped off on January 12th and culminated with the Championship Celebration on March 23rd at Pechanga, which was attended by more than 2,000 people from native communities throughout southern California. Barona (A-League), Pechanga (B-League), and San Pasqual (C-League) took home the Championship trophy. A developmental D-League was offered for youth ages 7 and under.



Total Participants by Age Division per Tribe

	A (18u)	B (14u)	C (11u)	D (7u)	Totals
Barona	20	14	16	13	63
Cahuilla	11		22	14	47
La Jolla	14	21	21	11	67
Los Coyotes	10		12	5	27
Mesa Grande		12	9	5	26
Pala	16	12	27	19	74
Pauma	6		13	14	33
Pechanga	14	15	44	15	88
Rincon	15	16	15		46
San Jacinto	13	14	10		37
San Pasqual	20	17	21	14	72
Santa Ysabel		8	12		20
Soboba	16	19	22	11	68
Sycuan	16	8	16		40
Torres Martinez	14	16			30
Viejas	10	9	20	10	49
Totals	195	181	286	131	793



Basketball 2013 A League Champs



Basketball 2013 B League Champs



Basketball 2013 C League Champs



Volleyball 2013 A League Champs

VOLLEYBALL

In the second year of ITS volleyball, ten teams from six tribes participated in two age divisions; 18 and under and 14 and under. The five-week season began on April 13 and concluded on May 18 with the championship tournament held at Soboba. Soboba took home the trophy for A-League, and Pauma captured the Championship trophy for B-League.

Total Participants by Age Division per Tribe

	A (18u)	B (14u)	Totals
A.I.R.	8		8
LaJolla	15	11	26
Mesa Grande		6	6
Pauma		13	13
San Pasqual	8	29	37
Soboba	12	11	23
Totals	43	70	113



Volleyball 2013 B League Champs

ATHLETIC PROGRAMS

SOFTBALL

ITS Softball continued to grow in 2013. A record 613 youth participated in the league. There were a total of 41 teams from 13 different tribes and tribal organizations. A ten-game season was played on Tuesdays and Thursdays from June 20 through July 30, with the championships hosted by Soboba on August 4. This year's champions were Barona (A-League), Rincon (B-League), and Pechanga (C-League).

Total Participants by Age Division per Tribe

	A (18u)	B (14u)	C (11u)	D (7u)	Totals
A.I.R.	17				17
Barona	15	17	19	15	66
La Jolla	14	11	17	14	56
Mesa Grande		11		6	17
Pala	16	13	19	18	66
Pauma				12	12
Pechanga	22		31	13	66
Rincon		18	22	15	55
San Jacinto	15	18	15		48
San Pasqual	10	14	15	12	51
Santa Ysabel	13	11	17		41
Soboba	14	17	20		51
Viejas	15	15	22	15	67
Totals	151	145	197	120	613



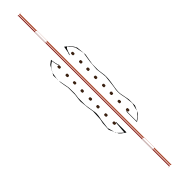
Softball 2013 A League Champs



Softball 2013 B League Champs



Softball 2013 C League Champs



FLAG FOOTBALL

In 2013, 162 youth took to the gridiron for 13 teams from 7 tribes/organizations. The season began on September 14 and ended with the championships played at the Pechanga Powwow Grounds on November 16. In the end, Pechanga (A- League) and Viejas (B-League and C-League) passed, ran, and defended their way to the title. Notably, the Viejas C-League team claimed the championship fourth year in a row!

Total Participants by Age Division per Tribe

	A (18u)	B (14u)	C (10u)	Totals
Barona	22		18	40
La Jolla		21	12	33
Mesa Grande		10	8	18
Pala	11			11
Pechanga	15	8	20	43
Sycuan			13	13
Viejas		9	16	25
Totals	48	27	87	162



Flag Football 2013 A League Champs



Flag Football 2013 B League Champs



Flag Football 2013 C League Champs

ATHLETIC PROGRAMS

SOCCER

The expansion of soccer continued in 2013 as an A-League was added to the mix and the length of the season grew from six weeks to ten weeks. A total of 235 youth participated on twenty-one teams in the four age divisions. The season began with opening day on September 14 and concluded with the championships at Pechanga on November 23 where Soboba claimed the first place trophy for the A-League and the B-League, and Viejas earned the C-League title. The introductory D-League teams participated in the championship event by playing a series of mini-games against one another.

