



Welcome Packet

Fort Sill Youth Center

Living at Fort Sill/Lawton- What It's Really Like!!

So...you're moving! Where are you going? Are you nervous? Scared? Excited? We know moving can really be difficult sometimes, especially when you like the place you're living. Saying goodbye to your friends and switching schools is something one wants to do. It's really hard!

We thought about what it was like when we moved – all the questions we had and how difficult it was to start over. What are the schools like? What are the fun things to do?

We've created this handbook just for you! We hope it gives you the information you need before you arrive to make things a little easier at *Fort Sill/Lawton*

Youth/Teen Center

The *Fort Sill Youth Center* is located at 1010 Fort Sill Blvd., Fort Sill. We provide a variety of programs for 6th – 12th grade. We offer a year-round sports program, Open Recreation Program consisting of various activities, clubs and instructional classes, a Youth Employment Skills Program, Youth of the Year Program, and special events. We are affiliated with the Boys & Girls Clubs of America and the 4-H Program and incorporate their respective programs into our curriculum.





Programs



**BOYS & GIRLS CLUBS
OF AMERICA**

The Arts

Programs in this area give you the opportunity to explore different art mediums and grow your appreciation of the arts. We offer Boy's & Girl's Club of America (BGCA), as well as 4-H art activities weekly. You will have the opportunity to participate in the BGCA National Arts Contest every year!



DIGITAL DESIGN

Anime Club: meets every Monday from 4:00-5:00 PM.

This club meets to discuss, show and promote anime in a local community setting and can also focus on broadening Japanese cultural understanding.

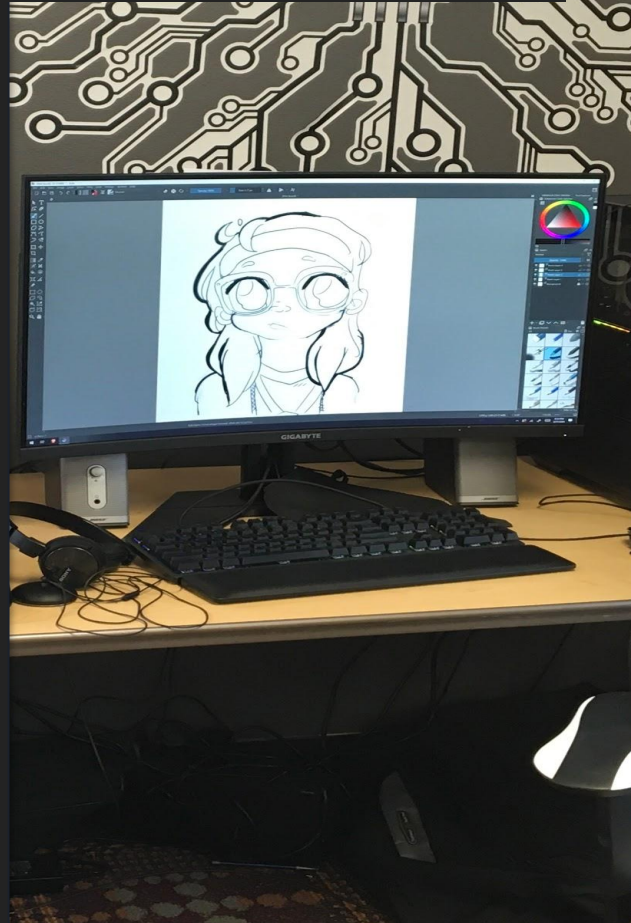
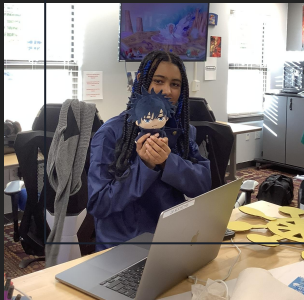


PHOTO CLUB

Photo Club meets every Thursday from 4:00-5:00 PM.

If you want to become a better photographer, learn more, get and stay inspired, meet others who share your passion, and make new friends, well, nothing beats a camera club (also known as a photography club). Joining a club might even help lead you to a new career.)

So what happens at a photography club? All kinds of things related to photography. Some meetings may feature a guest speaker, a competition, image sharing, workshop, photo shoot, or some other photo activity.



