Video



Youth Physical Fitness Program Presentation

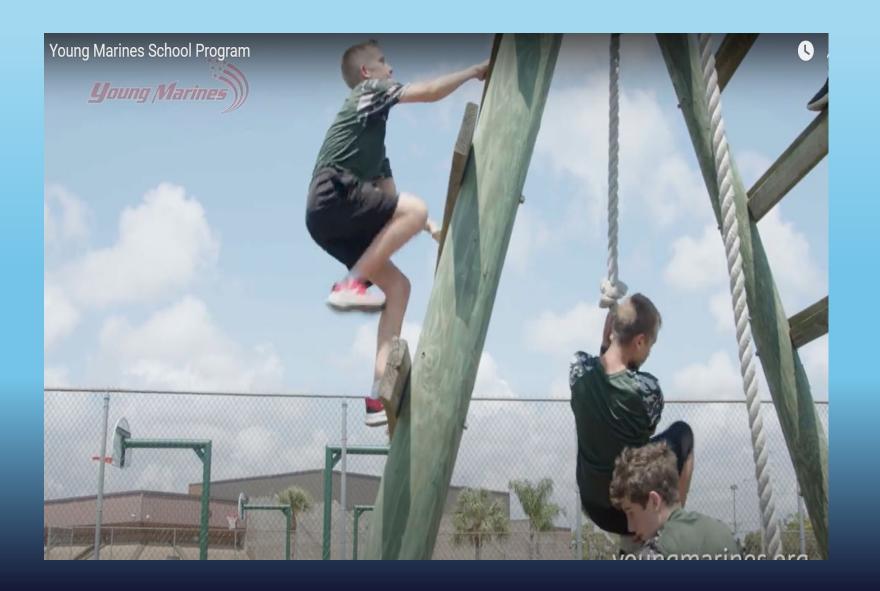
Midwest Division Conference – Sioux Falls, SD 10-12 April 2025 Youth Physical Fitness Program Presentation History



Youth Physical Fitness
Program
Presentation



Mission Statement



Mission Statement



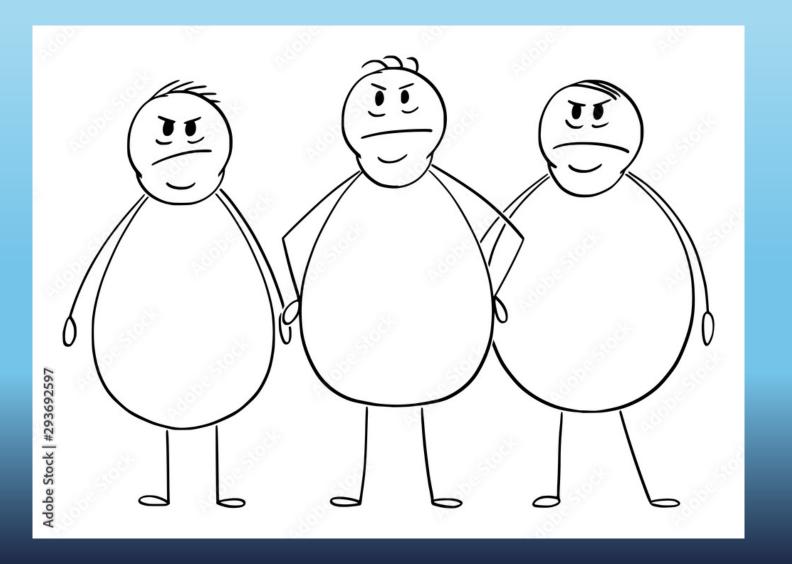
Mission Statement



Mission Statement

- The YPF program is designed for students beginning in elementary school, through middle school and culminating in high school.
- YPF is designed to complement, not replace, existing curriculum and to be easily implemented in any school situation.
- Students are tested in five basic exercises and are awarded scores indicative of their general fitness level. Certificates commemorating student's participation and achievement are presented.
- All at no cost to the student or school, *The YPF Program is being used in schools and youth organizations across the country.*