Total Participants by Age Division per Tribe

	A (18u)	B (14u)	C (11u)	D (7u)	Totals
Barona			15	20	35
Cahuilla		12	20	20	52
La Jolla	11		13	5	29
Mesa Grande		6	6	8	20
Pauma				10	10
Pechanga	6		13	6	25
Soboba	4	9			13
Viejas			16	10	26
Totals	21	27	96	91	235



Soccer 2013 A League Champs



Soccer 2013 B League Champs



Soccer 2013 C League Champs



CAMPS AND CLINICS

Camps and clinics provide athletes an opportunity to learn new skills and, in some cases, learn the fundamentals of sports they have never played before. Instruction for camps and clinics is usually provided by trainers that are experts in teaching skills to youth. The 2013 basketball season tipped off with a preseason clinic run by Legends Basketball and featured Minnesota Twins outfielder Aaron Hicks as a guest instructor. For the third consecutive year the Notah Begay, III Foundation sent their Director of Soccer, Stephanie Gabbert (former Big-10 Coach of the Year and former U.S. National Team pool player) from New Mexico to lead a soccer clinic. This year's clinic was offered as a session

at the Southern Indian Health Council, Inc. Youth Conference at Cal State San Marcos in July. In September the United States Tennis Association provided an introductory tennis clinic at Barona. USTA is eager to help to expand the game in Native American communities.

Basketball Camp and 3-on-3 Tournament:

January 5 @ Pechanga Recreation Center
140 youth participants
Youth skills clinic presented by Legends Basketball
3-on-3 Tournament presented by ITS

Soccer Clinics:

July 17 @ Cal State San Marcos
45 youth participants
Leadership activity, soccer skills clinics, and scrimmages presented by NB3 Foundation and offered as a session at the CSUSM/SIHC Youth Conference

Introductory Tennis Clinic:

September 20 @ Barona Tennis Courts
32 youth participants
Tennis 101 presented by USTA



ATHLETIC PROGRAMS

ITS ALL-STARS

This year marked the third season of the ITS All-Stars travel ball program. ITS was represented by four teams; 18u boys, 18u girls, 15u boys, and 12u coed. The program is designed as an opportunity for young athletes that display a high level of interest, commitment, and/or skill to play at a more competitive level and to further develop their skills. The teams are made up of athletes from a variety of communities in the ITS service area, providing them with an opportunity to form lifelong friendships and bonds with other Native youth from throughout the region. The following tribes had youth participating on ITS All-Stars teams:

Soboba:	13	Torres-Martinez:	3
Pechanga:	5	Cherokee:	2
Rincon:	4	Viejas:	2
Pala:	4	La Jolla:	2
Santa Ysabel:	3	Mesa Grande:	2
Pauma:	3		

In total, 43 youth participated on the teams. The teams played in 23 tournaments, including numerous local competitions and the 18u teams both competed against the best Native teams in the country at Native American Basketball Invitational (NABI) in Phoenix to cap off the season in July. Both teams proved they were up for the high level of competition and won games at NABI.



18(u) Boys



18(u) Girls



ENRICHMENT PROGRAMS



YOUTH CULTURAL GATHERINGS

The culture of the communities and individuals that ITS serves is what separates our organization from other youth sports leagues. ITS is always seeking out new and innovative ways to authentically and respectfully implement cultural aspects into our programs and services by reaching out to instructors and supporters of such programs. Since 2010 ITS has offered youth cultural gatherings as part of the four-year Department of Justice Tribal Youth Programs grant.



The gatherings have been hosted by ITS member tribes on a voluntary basis, and the host tribe is provided an opportunity to invite other communities to their reservation to share pieces of their traditions and history. The gatherings always feature an assortment of activities and a traditional meal. While the grant funding for these gatherings concluded in 2013, ITS elected to continue to offer two gatherings per year (spring and fall) based on the importance of dedicating time to cultural education and awareness. This year the spring gathering was cancelled due to conflict events.

The seventh ITS cultural gathering was held at Santa Ysabel on November 26. It was a cold and windy day but that did not stop the 80 individuals from six different communities from enjoying the day and participating in several different cultural activities, including archery, gourd rattle making, and the building of a tule boat. Once the tule boat was made, it was ready to take out on the water on a pond at Santa Ysabel where it stayed afloat as it was paddled by some brave and hardy individuals. Instructors at the event included Santa Ysabel tribal members Stan Rodriguez and George Zuniga.



ENRICHMENT PROGRAMS

LEADERSHIP

Sports teach valuable life lessons to our youth that are essential for maturing into contributing members of our communities. Athletics can help to build those key elements of values, character, and leadership through structured leagues and programs. Inter Tribal Sports continued to offer additional enrichment opportunities to further build these skills through the Youth Leadership Program. This program empowers Native youth by instilling and enhancing the values learned through youth sports that will ensure they will be successful in their current and future endeavors.

The Youth Leadership Program was modified in 2013 with an emphasis on providing a cultural approach to contemporary social issues for youth such as self-esteem, peer pressure, bullying, motivation, self-discipline, and accountability. The 15 different learning modules focused on values that fostered positive leadership skills such as communication, integrity, decision making, and goal setting.