Arts Exhibit Program:



Arts Exhibit Program: *The youth center hosts Family Painting Night both in the winter and summer. Put away the devices, grab the family and let's get creative making art! There's nothing like quality time with family!*

And you don't need to be an artist to have fun! So, whether your kiddos are holding a paintbrush for the first time or grandma's brushing up on her past hobby, there's something for everyone to enjoy at our family painting events!

Plus, all of you will leave the studio with one-of-a-kind keepsakes created with a whole lot of love – and probably a whole lot of laughter, too! You might even leave the studio with a newfound passion.

Access to Art Materials and Performing Art Opportunities: The Youth Center provides an art room during open rec hours daily from 1:00-6:00 PM. Various art lessons are provided weekly.





Character & Leadership Development

Programs in this area provide you with an opportunity to grow as a leader and give back to your community.



**BOYS & GIRLS CLUBS
OF AMERICA**



KEYSTONE
The Ultimate Teen Program



SPONSORED BY:
TOYOTA KOHL'S

Mondelēz
NUTRITIONALS



TEEN COUNCIL

Teen Council meets every Tuesday from 4:00-5:00.

Teen Council: Teen Council is a Keystone Club. Keystoning is the Boys & Girls Club Movement's most dynamic teen program. It affords teens an opportunity to gain valuable leadership and service experiences. Teens conduct activities in four areas: academic success, career exploration, community service, and teen outreach. Navient sponsors the Keystone Club program as part of a multi-year initiative.



Torch Club

Meets every
Wednesday
From
4:00-5:00 pm

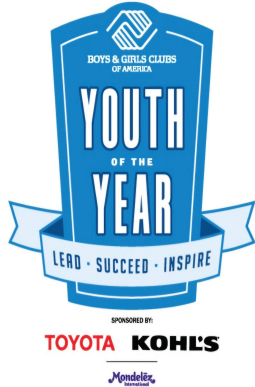
Torch Clubs are chartered, small-group character and leadership clubs for boys and girls ages 10 to 13. A Torch Club is a powerful vehicle through which young people develop and strengthen their 21st-century leadership skills, giving them a firm foundation of good character and integrity. Torch Club and community; education; health and fitness; and social recreation.



Youth of the Month



Youth of the Month is a recognition program that focuses on acknowledging and making Club members aware of their own leadership abilities. It is most commonly run on an ongoing basis over the course of a year, primarily a recognition program, engaging in various leadership experiences is an important part of the program. The focus is always on making youth aware of leadership abilities they might not think they possess and cultivating them so that they learn what it means to be a leader.



National BGCA Military Youth of the Year

Youth of the Year is our signature effort to foster a new generation of leaders, fully prepared to live and lead in a diverse, global and integrated world economy.

Each year, one exceptional Club member is selected to be the National Youth of the Year, serving as an ambassador for Boys & Girls Club youth as well as a voice for all of our nation's young people. Over the decades, these individuals have exemplified the Boys & Girls Club mission and are proof of the impact Clubs make in transforming and saving kids' lives. National Youth of the Year winners have achieved success in a variety of industries, including entertainment, politics, business and sports.

Becoming National Youth of the Year is an exciting and inspiring journey. Each year, thousands of Club teens participate in local, state and regional Youth of the Year events. The National Youth of the Year is a role model, leader and advocate for over 3.6 million youth served by Boys & Girls Clubs each year, and all of America's young people.



Education

and Career

Development

Programs in this area encourage career exploration and assist with education goals. While there are programs you can participate in, the youth center also offers homework labs and college and career prep resources at any time. Such as workshops by ACS for employment readiness and resume writing.



E-Sports

Our Esport program provides youth with a fun and competitive gaming environment that promotes teamwork, strategy, and sportsmanship. Esports also ties into STEM by fostering critical thinking, problem-solving, and digital literacy. Players analyze game mechanics, develop strategies, and even explore fields like coding, game design, and broadcasting. Through Esports, youth gain valuable technical and teamwork skills that can translate into careers.

