

Our Programs

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We built programming focused on the needs of our young men, introducing them to things they didn't know they could do.

NorthStar programming aims to provide academic, athletic and social opportunities for student enrichment. NorthStar serves boys in grades 3-8 through an open enrollment process. Boys who enroll prior to their 9th grade year are allowed to roll up to the Leaders & Achievers Program, which serves students in grades 9-12.[toggles style="minimal"][toggle color="Extra-Color-1" title="Why Academic Achievement"]NorthStar's year-round academic programming encourages multi-year relationship bonding among young men as they transition out of elementary school, through middle school, and into high school. Offering academic tutoring and access to multi-layered technology programming, NorthStar connects classroom learning with future career opportunities, peer cohesion, and instructor support to help students develop an aptitude for life-long academic engagement. Out-of-school academic programming of this type is not offered for young men elsewhere in Omaha.[/toggle][toggle color="Extra-Color-1" title="Why Adventure & Experiential Learning"]For over 50 years, Outward Bound in the U.S. has been a premier provider of experience-based outdoor leadership programs, offering over 1,000 courses throughout the year for youth and adults. As part of its overall mission to engage youth in North Omaha, in 2009 NorthStar established the Omaha Outward Bound School to provide these integral challenge and discovery courses for local students in need.

The Omaha Outward Bound School provides NorthStar boys with impactful experiential learning opportunities during the school year and during the summer expedition season. On NorthStar's campus, youth have access to the Hitchcock High Ropes Challenge Course, the Hitchcock Rock Wall, and the Team Development

Course. Character development, leadership and service are key program outcomes for all participants in Outward Bound programming.

To learn more about the Outward Bound mission and other program offerings, visit the [Omaha Outward Bound School website](http://www.outwardboundomaha.org/). <http://www.outwardboundomaha.org/>NorthStar's emphasis on visual arts and media arts programming provides growth experiences that engage the unique needs of students. By collaborating with community partners, students develop skills through arts immersion often unavailable in a traditional classroom environment. Past opportunities in the arts include music lessons, theater courses, dance instruction, and visual & digital art projects. Participation in team sports allows young men to develop values such as respect, responsibility, reliability, teamwork and character. These values are fostered through the mentorship of coaches, volunteers and parents/guardians who have the influence to positively impact young men's lives. Together we can instill lifelong values through athletics.

NorthStar's Athletic Philosophy is defined by 6 key pillars:

1. Safety First

Our sports are modified to avoid injury as much as possible. We offer top facilities and sports equipment to ensure the safety of our athletes. The key to sports safety is to gradually develop a player's fitness levels so they are properly conditioned for the sport. Our athletes are well-supervised by coaches and staff to ensure their safety.

2. Positive Competition

We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is essential, but learning to cooperate in a competitive world is a life lesson.

3. Family Involvement

We encourage parents to be involved in their son's sports activities by volunteering as coaches, assistants or team parents. Family involvement helps reinforce the belief

that these values are carried from the gym, to the classroom, to the playground and to home.

4. Sports for All

NorthStar sports are inclusive. We offer programs for students regardless of their race, gender, religion or ability. We ask our coaches to encourage and appreciate the diversity of children in our society, however different they may be.

5. Sports for Fun

Sports are naturally fun for kids. They love the challenge of marketing the skills of the game, playing with their friends and cooperating among their peers.

6. Fair Play

We teach our student athletes not only to play by the rules but to show respecting for everyone involved. We encourage our athletes to be role models of good sportsmanship. NorthStar is more focused on developing young men's character through sports than grooming superstars.

Five Coaching Objectives

Our coaches are aligned by five important beliefs that drive what they do:

1. Help players develop the skills necessary to be successful at this level and to prepare them for the next level.
2. Help athletes develop a love for the game (and have fun)
3. Teach the importance of teamwork and sportsmanship
4. Give positive reinforcement based on effort rather than results
5. Provide a safe, healthy environment for all players on the team

[/toggle][toggle color="Extra-Color-1" title="Why Career Readiness"]NorthStar partners with several local organizations to provide young men with valuable experiences to help them set goals for their future careers. Both on-site presentations and off-site tours help NorthStar students to envision themselves in the workplace, whether as an engineer with HDR, a finance professional at First National Bank, or an entrepreneur.

The Leaders & Achievers Program provides practical job training experiences for high school students, include summer internships during Camp NorthStar. This internship program focuses on developing basic job skills, such as timeliness, dependability, and building a strong work ethic. Summer tasks include working in grounds and maintenance, providing summer programming support to Camp NorthStar and the Omaha Outward Bound School, and managing the Welcome Center Desk.

Registration:

Open to boys in 3rd-8th grade. Previously enrolled students may be eligible to join the Leaders & Achievers Program for high school students their freshman year and beyond.

Costs:

\$100 per student for a year of programming (cost includes Camp NorthStar summer program). Parents/guardians must confirm their student's participation in Camp NorthStar in the spring to ensure their spot is saved. Failure to confirm a student's spot will result in that student being placed on a waiting list. Registration for the new school year begins in July. There is no annual fee for high school students in the Leaders & Achievers Program.

If a student did not enroll during the previous school year, the cost to enroll in Camp NorthStar is \$75.