The program, designed to operate concurrently with the coed sports leagues season, was offered as a 13-week course in which La Jolla and Viejas youth participated during basketball season. The second session of the program included a 9-week course involving youth from Mesa Grande and was held during the fall sports season (soccer and flag football). Participant post-surveys from both sessions reported increased cultural awareness, improved community connections, and enhanced self-esteem.

Additional leadership exercises were led by Inter Tribal Sports and our partners at UC Riverside Gathering of the Tribes in June and the SIHC Youth Conference at Cal State San Marcos in July.





Mejaumi Franco-Rosales



David Streamer



Isaiah Thompson

SCHOLARSHIP PROGRAM

As part of its commitment to encouraging the pursuit of higher education, Inter Tribal Sports launched its inaugural scholarship program in 2013.

Native American youth from the ITS service area in southern California, that were graduating high school seniors or current college students attending

a university, junior college, or trade school were eligible to apply. A total of \$4,000 was initially awarded to three inspiring young students. When the announcement of the recipients was made at this year's golf tournament, legendary Basketball player and ITS Ambassador Bill Walton, who served as the unofficial MC of the tournament awards banquet, generously pledged to match ITS' scholarship award amount, which resulted in a total of \$8,000 in scholarship funds and a doubling of the amount that was provided to each recipient. The inaugural class of scholarship recipients included:

Mejaumi Franco-Rosales

Mejaumi is a tribal member from Torres-Martinez Desert Cahuilla Indians who has played in ITS sports leagues for several years and attended Chaparral High School in Temecula. She is attending Cal State San Marcos and studying Native American Studies and Sociology. Mejaumi hopes to be a role model for Native children in the future, writing that "once I finish college and earn a degree, I will be able to return to my tribe and give back the knowledge that I was given."

David Streamer

A tribal member from Los Coyotes Band of Indians, David was valedictorian at Warner Springs High School in the class of 2012 and MVP of the school's varsity basketball team. David began his freshman year at UCLA, and says that "participating in ITS... prepared me for college by helping me open my eyes to what I want to accomplish after school. When visiting other reservations and playing against other Native youth, I saw that there is still something lacking in our Native community: education."

Isaiah Thompson

From the San Pasqual Band of Mission Indians, Isaiah played ITS basketball and softball, as well as participating in ITS All-Stars travel basketball team. After graduating from Sherman Indian High School, Isaiah began his freshman year at UC Irvine on an athletic scholarship for track and cross country, and plans to study kinesiology and psychology. Isaiah feels that his experiences with ITS sports "helped me to define my character, unveil my leadership skills, and gain understanding of my true self."

ENRICHMENT PROGRAMS

WELLNESS

ITS' efforts to incorporate wellness into our programs was the primary area of growth for the organization in 2013. The efforts included a new assignment for our mascot, developing a new nutrition education and healthy snack program, the pursuit of new funding, and involvement in additional health-themed events.

A New Health and Wellness Ambassador

In an effort to reach young Native youth with the message of health and nutrition, ITS expanded the responsibilities of our mascot, Rez Dogg, by adding the role of Health and Wellness Ambassador to his duties. This transformation began in February when Rez Dogg took on the challenge of running a 5K race, the Puppy Love 5k, to be exact.

Nutrition Can be Fun...and Tasty!

As his role was expanded, the idea of Rez Dogg's Refreshments began to take shape. This was an endeavor to utilize ours' and our partners' events, where fast food trucks and junk food had become the norm, to project a message of wellness and healthy living in an age-appropriate and fun way. This year marked a turning point where ITS chose to lead by example and become part of the solution to the health epidemics plaguing our service population. Rez Dogg's Refreshments launched in the summer as a pilot program with the goal of providing healthy food options and educational outreach for Native youth and families. In 2013, it has been estimated that over 1,500 individuals have been impacted by the efforts, whether it be grabbing a healthy and nutritious snack during our events or taking home a kid-friendly healthy treat recipe card to share in his or her household.





Supporting the Cause

Based on the initial success of the program, and recognizing the reach and impact this program was beginning to have on our communities, we began applying for grants that would provide resources to allow us to formally establish a wellness program and to expand upon the initial successes of the Rez Dogg's Refreshments pilot program. San Manuel awarded ITS a \$25,000 grant that included funding for a full-time Wellness Coordinator. The Coca-Cola Foundation then provided a \$50,000 grant to help expand the Rez Dogg's Refreshments initiative, specifically to provide healthy snacks, increase organizational outreach efforts, and promote health and wellness.