INTENT



INTENT



INTENT



Funding



Funding



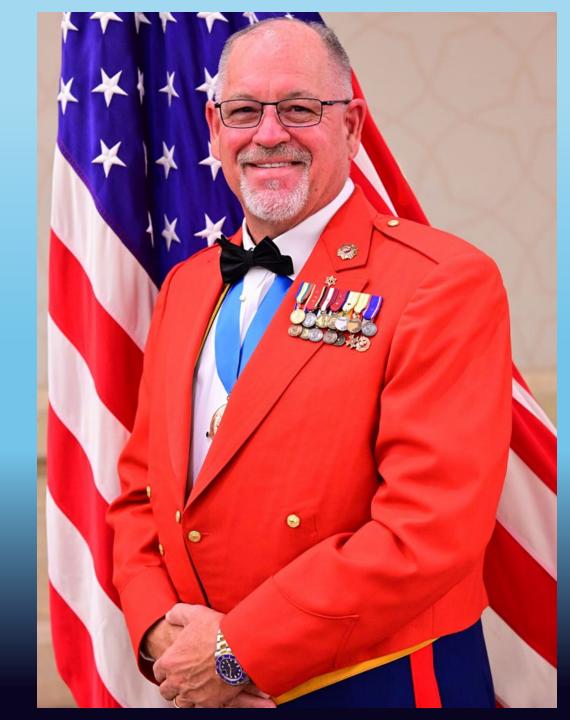
Funding

- YPF DONATIONS are predominantly from the Tree of Lights.
- US Marine Foundation also has a large endowment (granted by a MCL estate) that it uses to support YPF.
- YPF DONATIONS are almost entirely from MCL
- Funding is only "limited" by our imagination.
- YPF Program provides trophies medals (for state, regional, national meets), certificates (for achievement or participation)
- Promotional items such as water bottles, bracelets, tshirts, shorts can be covered for state and regional events with proper notice.
- The foundation has money to cover costs, especially right now as our Foundation if YPF has proven to be untenable and they are left with a million bucks and no mission.

MCL DIRECTIVE SOP

• The M C L YPF Program is dependent on M C L Detachments membership to communicate with schools across the United States and introduce the program and its values. For that reason, the **National Commandant has** directed that each Division, Department, and all Detachments appoint representatives that will carry out the mission of the Program.

YPF CHAIN OF COMMAND MCL National Commandant



YPF CHAIN OF COMMAND



Youth Physical Fitness Your MCL Team



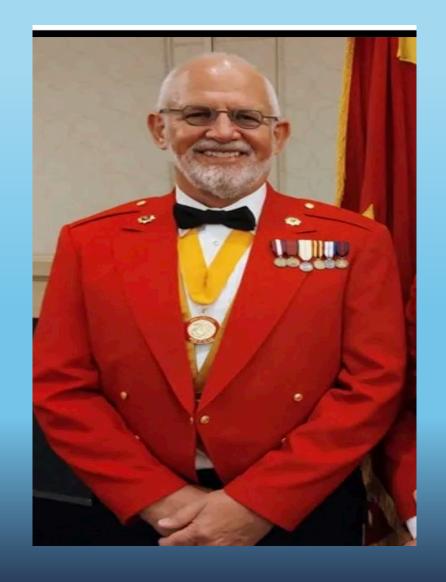
Chair - Sean Patton
Vice Chair - TBD in 2025
Ex-Officio - Randy Rigg
New England - ??
Northeast - Steve Lord
Mideast - Robert Hare
Southeast - Ronnie Broussard
Central - Ben Mattson
Midwest - Paul Campos
South - Jim Howington
Rockies - ???
Northwest - Ben Ostermiller
Southwest - Roger Rodriguez
see next page for
contact information



YPF Chain of Command

National Vice Commandant Midwest Division

Jim Maevers



YPF Midwest Region POC



Paul Campos

Midwest Division Representative Youth Physical Fitness Program

> (708) 369-9969 gunnycampos@gmail.com

https://www.mcleaguelibrary.org/youthprograms/youth-physical-fitness-ypf/

Midwest Division Department Commandants



Chain of Command

- MCL Commandant appoints YPF whose appointment is approved by board of trustees
- National Vice Commandant Midwest (Jim Maevers) appoints Divisional representative
- However, I report to YPF Chairman since he has operational control and provide him with quarterly reports, attend monthly ZOOM meetings and provide my SITREPs and discuss committee planning.
- I also answer to Division Vice Commandant provide SITREPS.as needed or requested.

