Our Programs

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. 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.

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

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
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.

**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. Tryouts 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*

[Email](lacrosse@northstar360.org)

**402-415-7764**

Any student enrolled at NorthStar is eligible to try out for fall or spring soccer. Students in grades 4-8 can play in the fall season, and students in grades 4-6 can play in the spring season.

All athletes must submit a $25 non-refundable athletic fee in order to play.

NorthStar fields multiple teams for the fall and spring seasons. Teams practice at NorthStar once a week and compete in the YMCA league. Some Fall 2020 practices may be remote; additional practice dates and times TBD.

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.

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

**Update for 2020: Camp NorthStar will begin July 6, 2020 and**
run from 11:30 A.M. – 5:00 P.M. Students who attended 75% of the time or more during the 2019-2020 school year will be given priority registration. Please reference the Camp NorthStar Parent Packet for information on NorthStar’s safety policies and procedures for this summer.

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, register online. 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.

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:

**Taylor Wentz**

**PROGRAM COORDINATOR/LEAD INSTRUCTOR**

taylor@outwardboundomaha.org

402-614-6360, ext. 205

or visit [outwardboundomaha.org](http://outwardboundomaha.org).

The NorthStar Clothing Locker, opened in Fall 2020, ensures that our students have the essentials they need to be successful and confident in the classroom. Young men can select what they need from a variety of clothing items in various sizes and styles, ranging from socks and hoodies to winter coats.

Donations of new and/or gently used items are accepted year-round. Please email guild@northstar360.org for more information on in-kind donations to the NorthStar Clothing Locker.

**Drop-off locations and times:**

NorthStar Foundation | 4242 N 49th Ave
Monday – Friday, 8:30 AM – 4:30 PM

**St. Andrew’s United Methodist Church** | 15050 W Maple Rd
Monday – Thursday, 8:30 AM – 3:30 PM

Email [guild@northstar360.org](mailto:guild@northstar360.org) to arrange for pick up of your items or with any questions.

**New and gently used items accepted:**

- **Socks**
  - No show and regular; solid black and solid white
  - Boys sizes: S – XL
  - Mens sizes: S – XL

- **Boxers**
  - Any color and print
  - Boys sizes: S – XL
  - Mens sizes: S – XXL

- **T-Shirts**
  - Boys: White undershirts, solid colors, logos, teams, or superheroes
  - Boys sizes: S – XL
  - Mens: White undershirts, solid colors (red, blue, and green are popular)
  - Mens sizes: S – XXL

- **Hoodies**
  - Boys: Any color and print
  - Boys sizes: S – XL
  - Mens: Nike, Under Armour, and Adidas
  - Mens sizes: S – XL

- **Athletic Shorts**
  - Boys: Any color and print
  - Boys sizes: S – XL
  - Mens: Nike, Under Armour and Adidas are popular
  - Mens sizes: S – XXL

- **Pants**
• Jeans and khakis
• Boys sizes: 8-10; 10-12; 12-14; 14-16; 16-18; 18-20
• Mens sizes: Waist: 30, 32, 34, 36, 38, 40 // Length: 27, 29, 31, 33, 35

• Winter Coats
• Boys sizes: M - XL
• Mens sizes: S

• Winter Hats & Gloves
• All sizes

Ready to Enroll?

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

[divider line_type=”No Line” custom_height=”5”]To enroll your son, complete the NorthStar Programming Online Registration Form.[divider line_type=”No Line” custom_height=”20″][image_with_animation image_url=”1660″ alignment=”center” animation=”Fade In” border_radius=”none” box_shadow=”none” max_width=”100%” delay=”150″][nectar_cta btn_style=”see-through” heading_tag=”h6″ link_type=”new_tab” alignment=”center” link_text=”Enrollment Form” url=”https://northstar360.org/registration” margin_top=”20″][image_with_animation image_url=”1670″ alignment=”center” animation=”Fade In” border_radius=”none” box_shadow=”none” max_width=”100%” delay=”300″][nectar_cta btn_style=”see-through” heading_tag=”h6″ link_type=”regular” alignment=”center” link_text=”Contact Coordinator” url=”mailto:rose@northstar360.org” margin_top=”20″]