Healthy Community Events

The efforts were further expanded with a Zombie Run held at the ITS headquarters on October 26. More than 50 youth attended the event, which included a one mile run, healthy meal, pumpkin carving, and a haunted house. ITS also played a key role in assisting Indian Health Council with two community runs, the Earth Day 2K and Turkey Trot, at their Rincon clinic by helping to promote the events and provide onsite administration, including registration and time keeping.



The advancements of the ITS wellness initiative in 2013 have positioned Inter Tribal Sports to become a leader in Indian Country to help combat Type 2 Diabetes and childhood obesity. We are confident that we are up to the challenge and will continue to seek resources and partnerships to advance this important work.



ENRICHMENT PROGRAMS

GROUP OUTINGS

ITS aims to inspire, educate, and provide occasions for positive social interaction and introduce youth to the idea of higher education through group outings. The purpose of these outings is not only to inspire youth to set goals and motivate them to achieve greatness in the classroom and/or on the athletic field and courts and to promote higher education, but also to provide occasions for positive social interaction between youth from different communities that might not occur simply through competing against one another on the playing field or court. In 2013, a total of four group outings were held.

San Diego State University Basketball Games: January 2, January 9, February 13 and February 17

C-League basketball teams, along with their coaches and parents, represented ITS at several men's and women's basketball games. A total of 100 youth, coaches, and parents from Santa Ysabel, Mesa Grande, Pechanga, San Jacinto, Barona, Sycuan, Cahuilla, San Pasqual, Soboba, Pauma, and Rincon all had the memorable opportunity to play a mini-game at halftime in front of Aztec fans at Viejas Arena.

Padres Native American Night: May 19

More than 2,000 members of the local Native American community attended the 2nd annual Padres Native American Day. More than 200 ITS athletes paraded on the warning track at Petco Park before the game, with each tribe proudly carrying their tribal flag and many youth dressed in their team colors. Young ITS athletes were featured as the "Play Ball" Kid and delivery of the game ball to the pitcher's mound. Barona tribal member and former Padres draftee Matt LaChappa was honored at home plate along with local tribal leaders. ITS coordinated the event with the San Diego Padres, Southern California Tribal Chairmen's Association and the American Indian Chamber of Commerce of California.

University of San Diego Campus Tour and Baseball Game: April 14

A group outing to the University of San Diego included a presentation from the admissions office, campus tour, and the opportunity to watch the Torreros baseball team take on Pepperdine. A total of 90 youth and chaperones from multiple communities attended.

San Diego State University Tour and Football Game: November 23

The day began with an introduction from the Department of American Indian Studies and a panel discussion and Q & A with Native American students. The group then toured the beautiful SDSU campus. The group then took a ride on the trolley to Qualcomm Stadium for a tailgate party at the Aztec Village and then watched the Aztecs take on Boise State on the football field. More than 170 youth and chaperones from multiple communities attended.





COACH EDUCATION

A youth sports program is only as strong as the adult coaches who are teaching, developing, and mentoring the youth participants. Most ITS coaches are community volunteers who are choosing to dedicate significant time and energy to the program. ITS places a high priority on providing coaches with the training and resources necessary to ensure that their experience and the experience they provide to their youth is impactful and consistent with the values and mission of the organization.



Prior to each season a coaches clinic is held, at which time league rules and policies and procedures are covered. ITS often brings in experts from the respective sport to provide the training and instruction and the officials association is usually present to answer questions about on-field rules and enforcement. A representative from the LA84 Foundation conducts their “Art of Coaching” seminar during at least one clinic each year, during which they discuss the philosophy of coaching youth sports, practice planning, and appropriate coaching styles. Most coaches’ clinics also include an on-field training in which coaches are shown and actively participate in drills and activities that they can then implement.



All coaches are required to be certified by ITS before they are allowed to be on the sidelines and all certified coaches are issued badges which they must wear during league games. Certification requirements currently include attending the coaches’ clinic, signing a Coaches Code of Conduct, and submitting a coach information form. In total, 279 head and assistant coaches were certified in 2013.

2013 Coaches Clinics

Sport	Date	Location	Instructor
Basketball	January 5	Pechanga	Robert Grenfell, Board of Directors Treasurer (Barona) & ITS staff
Volleyball	April 6	Pala	Dana Burkholder, Temecula Valley Volleyball Club & ITS Staff
Softball	June 2	Rincon	LA84 Foundation & Monica Mace, Exceed Sports & ITS Staff
Flag Football & Soccer	Sept. 7	Pechanga	ITS Staff

2013 Certified Coaches

Sport	Head Coaches	Assistant Coaches	Total
Basketball	51	42	93
Volleyball	8	5	13
Softball	44	57	101
Soccer	23	17	40
Flag Football	19	13	32
Total	145	134	279

PARTNERING TO STRENGTHEN COMMUNITIES: EDUCATION & OUTREACH

PARTNERSHIPS

The impacts Inter Tribal Sports has made on Native American youth and communities throughout southern California is certainly substantial. However, the task of reversing health epidemics, preparing youth to be future leaders in our communities, and creating healthier and brighter futures for Native youth is not a small one. ITS recognizes the enormity of these issues and the need for industry experts to help address them. For this reason we are eager to partner with health clinics and other non-profits that share a similar vision for the future.