YPF Mid West Division POC

- I am the intermediate POC between and MCL Chairman, YPF Chairman and the MW Division Vice Commandant and your Departments.
- Technical support, training and assistance concerning YPF
- Financial Aid support is limited. YPF National will provide certificates for participation, certificates of levels of achievement, trophies for state regional events,
- Promotional items such as glossy information pamplets, water bottles, stickers, Tshirts, shorts with proper notice can be budgeted

How to implement YPF program locally

• Build a staff to help with tasking. As Department Commandants

you will task each Detachment to appoint YPF representative.

• Compose a list schools to be contacted, their names, address and Athletic Directors and PE coaches' POC. Build a excel YPF high school registry spreadsheet

• Contact the schools, request a face to face meeting to introduce

the YPF program to AD and PE coaches.

• Arrange an introductory meet event to teach the students the exercises, practice the exercises at the school and encourage them to continue doing exercises at home, test the students and award certificates.

• Familiarize the youth athletes, with the 5 exercises. Planks, push-

ups, long jump, pull-ups, 300 yard shuttle run.
• Form teams to compete at local, regional and national events.

• Build a staff to help with tasking. As Department Commandants you will task each Detachment to appoint YPF representative.



• Compose a list schools to be contacted, their names, address and Athletic Directors and PE coaches' POC.

St. Louis Cit	y and County					
Affton High School	8309 Mackenzie Rd					
	St. Louis, MO 63123					
	(314) 638-6330					
	(314) 633-5990 fax					
Bayless High School	4530 Weber Rd					
	St. Louis, MO 63123-					
	5798					
	(314) 256-8660					
	(314) 544-6344 fax					
Bishop DuBourg High	5850 Eichelberger					
School	St. Louis, MO 63109-					
	3494					
	(314) 832-3030					
	(314) 832-0529 fax					
Brentwood High School	2221 High School Dr					
	Brentwood, MO 63144-					
	1700					
	(314) 962-3837					
	(314) 963-3166 fax					
Cardinal Ritter High	701 N Spring Ave					
School	St. Louis, MO 63108-					
	3603					
	(314) 446-5513					
Character of a Callege	(314) 446-5570 fax					
Chaminade College	425 S Lindbergh Blvd					
Preparatory High School	St Louis, MO 63131-2799 (314) 993-4400					
	(314) 993-4400 (314) 993-4403 fax					
Christian Brothers	1850 De La Salle Dr					
College High School	St. Louis, MO 63141-					
College High School	8661					
	(314) 985-6047					
	(314) 985-6047 (314) 985-6048 fax					
Clayton High School	1 Mark Twain Circle					
Ciay ton Filgh School	Clayton, MO 63105-1613					
	(314) 854-6743					
	(314) 854-6743 fay					

De Smet Jesuit High	233 N New Ballas Rd					
School	St. Louis, MO 63141-					
	7599					
	(314) 567-3500					
	(314) 567-1519 fax					
Eureka High School	4525 Hwy 109					
	Eureka, MO 63025-1222					
	(636) 733-3100					
	(636) 733-8813 fax					
Gateway High School	5101 McRee Ave					
, ,	St. Louis, MO 63110-					
	2082					
	(314) 776-3300					
	(314) 776-8267 fax					
Gateway Science	5049 Fyler Ave.					
Academy Charter High	St. Louis, MO 63139-					
School	2425					
	(314) 261-4361					
	(314) 231-4364 fax					
Hancock High School	229 W Ripa Ave					
	St. Louis, MO 63125-					
	2799					
	(314) 544-1300					
	(314) 544-6427 fax					
Hazelwood Central High	15875 New Halls Ferry Rd					
School	Florissant, MO 63031-					
	1299					
	(314) 953-5435					
	(314) 953-5413 fax					
Hazelwood East High	11300 Dunn Rd					
School	St. Louis, MO 63138-					
	1098					
	(314) 953-5600					
	(314) 953-5638 fax					
Hazelwood West High	1 Wildcat Ln					
School	St. Louis, MO 63042-					
	1178					
	(314) 953-5800					