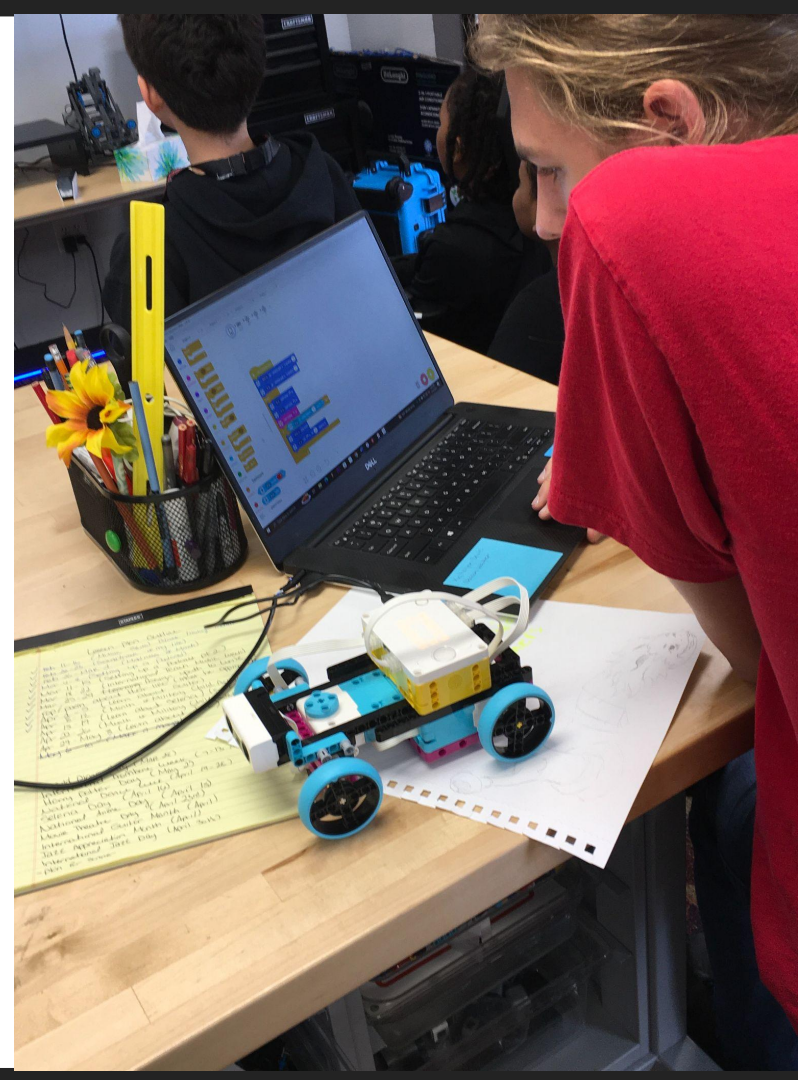


Tech Programs

Robotics Club meets every other Thursday from 4:00-5:00 PM

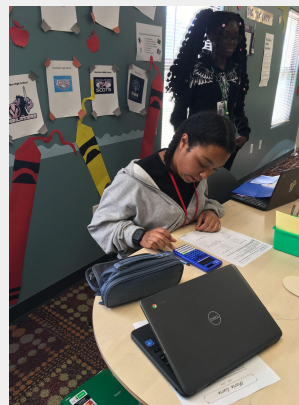
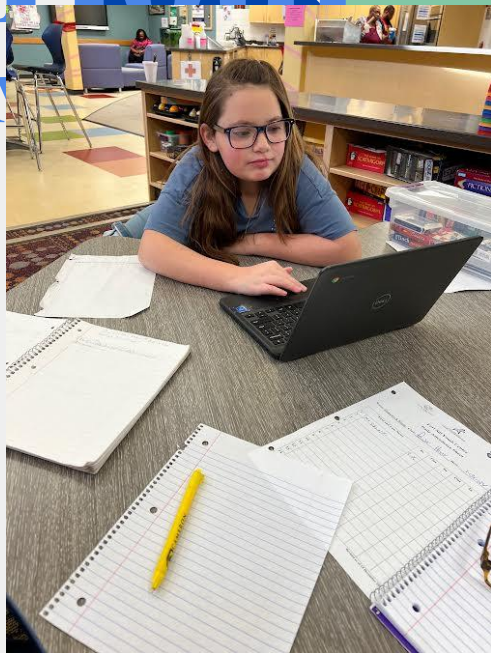
The development of technology is rapidly changing our environment, as such, it is necessary for youth to keep up with the trends in the field of science, information technologies, and robotics, as well as to acquire the skills of the digital age.

