

Video



United States Marines Youth Foundation, Inc.

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www.USMarinesYouthFoundation.org

"...The Solution to a Drug Free America"™

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



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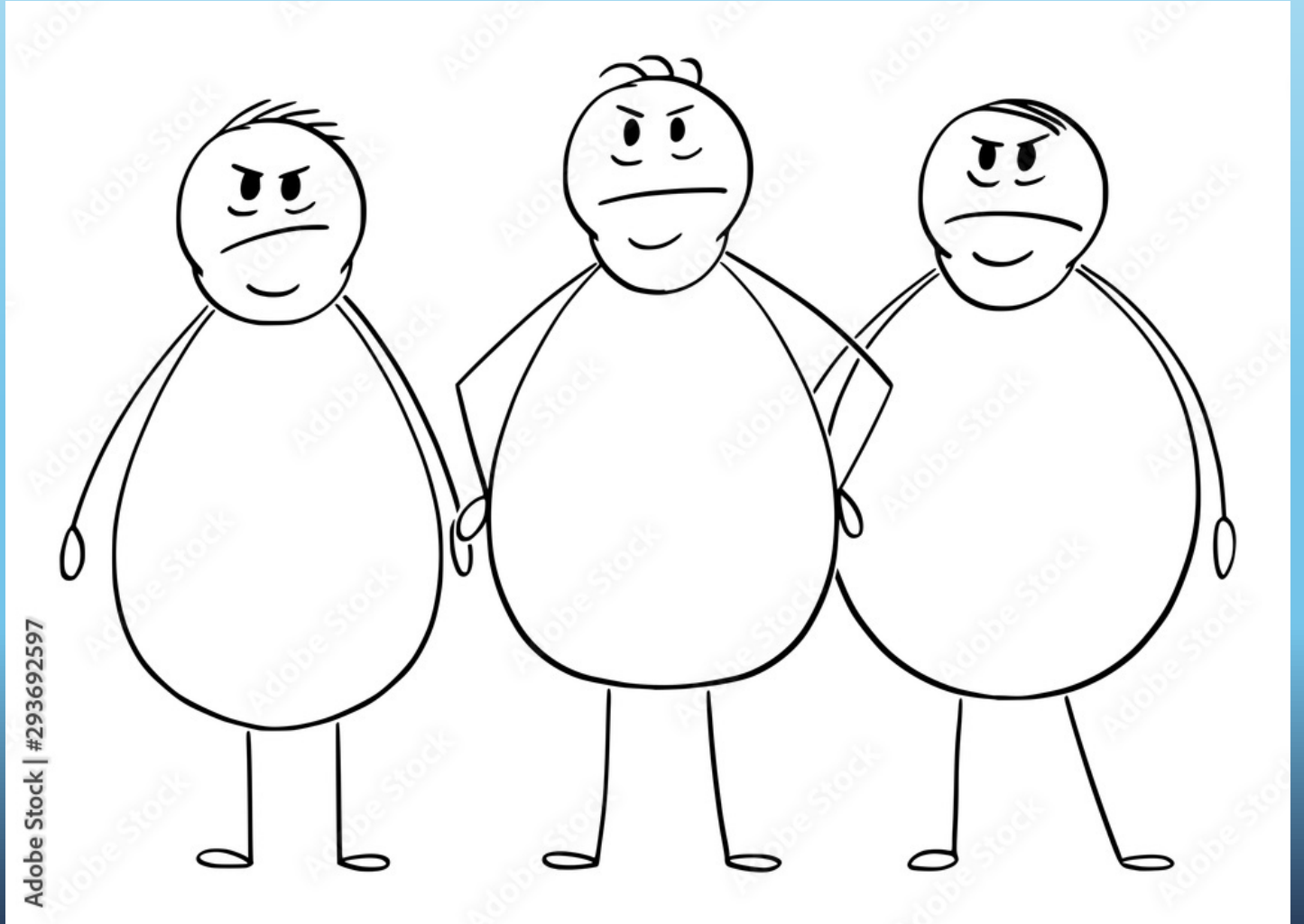
Mission Statement