Notah Begay, III Foundation

Official Partner Since October 2011

ITS and the NB3 Foundation have committed to work together to promote sports as a vehicle for social change in Native American communities served to promote obesity and diabetes prevention, leadership development, parent involvement and community engagement and to build a strong, working partnership to grow the participation and impact of soccer in tribal communities served by ITS in Southern California. In July 2013, NB3F supported ITS and another partner, Southern Indian Health Council, by putting on soccer clinics at SIHC's Youth Wellness Conference at CSU-San Marcos.



American Diabetes Association: Awakening the Spirit Program

Official Partner of ITS since September 2012

ADA and ITS agree to collaborate and provide mutual support on efforts to provide programs, services, and information that promote the overall health and nutrition of American Indian people within the southern California region, with a focus on the prevention of diabetes within the Southern California American Indian population. ITS collaborates with ADA and other partners through the Awakening the Spirit Committee.



Southern Indian Health Council, Inc.

Official Partner of ITS since August 2012

SIHC and ITS provide mutual support on efforts to provide culturally-sensitive programs, services, and information that promote the overall physical and behavioral health of American Indian people within the overlapping service areas of both organizations. In 2013 ITS supported and attended three SIHC events and the two organizations began strategizing on a collaborative approach to increase the involvement in ITS of tribes in rural east San Diego County.



Indian Health Council, Inc.

Official Partner of ITS since February 2013

IHC and ITS support one another's programs and events and share resources, knowledge, and expertise, resulting in healthier, more vibrant communities for current and future generations. By collaborating to create healthier communities, the work of both organizations will be strengthened and impact will be maximized. In the past year ITS assisted at IHC events by organizing and administering two community run/walks. IHC attended multiple ITS events to provide health information and to collect important behavioral health data through surveys.





COMMUNITY OUTREACH

In 2013, ITS made a concerted effort to attend and support as many Native American events and activities, outside of our own, as possible. We ended up having a presence at 21 different events put on by universities, health clinics, other partner organizations, and our member tribes. ITS is happy to support the events in whatever way we can, whether it be organizing a run or physical activity, providing a speaker for the event, or just sharing information about our programs and services. And, of course, Rez Dogg always tries to make an appearance at the events, too!

Outreach Events

Native American Wellness & Motivation Day- University of Redlands

UCSD Native Youth Conference & Basketball Tournament

La Jolla Earth Day

USD College Connections Conference

SIHC Spring Gathering

IHC Earth Day 2K

Santa Rosa Earth Day

Los Coyotes Earth Day

RSBCIHI Health Fair and Native Youth Olympic Games

IHC College and Career Fair

La Posta Earth Day

Pechanga Earth Day

UC Riverside Gathering of the Tribes

SIHC Youth Conference at CSUSM

SCAIR Sacred Pipe Gathering

Dream the Impossible- University of Redlands

Tribal Education Summit at CSUSM

Viejas Wellness Fair

SIHC Wellness Conference

UAII Los Angeles Event

IHC Turkey Trot

PARTNERING TO STRENGTHEN COMMUNITIES: EDUCATION & OUTREACH

VOLUNTEERS

AmeriCorps VISTA

ITS entered into its second year as serving as a host and sponsor of AmeriCorps VISTAs. AmeriCorps is part of Corporation for National and Community Service (CNCS), which strives to provide opportunities for Americans of all ages and backgrounds to engage in service that addresses the nation's educational, public safety, environmental, and other human needs. The VISTA (Volunteers in Service to America) program, an idea generated by President John F. Kennedy in 1965, is specifically targeted at reducing poverty in America. Today, nearly 6,000 VISTA members serve in hundreds of non-profit organizations and public agencies throughout the country. The opportunity was created by Nike N7 in 2012, which sponsored one of the VISTA placements through CNCS, and then ITS was eligible to receive a second placement at no cost.



Gretchen Chomas serves as our Program Development VISTA. At the conclusion of her first year of service in August 2013, Gretchen elected to stay with ITS for a second year. Gretchen came to us from Pittsburgh, by way of the University of Tennessee where she earned a Master's degree in kinesiology. Her service to ITS has included researching and securing a new participant database, implementing a youth leadership program, helping to expand our wellness program, developing the foundation for a structured community volunteer program, and overseeing social media efforts. Gretchen teamed up with her fellow VISTA to design and develop the "Diamonds in the Rez" service project, which included facilitating a successful spaghetti dinner and auction fundraiser.