• Build a excel YPF high school registry spreadsheet

Home Insert Draw Page Layout Formulas Data Review View Comments Comments												
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A	В	С	D	Е	F	G	Н	1	J			
1 School Name	POC Name	School Address	# of students	potential host?	doing YPF?	date last contac notes		POC email				
2 Affton High School	Brian Boehm	8309 Mackenzie Rd. St. Louis, MO 63123				2-Apr-25 emailed		bboehm@afftonschools.net				
3 Bayless High School	Alex Johnson⋅ :	4530 Weber Rd St. Louis, MO 63123				2-Apr-25	emailėd.	johnson@bayless.k12.mo.us				
4 Bishop DuBourg High School	Christina Bennet	5850 Eichelberger St. Louis, MO 63109				2-Apr-25	emailed	cbennett@bishopdubourg.org				
5 Brentwood High School	Dr. Stephen Ayotte	2221 High School Dr, Brentwood, MO 63144				3-Apr-25	emailed	sayotte@brentwoodmoschools.org				
6 Cardinal Ritter High School	Eunice Davis	701 N Spring Ave St. Louis, MO 63108				3-Apr-25	USPS					
7 Chaminade College Preparatory High School	Thomas Fernandez	425 S Lindbergh Blvd St Louis, MO 63131				3-Apr-25	USPS					
8 Christian Brothers College High School	Scott Pingel	1850 De La Salle Dr St. Louis, MO 63141				3-Apr-25	USPS					
9 Clayton High School	T'Shon Young	1 Mark Twain Circle, Clayton, MO 63105		1		4/2/25	emailed	tshonyoung@claytonschools.net				
10 Confluence Prep Academy Charter High School	Angela Prebianca	310 North 15th Street St.Louis 63103				4/2/25	emailed	angela.prebianca@confluenceacademies.org				
11 Cor Jesu Academy High School	Liz Biedenstein	10230 Gravois Rd St. Louis, MO				4/2/25	emailed	lbiedenstein@corjesu.org				
12 De Smet Jesuit High School	John Hawkey	233 N New Ballas Rd St. Louis, MO 63141				4/2/25	emailed	jhawkey@desmet.org				
13 Eureka High School	Scott Allen	4525 Hwy 109 Eureka, MO 63025				4/2/25	emailed	allenscott@rsdmo.org				
14 Gateway High School	John Everson	5101 McRee Ave St. Louis, MO 63110				4/2/25	emailed	John.everson@slps.org				
15 Hancock High School	Steven Kelly	229 W Ripa Ave St. Louis, MO 63125				4/2/25	emailed	skelly@hpsd.school				
16 Hazelwood Central High School	Scott Borcherding	15875 New Halls Ferry Rd Florissant, MO 63031				4/2/25	emailed	sborchrd@hazelwoodschools.org				
10 17 Hazelwood East High School	Curtis Bledsoe	11300 Dunn Rd. St. Louis, MO 63138				4/2/25	emailed	cbledsoe@hazelwoodschools.org				
18 Hazelwood West High	Subrinia Chappelle	1 Wildcat Ln St. Louis, MO 63042				4/2/25	emailed	schappel@hazelwoodschools.org				
19 Hiram Neuwoehner High School	Kimberly Willy	12112 Clayton Rd Town & Country, MO 63131				4/2/25	emailed	kawilly@ssdmo.org				
20 Jennings High School	Marlos Reynolds	8850 Cozens Avem St. Louis, MO 63136				4/2/25	emailed	Reynoldsm@jenningsk12.org				
N 21 John Burroughs High School	Willie Owens	755 S Price Rd St. Louis, MO 63124				4/2/25	emailed	wowens@jburroughs.org				
S 22 Kirkwood High School	Dr.Seth Harrell	801 W Essex Kirkwood, MO 63122				4/2/25	emailed	seth.harrell@kirkwoodschools.org				
23 Ladue Horton Watkins High School	Nick Gianino	1201 S Warson Rd St. Louis, MO 63124-				4/2/25	emailed	ngianino@ladueschools.net				
5 24 Lafayette (Wildwood) High School	Jonathan Sumner	17050 Clayton Rd Wildwood, MO 63011				4/2/25	emailed	sumnerjonathan@rsdmo.org				
25 Lindbergh High School	Scott Luczak	5401 Lucas Hunt St. Louis, MO 63121				4/2/25	emailed	scottluczak@lindberghschools.ws				
26 Lutheran South High School	Justin Haun	9515 Tesson Ferry Rd St. Louis, MO 63123				4/2/25	emailed	jhaun@LSLancers.org				
27 Maplewood-Richmond Hts. High School	Rashaaad Davenport	7539 Manchester Rd St. Louis, MO				4/2/25	emailed	rashaad.davenportsr@mrhschools.net				
28 Marquette High School	Adam Starling	2351 Clarkson Rd Chesterfield, MO 63017				4/2/25	emailed	starlingadam@rsdmo.org				
29 McCluer High School	David Kastrup	1896 S New Florissant Rd Florissant, MO 63031				4/2/25	emailed	dkastrup@fergflor.org				
30 McCluer North High School	Darrin (Matt) Grogan	705 Waterford Florissant, MO 63033				4/2/25	emailed	dgrogan@fergflor.org				
31 Mehlville High School	Jill Wojewuczki	3200 Lemay Ferry Rd St. Louis, MO 63125				4/2/25	emailed	WojewuczkiJ@MSDR9.ORG				
32 Miller Career Academy High School	Darrin White	1000 N Grand Blvd St. Louis, MO 63106				4/2/25	emailed	darrin.white@slps.org				
33												
34												
35												