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



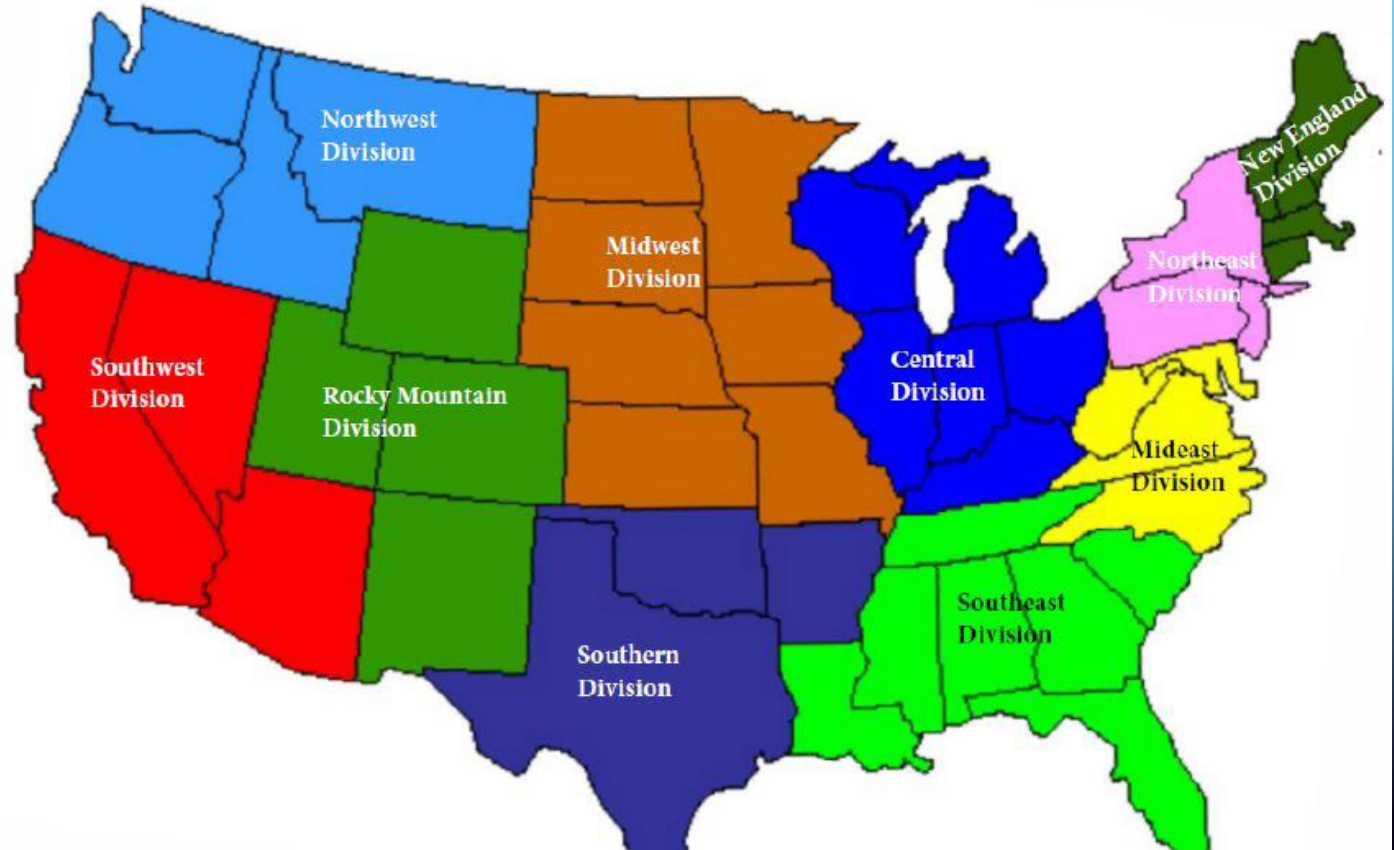
YPF CHAIN OF COMMAND



Youth Physical Fitness Your MCL Team



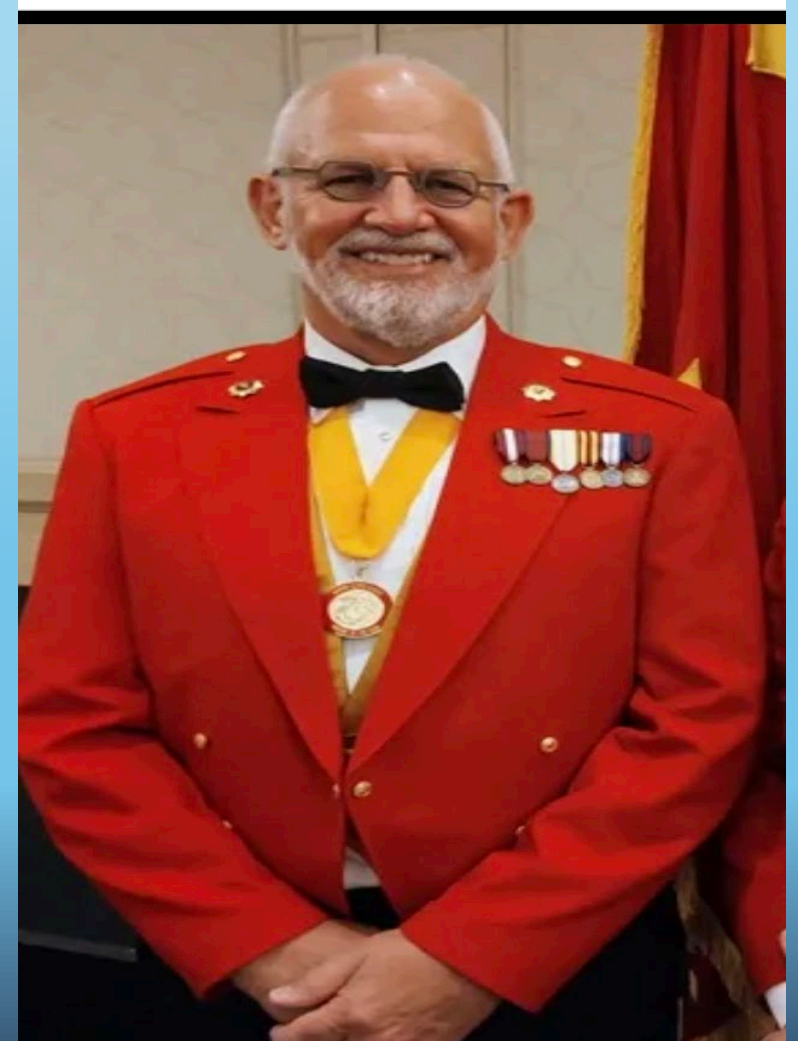
Chair - Sean Patton
Vice Chair - TBD in 2025
Ex-Officio - Randy Rigg
New England - ??
Northeast - Steve Lord
Mideast - Robert Hare
Southeast - Ronnie Broussard
Central - Ben Mattson
Midwest - Paul Campos
South - Jim Howington
Rockies - ???
Northwest - Ben Ostermiller
Southwest - Roger Rodriguez
see next 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/youth-programs/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 pamphlets, 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 City and County			
Affton High School	8309 Mackenzie Rd St. Louis, MO 63123 (314) 638-6330 (314) 633-5990 fax	De Smet Jesuit High School	233 N New Ballas Rd St. Louis, MO 63141-7599 (314) 567-3500 (314) 567-1519 fax
Bayless High School	4530 Weber Rd St. Louis, MO 63123-5798 (314) 256-8660 (314) 544-6344 fax	Eureka High School	4525 Hwy 109 Eureka, MO 63025-1222 (636) 733-3100 (636) 733-8813 fax