Gretchen Chomas

Ariela Rutkin-Becker, served as our Resource Development VISTA from August 2012-August 2013. Ariela came to ITS from New York where she attended Cornell University. She was a teacher in Washington DC prior to serving at ITS. During her year of service Ariela played an instrumental role in researching and writing several successful grant applications, assisted with marketing and communication efforts, and worked collaboratively with Gretchen in developing the "Diamonds in the Rez" service project. Upon her completion of her VISTA service, Ariela began attending the UC Irvine School of Law.



Ariela Rutkin-Becker

Anna Shayo, a native of Kenya, began her service as Resource Development VISTA with ITS in November 2013. Anna graduated from Clark University (Worcester, MA) with a B.A in International Development and Social Change and concentration in Global Health. Beyond her coursework she has always been involved with her community through volunteer positions that empower children, adolescents and adults through education and self-esteem growth. Anna works directly with our Development Specialist to assist in securing resources to further the work and impact of Inter Tribal Sports.



Anna Shayo



“Diamonds in the Rez” Service Project

ITSVISTAs Ariela Rutkin-Becker and Gretchen Chomas possessed a desire to lead the charge in developing a service project that would have a lasting impact on a community. They developed the “Diamonds in the Rez” (DITR) facility improvement project with a goal of facilitating the construction/improvement of softball field on a Reservation in the ITS service area with significant portion of the effort and labor coming from volunteer service from within and outside of the chosen community. After an application process, the ITS Board of Directors selected Cahuilla as the beneficiary of the DITR project.

The VISTAs helped guide the process of fundraising and planning for the project, which included hosting a spaghetti dinner and silent auction fundraiser, selling sponsorships, and coordinating a day of service to break ground on the ball field. Primarily through the efforts of the VISTAs, nearly \$13,000 was raised in support of the project, which includes a \$5,000 donation from ITS. At a service day on June 30, benches were assembled and the beginnings of a softball field for the Cahuilla community began to take shape. The VISTAs efforts will certainly have a lasting legacy on a ball field that will serve as a community gathering place and space for healthy activity in the Cahuilla community and will be enjoyed for generations to come.

Thank you to all the volunteers who have made our programs and events a success:

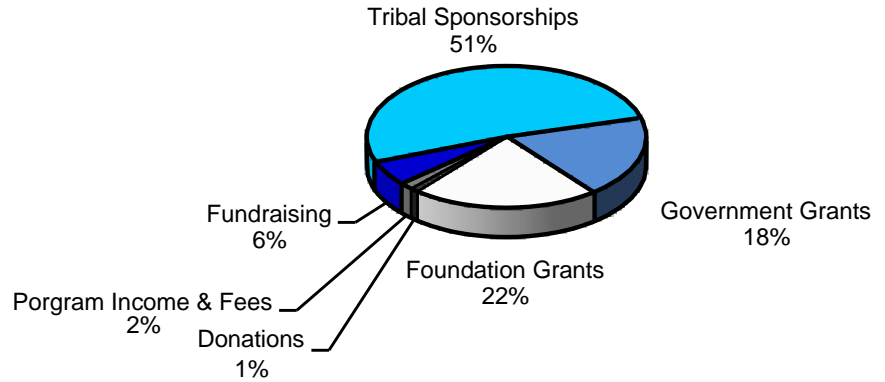
- Viejas Nike Outlet
- Zombie Run Volunteers
- Board Members
- Coaches
- Parents

Without your help, we would not be able to provide our services to the youth of Southern California!

FINANCIAL REPORT

FUNDING SOURCES

Support from participating tribes and grant funding continues to make up more than 90% of annual revenues. Through the generosity of sponsors, donors, and grantors, we have been able to meet the increasing demand and need for programs and services, with nearly all programs offered at no cost to the participants and families. In 2013, the only program for which a nominal fee was charged was the ITS All-Stars travel basketball, generating \$6,115 in program income, which subsidizes only a fraction of the cost of the program.



Tribal Sponsors

In 2013, \$360,250 was received by ITS from tribal sponsorships. This represented a 32% increase over last year and demonstrates that the member tribes receiving services from ITS are willing to take the lead in providing funding for the programs. All funds received from tribal sponsors are utilized to directly benefit the communities within the service area. In the cases of our Gold and Silver Arrow sponsors, the sponsorship not only cover the cost of youth participating from their own communities but also helps fund participating youth from throughout the region.

Requests for sponsorship are made to all member tribes and tribal organizations on an annual basis. In 2013, nine tribes and one tribal consortium sponsored Inter Tribal Sports at various levels, including the Barona Band of Mission Indians contributing as the title sponsor at the Gold Arrow level and the Pechanga Band of Luiseno Indians at the Silver Arrow level, both for the fifth consecutive year.