Details:

School year: August - May // Monday - Friday

Hours begin immediately after school until 7:00 P.M.

NorthStar after-school activities include, but are not limited to:

- STEM programming
- Academic support

- Chess
- Technology
- Robotics
- Art
- Culinary
- Career readiness support
- Rock climbing
- Basketball
- Music
- Lacrosse
- Canoeing
- College visits
- Photography
- Camping

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U14 Team

Comprised of athletes in 6th-8th grade, the U14 team competes in the Omaha Lacrosse Club. All games take place on Sundays. The U14 team averages 12-14 games per season, plus practices.

High School JV Team

Comprised of athletes in 9th-12th grade primarily attending Omaha North, Omaha Northwest and Omaha Benson high schools, the high school JV team averages 20+ games each season, plus practices.

The JV team competes in the Nebraska High School Lacrosse Association against schools and clubs, including:

- Millard West
- Elkhorn South

- Omaha Burke
- Westside
- Creighton Prep
- Sarpy County
- Millard North (Cobra)
- Lincoln
- Ames (IA)
- Ankeny (IA)

Conditioning

NorthStar lacrosse coaches provide opportunities to learn and improve your game prior to tryouts. Conditioning dates are held in January and February.

Tryouts

U14 and High School JV tryouts take place over two days at the Fred C. Buffett Fieldhouse at NorthStar. Ttryouts take place in February.

Eligibility

Any student enrolled at NorthStar is eligible to try out for lacrosse. Fees for lacrosse are covered in your enrollment payment.

Non-enrolled boys in 6th-8th grade attending any Omaha area school are invited to try out for NorthStar's U14 team.

Non-enrolled 9th-12th grade boys attending Omaha North, Omaha Northwest, Omaha Benson, and the Omaha Street School are invited to try out. Other high school students may be able to try out if their school does not have an existing lacrosse team or if they have played on a NorthStar lacrosse team in the past.

For more information about NorthStar Lacrosse, contact Cort Irish (Head Lacrosse Coach) at lacrosse@northstar360.org.

Cort Irish

Head Lacrosse Coach

lacrosse@northstar360.org

[402-415-7764](tel:402-415-7764)

Any student enrolled at NorthStar is eligible to try out for fall or winter basketball. Non-enrolled students may also try out for basketball.

All athletes must submit a \$50 deposit in order to play. Payments will be returned only upon the student finishing the season and returning his uniform.

NorthStar fields multiple basketball teams for the fall (October - December) and winter (January - March). Teams practice at the Fred C. Buffett Fieldhouse at NorthStar once a week from 7:15PM - 8:30PM and compete in the Omaha Sports Academy League or the YMCA league. Camp NorthStar is designed to support the academic growth of NorthStar boys during critical summer months, while building their capacity to be successful, healthy young men. NorthStar families attending during the school year have until April 30, 2020 to confirm their student's spot for Camp NorthStar.

Cost (for those not in the after-school program): \$75 per student for a summer of programming

Details:

June - July // Monday - Friday

Hours: 7:30 A.M. - 5:00 P.M.

Drop-off begins at 7:30 A.M. Breakfast is served at NorthStar from 7:30 A.M. - 8:45 A.M. Programming begins at 9 A.M.

Camp NorthStar activities include:

- STEM programming

- Reading
- Field trips
- Technology
- Robotics
- Soccer
- Art
- Kickball
- Board games
- Culinary
- Rock climbing
- Basketball
- Music
- Lacrosse
- Canoeing
- Photography
- Camping

To enroll your son for the summer, complete the NorthStar Programming Registration Form. [\[divider line_type="No Line" custom_height="15"\]](#) [\[nectar_btn size="medium" open_new_tab="true" button_style="see-through" button_color_2="Accent-Color" color_override="#787878" icon_family="none" url="#" text="Enrollment Form"\]](#) [\[nectar_btn size="medium" open_new_tab="true" button_style="see-through" button_color_2="Accent-Color" color_override="#787878" icon_family="none" url="#" text="Contact Outreach & Enrollment Coordinator"\]](#) *Current enrollment is limited to 3rd through 8th graders. Camp NorthStar is not accepting any new high school students who haven't attended prior to 9th grade.* [\[tab icon_family="none" title="The Omaha Outward Bound School" id="1590597987058-8" tab_id="1590597987060-10"\]](#) Through participation in Omaha Outward Bound School programs, NorthStar boys develop leadership and teambuilding skills that challenge them to do more than they ever thought possible. All enrolled students have the opportunity to participate in Outward Bound programs, which include: the Hitchcock Rock Wall, the Hitchcock High Ropes Challenge Course, the Team Development Course, leadership training, and summer expeditions.

For more information about the Omaha Outward Bound School, contact:

Jason Zakaras

DIRECTOR OF OPERATIONS

jason@outwardboundomaha.org

402-614-6360, ext. 204

or visit outwardboundomaha.org.

Ready to Enroll?

To enroll your son, complete the NorthStar Programming Registration Form.

[Enrollment Form](#)

<https://northstar360.org/wp-content/uploads/2019/09/2019-20-NorthStar-Registration-Packet.pdf>

[Contact Coordinator](mailto:rose@northstar360.org)