Bishop <u>DuBourg</u> High School	5850 Eichelberger St. Louis, MO 63109-3494 (314) 832-3030 (314) 832-0529 fax	Gateway High School	5101 <u>McRee</u> Ave St. Louis, MO 63110-2082 (314) 776-3300 (314) 776-8267 fax
Brentwood High School	2221 High School Dr Brentwood, MO 63144-1700 (314) 962-3837 (314) 963-3166 fax	Gateway Science Academy Charter High School	5049 <u>Fyler</u> Ave. St. Louis, MO 63139-2425 (314) 261-4361 (314) 231-4364 fax
Cardinal Ritter High School	701 N Spring Ave St. Louis, MO 63108-3603 (314) 446-5513 (314) 446-5570 fax	Hancock High School	229 W <u>Ripa</u> Ave St. Louis, MO 63125-2799 (314) 544-1300 (314) 544-6427 fax
Chaminade College Preparatory High School	425 S Lindbergh Blvd St Louis, MO 63131-2799 (314) 993-4400 (314) 993-4403 fax	Hazelwood Central High School	15875 New Halls Ferry Rd Florissant, MO 63031-1299 (314) 953-5435 (314) 953-5413 fax
Christian Brothers College High School	1850 De La Salle Dr St. Louis, MO 63141-8661 (314) 985-6047 (314) 985-6048 fax	Hazelwood East High School	11300 Dunn Rd St. Louis, MO 63138-1098 (314) 953-5600 (314) 953-5638 fax
Clayton High School	1 Mark Twain Circle Clayton, MO 63105-1613 (314) 854-6743 (314) 854-6742 fax	Hazelwood West High School	1 Wildcat Ln St. Louis, MO 63042-1178 (314) 953-5800