• Contact the schools, request a face to face meeting to introduce the YPF program to AD and PE coaches



• Arrange an introductory meet event to teach the students the exercises, practice the exercises at the school and encourage them to continue doing exercises at home, test the students and award certificates.





National Youth Physical Fitness Program

OF THE

MARINE CORPS LEAGUE AND THE

UNITED STATES MARINE YOUTH FOUNDATION

Certificate of Participation

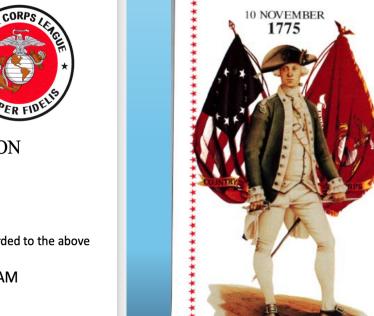
Presented to:

In the interest of promoting a drug-free America, this Certificate of Participation is awarded to the above for participating in the five basic exercises of the

MARINE CORPS LEAGUE YOUTH PHYSICAL FITNESS PROGRAM

A. M. Gra

General, United States Marine Corps (Retired) 29th Commandant of the Marine Corps Chairman, U.S. Marines Youth Foundation



NATIONAL YOUTH PHYSICAL FITNESS PROGRAM
OF THE MARINE CORPS LEAGUE
FOR A DRUG FREE AMERICA.

THE UNITED STATES MARINE CORPS



BIRTHDAY AWARD





SIXTH RECOGNITION ERTIFICATE

of Athletic Accomplishment

Presented to

For having successfully attained a satisfactory score in the YOUTH PHYSICAL FITNESS PROGRAM AS PRESCRIBED AND SPONSORED BY THE MARINE CORPS LEAGUE

AM Gray

A.M. Gray
General, U.S. Marine Corps (Retired)
29th Commandant of the Marine Corps
Chairman of the Board of the

Chillen a Glunchill

Walter A. Churchill Major General, U.S. Marine Corps (Retired)