Gold Arrow (\$100,000)

Barona Band of Mission Indians (5 years)



Silver Arrow (\$50,000)

- Pechanga Band of Luiseno Indians (5 years)
- Sycuan Band of the Kumeyaay Nation (4 years)
- Viejas Band of Kumeyaay Indians (first year Silver Arrow)
- Pala Band of Mission Indians (first year Silver Arrow)



Bronze Arrow (\$35,000)

Southern California Tribal Chairmen's Association (4 years)



Tribal Donors

- Rincon Band of Luiseno Indians (\$15,000)
- Cahuilla Band of Indians (\$5,000)
- Soboba Band of Luiseno Indians (\$5,000)
- Santa Rosa Band of Cahuilla Indians (\$250)



Grants

Grant funding plays a vital role in allowing Inter Tribal Sports to meet the growing and changing needs of our service population. Two new grants served as a spring board to the launching of our wellness initiative through the Rez Dogg's Refreshments nutrition education program. A total of six grants were awarded and/or active in 2013.



U.S. Department of Justice

The Pauma Band of Mission Indians received this four-year Tribal Youth Program \$450,000 grant in 2009 from the Office of Juvenile Justice and Delinquency Prevention with Inter Tribal Sports being the sole sub-grantee. The TYP grant funded administration and training, supplies, group outings, camps and clinics, and cultural events. This grant, which concluded in September 2013, was instrumental in allowing ITS to expand its services.



Nike N7 Fund

For the fourth consecutive year, ITS was awarded a grant from Nike's N7 Fund, which is supported by revenue generated from the sale the N7 line of products. The \$50,000 grant budget includes administrative and program-related expenses. In addition to the N7 Fund grant, Nike N7 also sponsored and recommended ITS for an AmeriCorps VISTA placement through the Corporation for National and Community Service for the second consecutive year.



Coca-Cola Foundation

Coca-Cola awarded ITS a \$50,000 grant in support of the Rez Dogg's Refreshments nutrition education and healthy snack program. This is the second grant provided by the Coca-Cola Foundation. The grant supports wellness personnel and the project includes providing healthy snacks at ITS events and producing an ITS Healthy Living calendar. The grant project concludes in September 2014.



San Manuel Charitable Giving

San Manuel invested in the efforts of ITS through a \$25,000 grant to support our wellness initiative. Funding helps cover the cost of wellness staff and healthy snacks at events. This is the second grant ITS has received from San Manuel. The grant concludes in May 2014.



Weingart Foundation

ITS received a \$20,000 grant for general operating support from Weingart's small grants program. The grant funds help to cover administrative expenses and overhead, including rent, utilities, salaries and benefits, and insurance. This grant concludes in August 2014.



Corporation for National and Community Service

As the federal agency that administers the AmeriCorps volunteer, with support from Nike N7 CNCS awarded two VISTA members to Inter Tribal Sports for a second consecutive year. The grant covers training, a living allowance, health care benefits, and post-service stipend or education award for the volunteers.

FINANCIAL REPORT

Donations and Fundraising

Thank you to the following 2013 individual and business donors!

\$5,000

Bill Walton

\$500-\$999

Viejas Recreation Department
Krank Golf

\$100 to \$499

Phyllis Van Wanseele
Ben & Christine Foster
Healing Hearts
Kona Ice of Hemet

Up to \$99

Dr. Elenora Robbins
Earth Bistro
Louise Thompkins

4th Annual Golf Tournament

The fourth annual golf tournament fundraiser was held at Sycuan Resort on June 13. The golf tournament and dinner banquet raffles and auctions resulted in net proceeds of \$16,110. The event was attended by NBA legend Bill Walton, retired major league baseball all-star Brian Giles and two former Native American professional athletes; Gene Locklear (baseball) and Jim Warne (football). In addition to the sponsors listed below, a big thank you also goes out to all of the golfers who entered the tournament and those who sponsored foursomes, as well as the raffle and auction item donors who were recognized at the event.

Golf Tournament Sponsors

Sponsor	Level	Amount
Rincon Band of Luiseno Indians	Golf Cart	\$5,000
Procopio Law Firm	Duffle Bag	\$3,000
Don & Kelly Speer and the VCAT Team	Eagle	\$3,000
C.E.S.	Golf Glove	\$1,500
Joseph Masiel	Falcon	\$1,000
Emily Munoa	Falcon	\$1,000
Dan Yeats & Phyllis Van Wanseele	Falcon	\$500
Sullivan Solar Power	Falcon	\$500
Mark & Celia Foster	Falcon	\$500
San Diego State University	Falcon	\$500

Community Fundraising

Other fundraising efforts included a video game truck at the basketball championships, the second annual ITS Carnival and Preseason Softball Showcase at Rincon, and sales of customized Nike N7 gear through Eastbay. Thank you to all who supported these efforts which raised nearly \$2,000 in total!

