

November 2025

# Independence

636 Independence Ave Provo UT 84601 | 801-372-5839



**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

The mission of the Boys & Girls Clubs of Utah County is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive and responsible citizens and leaders.



Our Social Emotional Learning Focus this month is Self Awareness

## UPCOMING EVENTS

*Volleyball Tournament*

## CLUB CLOSED

Fridays

November 26th - 28th  
THANKSGIVING BREAK!



## Get To Know



- Hey all! My name is Caiden Brower, and I'm the new site director for Independence high school! I just recently moved here from Idaho falls, where I worked in several school districts over the years as well as most recently working as a Probation and Parole officer for the city. I graduated in 2022 from BYU-I and am currently pursuing a Masters degree in Health Psychology. I'm excited to start this school year and help these kids grow!

### CONTACT INFORMATION

**Caiden Brower**  
Site Coordinator  
Email: [caiden.brower@bgcutah.org](mailto:caiden.brower@bgcutah.org)

### PARENT RESOURCES

## Sports Practice

*Monday-Thursday 3:30-4:30*

Volleyball Season! Please see Caiden Brower for Sign ups! Grade checks will occur the day prior to all games! This year is special and we are starting a Co-ed volleyball team and competing against others in the league!

## Homework Help (Project Learn)

*Monday - Thursday 4:30 - 5:30*

Come get help with your classes! Math, English, Science! Tutoring Available

## Enrichment Clubs 4:30- 5:30

More information to come about Enrichment Clubs!  
(Nutrition/Health and Fitness Coming Soon!)

Enrichment clubs are organized programs designed to provide students with engaging, hands-on learning experiences that extend beyond the regular curriculum. These clubs focus on fostering creativity, critical thinking, and social skills through activities that cater to students' interests, such as arts, STEM, sports, and cultural exploration.

## Social Emotional Learning (Prevention and Behavior)

*Monday - Thursday 3:15 - 4:30*

Positive Action & SMART Moves curriculum focus in sports helping athletes develop key skills such as self-awareness, emotional regulation, teamwork, and responsible decision-making.

# The Boys & Girls Club at Independence 2025-2026



| Social Emotional Learning Weekly Focus | Monday  | Tuesday  | Wednesday   | Thursday  | Friday                   |
|--|---|--|---|---|--------------------------|
| Self Awareness                         | 3<br>Social Emotional Learning (SMART)<br>Volleyball Practice<br>Homework Help (Project Learn)              | 4<br>Social Emotional Learning (SMART)<br>Volleyball Practice<br>Homework Help (Project Learn) | 5<br>Social Emotional Learning - B (Positive Action)<br>Homework Help (Project Learn)                         | 6<br>Social Emotional Learning (SMART)<br>Volleyball Practice<br>Homework Help (Project Learn)                | 7<br><b>No Programs</b>  |
| Self Awareness                         | 10<br>Social Emotional Learning-P (Positive Action)<br>Volleyball Practice<br>Homework Help (Project Learn) | 11<br>Social Emotional Learning(SMART)<br>Volleyball Practice<br>Homework Help (Project Learn) | 12<br>Social Emotional Learning - B (Positive Action)<br>Volleyball Practice<br>Homework Help (Project Learn) | 13<br><b>No Programs</b><br>Parent Teacher Conference   | 14<br><b>No Programs</b> |
| Self Awareness                         | 17<br>Social Emotional Learning-P (Positive Action)<br>Homework Help (Project Learn)                        | 18<br>Social Emotional Learning(SMART)<br>Basketball Practice<br>Homework Help (Project Learn) | 19<br>Social Emotional Learning - B (Positive Action)<br>Basketball Practice<br>Homework Help (Project Learn) | 20<br>Social Emotional Learning - B (Positive Action)<br>Basketball Practice<br>Homework Help (Project Learn) | 21<br><b>No Programs</b> |
| Self Awareness                         | 24<br>Social Emotional Learning(SMART)<br>Basketball Practice<br>Homework Help (Project Learn)              | 25<br>Social Emotional Learning(SMART)<br>Basketball Practice<br>Homework Help (Project Learn) | 26<br>Social Emotional Learning - B (Positive Action)<br>Basketball Practice<br>Homework Help (Project Learn) | 27<br>Social Emotional Learning(SMART)<br>Homework Help (Project Learn)<br>Basketball Practice                | 28<br><b>No Programs</b> |
| Self Awareness                         | 1<br>Social Emotional Learning-P (Positive Action)<br>Homework Help (Project Learn)<br>Basketball Practice  | 2<br>Social Emotional Learning(SMART)<br>Homework Help (Project Learn)<br>Basketball Practice  | 3<br>Social Emotional Learning - B (Positive Action)<br>Homework Help (Project Learn)<br>Basketball Practice  | 4<br>Social Emotional Learning(SMART)<br>Basketball Practice<br>Homework Help (Project Learn)                 | 5<br><b>No Programs</b>  |

## Daily Schedule

Monday - Thursday  
 3:00: School Ends  
 3:05-3:15: Snack passed out/Social Emotional Learning Lesson  
 3:30: Practice Begins in Gym  
 4:30-5:30: Enrichment Programs/Homework help  
 5:30 All Programs End  
 5:30: Pick up

### Contact Info

Caiden Brower  
 Site Coordinator  
 Email: caiden.brower@bgcutah.org  
 Phone:

**Contact Info**

Program Address: 636 Independence Ave Provo  
Utah 84601



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# Independence Afterschool Program 2025-2026

## November Club & Activity Details

### Message to Parents:

Welcome back! We are excited to be back with Independence and supporting their sports programming again this year. Volleyball games weekly, come and support our teams!

**Volleyball** - Sign up for Volleyball season is happening now! Please find Caiden to sign up! Practice is Monday-Thursday from 3:00 - 5:00 pm in the gym! Students will work on teamwork skills and develop mental toughness. All games will occur on Monday or Wednesdays! Students will be required to show their grades to Caiden or Coach the day prior to game day and have passing grades to be eligible for play!

**Homework Help (Project Learn)** - The main focus of project learn is to help students reinforce the academic enrichment and school engagement during club time and provide tutoring or help as needed. Through homework help after school Monday-Thursday from 4:30 - 5:30 pm.