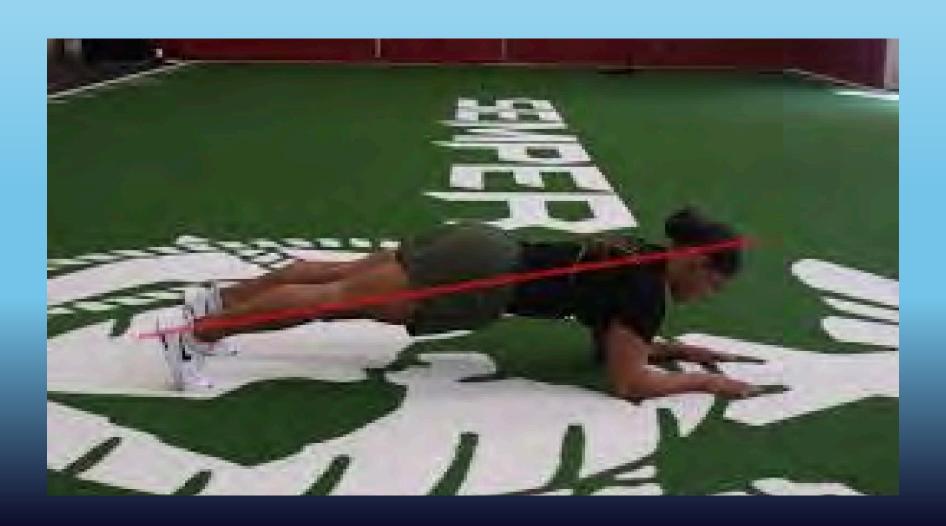
School Physical Education Director

Art Well by Maur Donne Neary USMCR

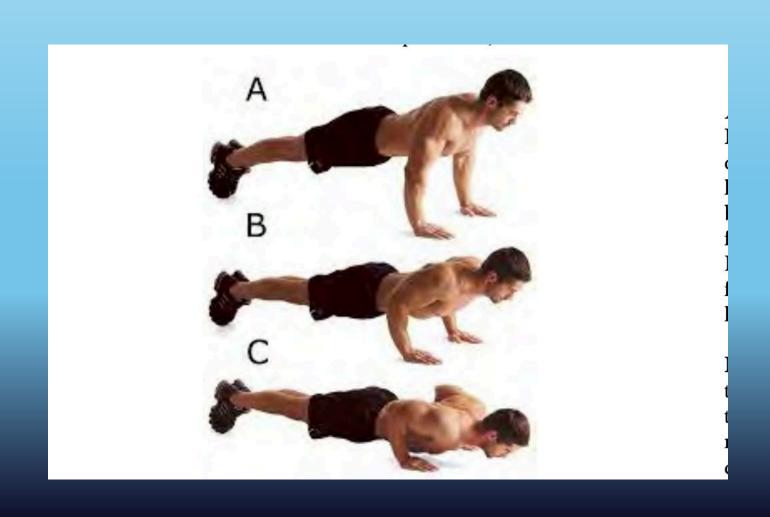
• Familiarize the youth athletes, with the 5 exercises.

•

1. PLANKS



2. Push-Ups



3. Long Jump



4. Pull-Ups



5. 300 Yard Shuttle Run



Form teams to compete at local, regional and national events



YPF Target Audience

- High School Students
- JROTC
- Middle School students
- Scouting America
- Young Marines

Target Audience











YPF Target Audience

- YPF has two components, general fitness program ("gym class") for elementary/middle school/high school, and "competitions" for high schoolers.
- At this time only high schools have competed at Nationals
- However, Scouting America team and Young Marines teams are elgible to compete against the high schools.

MCL Website



MARINE CORPS LEAGUE

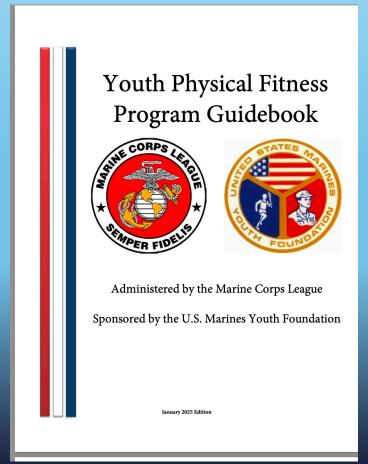
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Helping Marines & Family HG/CG & Ceremonial Rifle Join Member At Large Leadership Legislation Library MOY Society

Member Library Modern Day Marine Past National Commandants Recommended Reading Semper Fi Magazine

Shop – Semper Fi Store Veterans Service Youth Programs

YPF Program Guidebook



Enclosures Available

- 1.2025-Program-Guidelines-21-Jan-FINAL.pdf
- 2. YPF-SOP-MCL-081323.pdf
- 3. YPF Intro Letter. Schools
- 4. YPF School Registry
- 5. Certificate of Participation sample