The purpose of the robotics club is for youth to learn how to code and write commands for robots through play.



Power Hour

Count



Power Hour: Making Minutes Count helps youth grades 6-12 achieve academic success by providing homework help, tutoring and high-yield learning activities and encouraging members to become self-directed learners.

Designed specifically to help teens with homework, this program is available after school. Dedicated youth development professionals and volunteers supervise each session and help youth members complete their assignments for the day. When they finish their work, they may choose to participate in a variety of other engaging and educational activities to develop their skills even further.

Power Hour is a great opportunity for teens to get their homework completed in a quiet area.

Power Hour meets Monday-Thursday from 4:00-5:00 PM.

Workshops

Anti-Bullying



Teen-dating violence

February
is
National Teen
Dating Violence
Awareness Month



Resume Writing



Youth Sponsorship Program

Youth Sponsorship Program: This club meets once a month on Tuesdays from 4:00-5:00. Does your child have 101 questions about your next duty station? Let a youth sponsor answer them! Youth sponsors connect with children before arrival at a new duty station, provide them with information about their new communities and answer questions from a youth perspective – while being guided by adults in the CYS youth program and the schools

If you're preparing for a PCS move, contact your SLO today to sign up for a youth sponsor. Once you arrive, a youth sponsor will meet your child and can arrange community and school tours.



Cooking



Lunch Box Pizzas

★★★★★ 7 reviews
Total Time Makes
Prep/Total Time: 20 10 servings
min.
Updated: Jun. 30, 2023



Ingredients

1 tube (7-1/2 ounces) refrigerated buttermilk biscuits (10 biscuits)
1/4 cup tomato sauce
1 teaspoon Italian seasoning
10 slices pepperoni
3/4 cup shredded Monterey Jack cheese

Directions

1. Flatten each biscuit into a 3-in. circle and press into a greased muffin cup. Combine the tomato sauce and Italian seasoning; spoon 1 teaspoonful into each cup. Top each with a slice of pepperoni and about 1 tablespoon of cheese.

2. Bake at 425° until golden brown, 10-15 minutes. Serve immediately or store in the refrigerator.

Nutrition Facts

1 each: 94 calories, 4g fat (2g saturated fat), 9mg cholesterol, 292mg sodium, 11g carbohydrate (0 sugars, 0 fiber), 4g protein.

Cooking Club meets every other Thursday from 4:00-5:00 PM. You'll get a delicious new recipe to master while learning different essential cooking skills along the way. Participants will learn how to use food and food products that are new to you. As well as tips on food preservation, menu and budget planning. Kitchen skills-Most chef's invite participants to be part of the food preparation. The bonus of food tasting; trying it before you buy it.



Passport To Manhood

This club meets Fridays from 4:00-5:00



Passport to Manhood represents a targeted effort to engage young boys in discussions and activities that reinforce character, leadership and positive behavior. Each participant receives a “passport” to underscore the notion that he is on a personal journey of maturation and growth. It also includes a service project where boys learn the importance of giving back to the community.

Smart Girls



This club will start during second quarter. Times are yet to be announced. SMART Girls is a small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls in three age groups, spanning ages 8 to 18. Through dynamic sessions, participatory activities, field trips and mentoring opportunities with adult women, Club girls explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults.

TriplePlay's Healthy Habits



This club runs daily during center open hours.

Daily Challenges (Body): Intentional focus on physical literacy: Ability - Increasing capability in basic movement skills and overall fitness; Confidence -the knowledge of the ability to play sports or enjoy other physical activities and Motivation- the intrinsic enthusiasm for physical activity for members to be physically active for life.

Social Recreation (Soul): Emphasis on social and emotional development, or the social, cognitive, and behavioral skills that youth need to be healthy and productive. There is an explicit focus on emotional regulation, healthy relationships (with self and others), and responsible decision-making.

Triple Play: A Game Plan for the Mind, Body and Soul is BGCA's proven health and wellness program co-sponsored by the Anthem Foundation and founding partner The Coca-Cola Company. Since launching in 2005, Triple Play has made more than 14.4 million connections with kids and teens, promoting the importance of physical activity and proper nutrition through the program's three components: mind, body and soul.