- Build a excel YPF high school registry spreadsheet

[illegible]

- 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 handwritten signature in black ink, appearing to read "A. M. Gray".

A. M. Gray

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



10 NOVEMBER
1775

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

THE UNITED STATES MARINE CORPS

 **BIRTHDAY** 
AWARD

 **SIXTH RECOGNITION
CERTIFICATE**
of Athletic Accomplishment

Presented to _____

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

 
A. M. Gray Walter A. Churchill
General, U.S. Marine Corps (Retired) Major General, U.S. Marine Corps (Retired)
29th Commandant of the Marine Corps Chairman of the Board of the
United States Marines Youth Foundation National Chairman

DATE _____ School Physical Education Director _____

"THE CONTINENTAL MARINE"

Art Work by Major Donna Neary USMCR

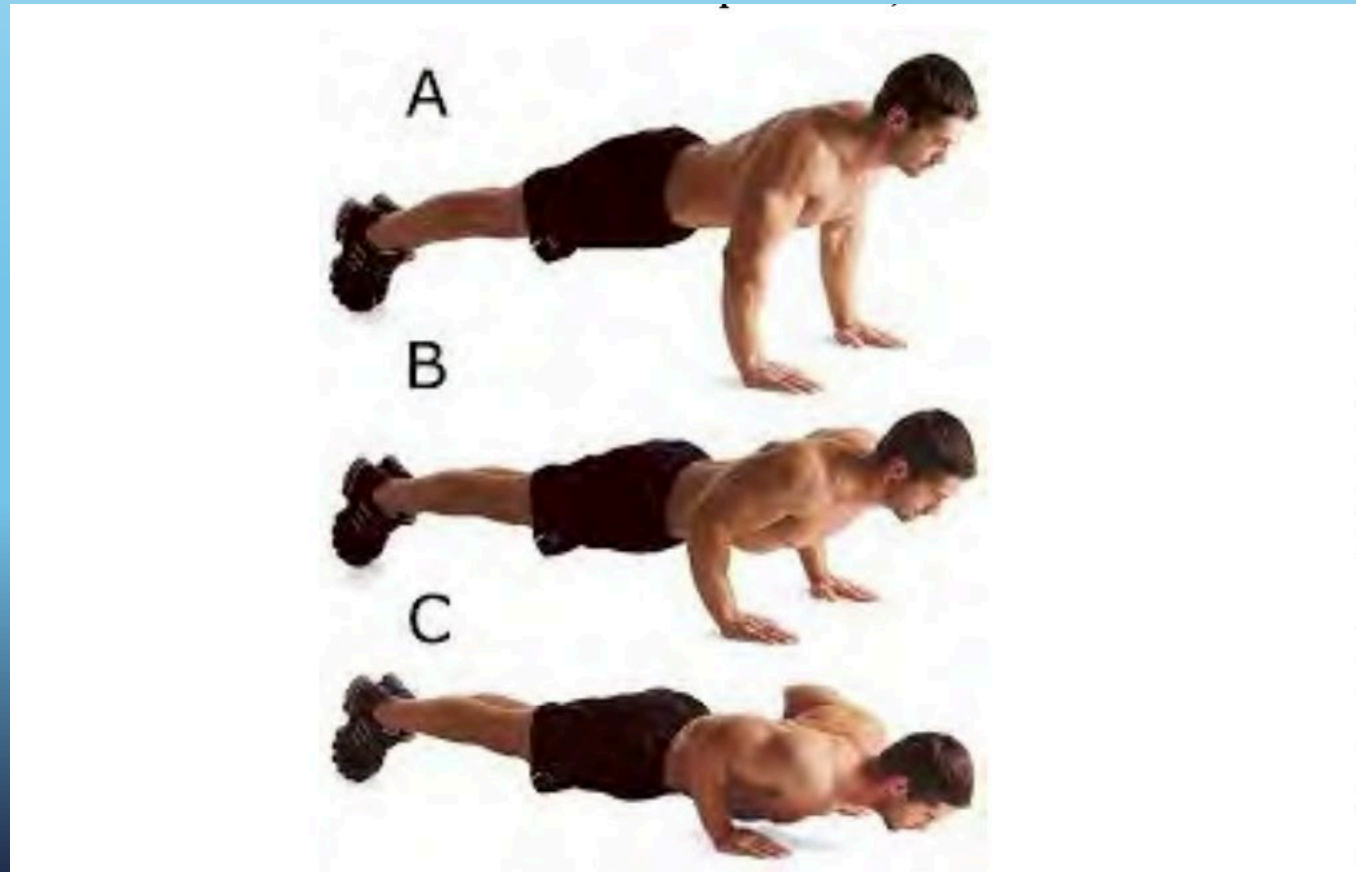
- Familiarize the youth athletes, with the 5 exercises.