Thank you to Lynn Grenfell for her donation of an ITS basketball-themed handmade quilt. Raffle tickets were sold during the basketball season and the winner was selected at the end of the season. The quilt raffle raised a total of \$1,063!

FINANCIAL STATEMENT

Inter Tribal Sports, Inc.
January through December 2013

	<u>2013 Total</u>
Income	
Tribal Sponsorships	355,250.00
Foundation Grants	151,000.00
Direct Public Support	5,751.29
Government Grants	128,136.00
Investments	241.12
Other Types of Income	3,257.68
Fundraising	41,457.96
Participation Fees	6,115.37
Program Income	<u>4,958.93</u> Total
Income	<u>696,168.35</u>
Expense	
Personnel	273,303.06
Reinvestment & Fundraising	27,197.19
Operations	120,155.98
Overhead	13,850.84
Basketball	25,654.71
Softball	22,436.56
Flag Football	10,252.04
Soccer	10,912.14
Clubs & Clinics	92.63
Volleyball	4,931.13
Travel Ball	23,093.99
Wellness	2,458.11
Leadership/Development	20,920.13
Total 190-000 • Cultural	<u>1,698.84</u>
Total Expense	<u>556,957.35</u>
Net Income	<u>139,211.00</u>

ADMINISTRATION



BOARD OF DIRECTORS

- Brian Van Wanseele, *President (Barona)*
- Andrew Masiel Jr., *Vice President (Pechanga)*
- Robert Grenfell, *Treasurer (Barona)*
- Brittney Budde, *Secretary (Board Appointed)*

<i>AIR Program</i>	Whitney Liera
<i>AIR Program</i>	Kianna Maillet
<i>Cahuilla</i>	Sarah Tinsley and Eddie Chacon
<i>Cahuilla TANF</i>	Ricardo Macias
<i>La Jolla</i>	Katrina Keyoite and Inez Sanchez-Pojas
<i>San Jacinto TANF</i>	Gary Jordan
<i>Los Coyotes</i>	Lisa Gomez
<i>Mesa Grande</i>	Cindy Rivera and Adria Romero
<i>Pala</i>	Mark Lopez and Shiela Lopez
<i>Pauma</i>	Chelsea Gonzalez and Tommy Devers
<i>Pechanga</i>	Art Masiel
<i>Rincon</i>	Dave Sapp and Alfonso Kolb
<i>San Diego</i>	Joe Tyon
<i>San Pasqual</i>	Victor Navarro and Armando Martinez
<i>Santa Rosa</i>	Vanessa Minott
<i>Santa Ysabel</i>	Dean Osuna
<i>Soboba</i>	Andy Silvas and Daniel Padilla
<i>Sycuan</i>	Clayton Pettiford and Zantez Avant
<i>Torres Martinez</i>	Atrena Santillanes
<i>Viejas</i>	Derrick Monty

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- David Najera
Site Supervisor
- Eduardo Aguillar
Site Supervisor
- Juan Razo
Site Supervisor
- Melissa Hibbert
Site Supervisor
- Danny Scolari
Site Supervisor
- Julianne Mendoza
Site Supervisor
- Rez Dogg
Mascot



DONATION INFORMATION



DONATION INFORMATION

The important work of Inter Tribal Sports would not be possible without the generous support of our donors. Your tax-deductible donation will directly support the ongoing athletic programs and enrichment opportunities provided by Inter Tribal Sports.

Donate by Check

Make checks payable to Inter Tribal Sports, Inc. and mail to:
Inter Tribal Sports, Inc.
41892 Enterprise Circle S., Ste. B
Temecula, CA 92590

Donate by Credit Card Over the Phone

To donate by credit card over the phone, please contact the Inter Tribal Sports office at (951) 719-3444. All major credit cards are accepted.

Donate by Credit Card Online

Donations by credit card can be made online safely and securely through the San Diego Foundation's Better Giving website at bettergivingsd.guidestar.org. Simply enter "Inter Tribal Sports" in the search box to access our profile, then click on the "Donate Now" button.

Donate Cash, Goods, or Services

For information on donating cash, goods, or services, please call the Inter Tribal Sports office at (951) 719-3444.

Inter Tribal Sports, Inc. is a 501(c)(3) non-profit organization (Tax ID: 26-0752842). Donations are tax-deductible to the extent allowed by law.



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SERVICE AREA MAP

-  = ITS Headquarters
-  = 2013 ITS participants



Photography by Christine Foster and Inter Tribal Sports.

Design, Production and Printing by Tribal Print Source, a Division of Southern California Tribal Chairmen's Association.

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