Healthy Habits (Mind):

Addresses the ways an individual's health behaviors are influenced by personal beliefs and exposure to positive modeling. In addition to nutrition education, activities focus on helping youth assess, practice, identify, consider, and recognize health behaviors and messages.

Sports, Fitness & Recreation

Programs in this area develop fitness, positive use of leisure time, skills for stress management, appreciation for the environment, and social skills.

Functional Fitness Program: *This club meets Tuesday and Thursday from 4:00-5:00 PM.* Functional fitness is a classification of training that prepares the body for real-life movements and activities. “It trains your muscles to work together and prepares them for daily tasks by simulating common movements you might do at home, at work, or in sports.” – Mayo Clinic. Movements such as squatting, reaching, pulling, and lifting will be made easier with functional fitness integrated into your exercise routine. According to WebMD.com, functional fitness is focused on building a body capable of doing real-life activities in real-life positions, not just lifting a certain amount of weight in an idealized posture created by a gym machine.

Open Recreation: Open Rec runs daily from 1:00-6:00 PM. Youths may utilize all areas of the youth center during this time. These areas include: the art room, tech room, music room, homework lab and teen lounge.

Dances/Lock Ins: The youth center hosts lock-ins and dances. Annually the Youth Center hosts a Halloween and Valentine’s dance. Dances offer food, games, contests and a live DJ.

Lock-in parties allow kids and students to enjoy themselves more safely. They can dance, listen to music and stay up late talking and laughing. What’s even better, alcohol and other substances are not allowed in lock-in parties. Supervisors ensure the youth stay out of trouble. Youth can also bring their own sleeping bags for sleepovers and cameras to capture memories. **Field Trips:** The youth center provides field trips. These trips are taken both locally to nearby attractions and to attractions in nearby cities such as Wichita Falls and Oklahoma City.

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Sports, Fitness & Recreation

CYS Team Sports

The Youth Sports & Fitness program offers a variety of team and individual sports throughout the year for youth ages 3-18. Practices are held twice a week in the evenings on Post with games on Saturday mornings. All participants must be currently registered with Child and Youth Services to enroll in Youth Sports and Fitness programs. A current sports physical is mandatory for all team and individual sports. Registration/Enrollment can be done with CYS Parent Central Services (580) 442-3486/1098/3927/4836 in building 4700 or enroll on WebTrac: webtrac.mwr.army.mil For more information on programming, please call the Youth Sports and Fitness office at (580) 442-5420/5926.

Soccer: Season is held in the Spring for youth ages 3-12.

Flag Football: Season is held in the Fall for youth ages 3-12.

Baseball/Softball: Season is held in the Summer/Fall for youth ages 3-12.

Basketball: Season is held in the Winter for youth ages 3-12.

Cheerleading: Seasons are held in Fall/Winter during Flag Football and Basketball seasons



CYS Instructional Classes

Instructional classes are not competitive seasons. The main focus is skill development. All participants must be currently registered with Child and Youth Services to enroll in Youth Sports & Fitness programs. Registration/Enrollment can be done with CYS Parent Central Services (580) 442-3486/1098/3927/4836 in building 4700 or enroll on WebTrac: webtrac.mwr.army.mil For more information on programming, please call the Youth Sports and Fitness office at (580) 442-5420/5926.

Taekwondo: Sessions are offered each Winter, Spring, Summer and Fall. Class meets on Monday and Wednesday evenings at the Youth Center 5:30-7:00 PM.



Community Recreation Opportunities

For those interested in competitive or travel sports not offered by CYS, the Lawton community provides year round recreation opportunities through the following organizations:

Lawton Soccer Club: Offers both competitive travel and recreation soccer leagues year round. More information can be found at <https://www.lawtonsoccerclub.org/>

Play Lawton: Offers baseball, softball, basketball, volleyball and football. More information can be found at <https://www.playlawton.com/>

Lawton Family YMCA: Offers baseball, softball, basketball and flag football. More information can be found at <http://lawtonfamilyymca.org./>



School Sports



The area school districts offer a variety of school sports at different times of the year, please check the school websites and schools to find out more about what each school district offers.

Lawton Public Schools – www.lawtonps.org

Cache Public Schools – www.cacheps.org

Elgin Public Schools – www.elginps.org

Please contact the School Liaison Officer @ 580-442-4831 for information about other school districts in the Lawton/Fort Sill area.