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1. PLANKS



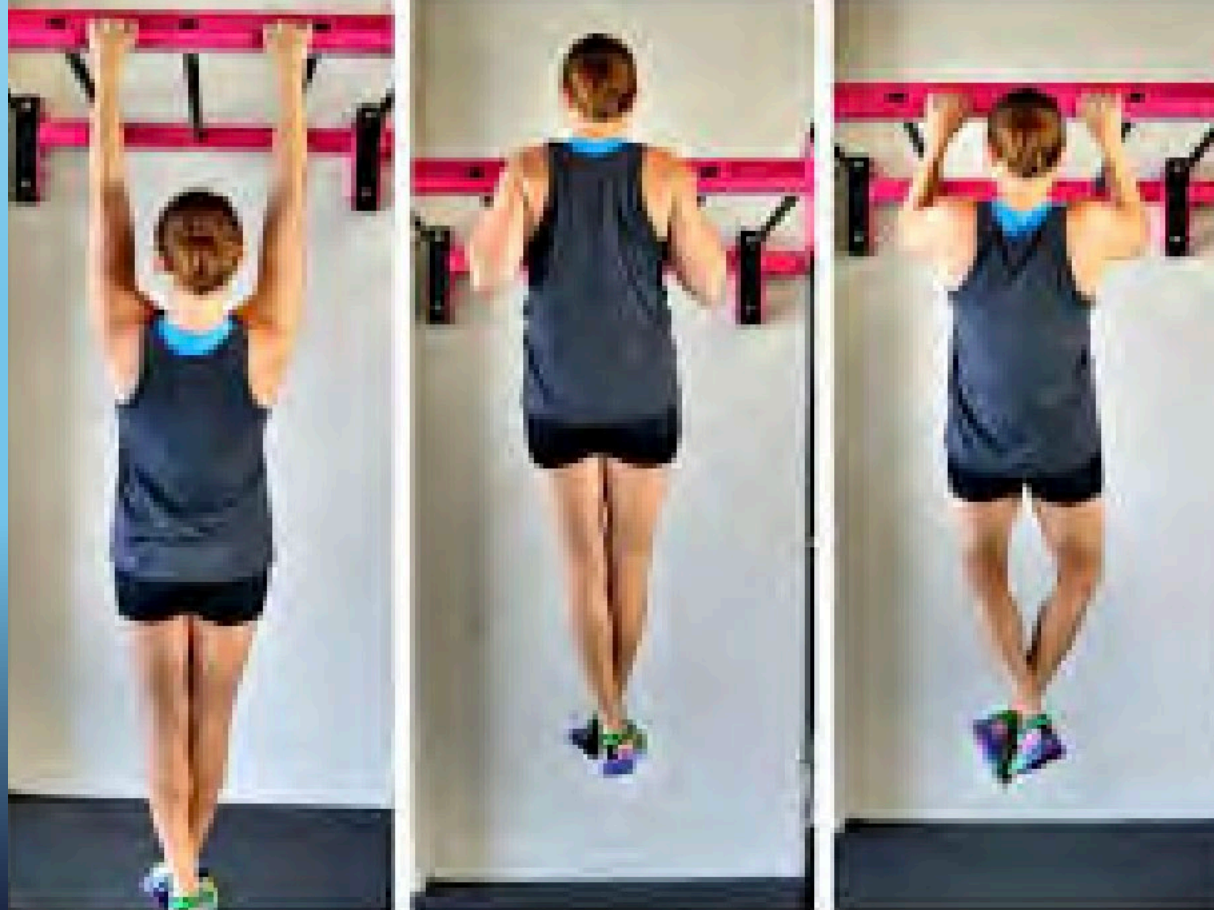
2. Push-Ups



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



LEADING
FROM THE
FRONT









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 