Special Events



Fort Sill offers a variety of special events throughout the year, such as concerts, an easter egg hunt, an extensive run/walk series that is very popular on post, haunted house, and a variety of entertainers that come and perform on Fort Sill. For more information contact the F&MWR Special Events Coordinator: Ethan Briner @ 580-442-4329.

Schools

Registration Information: Please check with the schools website or the school liaison officer to find out the registration information for each school – in general birth certificate, shot records and IEP/504 records and class schedules will be required/helpful to register your child.

High Schools: Lawton High School is the school outside the gate that serves the high school students living on Fort Sill. Lawton Public Schools operates Lawton High School and provides transportation to and from school for the youth living on post. They also have a bus that stops at the Fort Sill Youth Center after school.

Middle Schools:

Central Middle School is located just outside the gates and is the middle school for Fort Sill. Lawton Public Schools provides transportation to and from post to [Central Middle School](#).

Other Lawton Middle Schools:

[Eisenhower Middle School](#)

[MacArthur Middle School](#)

The Youth Center provides after school transportation from Eisenhower and MacArthur Middle Schools, as well as MacArthur and Eisenhower High Schools. Youth will be transported to the Youth Center.

Elementary

[Freedom Elementary School](#) is the elementary school located on Fort Sill and is operated by Lawton Public Schools

High Schools:

Lawton High School:



MacArthur High School:



Eisenhower High School:



Colleges

In the local community

Cameron University is a public university in Lawton, Oklahoma. It offers more than 50 degrees through both undergraduate and graduate programs. The degree programs emphasize the liberal arts, science and technology, and graduate and professional studies.

<https://www.cameron.edu/>

School

Liaison Officer

School Liaison Officers, or SLOs, assist with transitions associated with military life and facilitate communication among schools, parents and installation leaders. If you are having trouble figuring out which school you should go to, what paperwork you need to register for school, or are having issues with credit transfer your SLO is the person to talk to.

Contact: Sybille McKay, PH: 580-442-4831, email: sybille.r.mckay.naf@army.mil



Local Information



Summers are generally hot. Daytime temperatures in the nineties are commonplace, and thermometer readings of 100°F or more are frequent, especially in the southwest. Winters are cold in northern Oklahoma but quite mild in the south. Temperatures seldom fall below 10°F, and rarely do they remain that low for long.

With high temperatures usually in the mid 40s to lower 50s and overnight lows in the 20s and 30s, the winter months are chilly but bearable. Outbreaks of very cold temperatures sometimes occur sending temperatures below zero on occasion, but these extreme cold spells are often short-lived.

Points of Interest

Lawton, Oklahoma is your passport to adventure. Learn area history at The Museum of the Great Plains, which features archaeological and cultural artifacts and a trading post replica. Read a chapter of Oklahoma's rich military history at Fort Sill National Historic Landmark & Museum, an active Army fort established in 1869, where you'll find a museum that is comprised of 26 historic buildings and the gravesite of famous Apache chief, Geronimo. No trip to Lawton would be complete without a hike or drive through the scenic Wichita Mountains Wildlife Refuge & Visitor's Center to see buffalo, elk and deer graze.

Lawton hosts several signature events annually: Armed Forces Day, Arts for All, Holiday in the Park, International Festival, Lawton Rodeo Rangers, Prince of Peace Passion Play, Spirit of Survival and Wichita Mountain Classic
(<https://lawtonfortsillchamber.com/visit-lawton/signature-events/>)

Oklahoma City is the capital of the U.S. state of Oklahoma. It's known for its cowboy culture and capitol complex, surrounded by working oil wells. The reflecting pool and empty glass and bronze chairs of the Oklahoma City National Memorial recall the victims of the 1995 bombing of the Alfred P. Murrah Federal Building. The Survivor Tree, an American elm nearly destroyed in the attack, is also part of the memorial



Social Media

www.facebook.com/groups/FortSILLCYS/

Installation

<https://sill.armymwr.com/>

<https://sill-www.army.mil/>

Youth Center

<https://sill.armymwr.com/programs/youth-center>

Schools

www.lawtonps.org

www.elginps.org

www.cacheps.org