eligible to compete against the high schools.

MCL Website



MARINE CORPS LEAGUE

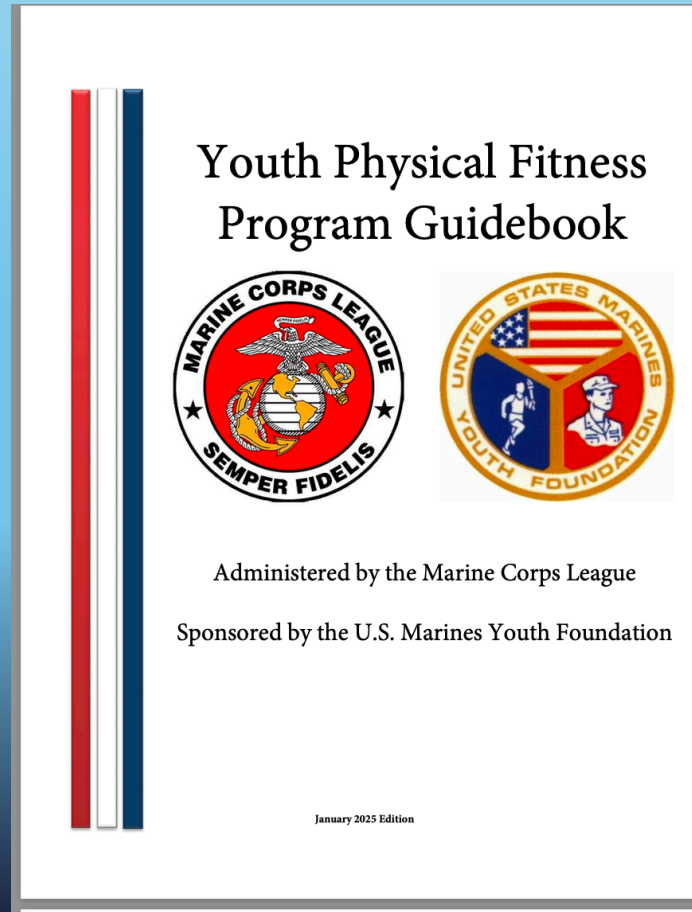
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YPF Program Guidebook



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