

February 2026

# 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.



We are still waiting from the Jr Jazz League to hear when the final tournament is for Basketball. Information will be announced as soon as dates are selected.

## UPCOMING EVENTS

Thursday Game Day  
Soccer Team Sign Ups

## CLUB CLOSED

Closed For MLK Day Jan 19th



## Get To Know

We're excited to introduce **Britta Nyborg** as the new **Site Director for the Independence Afterschool Program!** Britta brings a strong passion for working with teens and supporting positive, engaging afterschool experiences. As Site Director, Britta will oversee daily program operations, support students and staff, and work closely with families and school partners to ensure a safe, welcoming, and enriching environment for all participants. She is looking forward to getting to know students and building strong connections within the Independence community.

Please join us in welcoming Britta to Independence. We're excited to have her on board and look forward to a great rest of the year!

## CONTACT INFORMATION

**Britta Nyborg**  
**Site Director**  
Phone:  
Email: [Britta.nyborg@bgcutah.org](mailto:Britta.nyborg@bgcutah.org)

## PARENT RESOURCES

[Parent Handbook](#)  
[Membership Handbook](#)

## Sports Practice

*Monday-Wednesday 3:30-4:30n*

**Boys Basketball Season is Here!**

Sign-ups are officially open for our boys basketball team! If your student is interested in playing this season, please have them see **Coach Peterson** after school to get signed up and added to the roster. **Grade checks will take place the day before each game** to ensure all athletes remain eligible throughout the season. We're looking forward to a fun and competitive season — let's go team!

## 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! 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 & Wednesday 3:30 - 4:00*

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



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# Independence After School Program 2025 - 2026

# FEBRUARY



**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Positive Action Basketball Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	3 Basketball Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	4 Positive Action Basketball Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	5 Tutoring/Project Learn All Sports Day <b>Fire Drill</b> Final BASKETBALL GAME DAY 5:15 @Independence	6
	9 Positive Action Basketball Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	10 Basketball Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	11 Positive Action Basketball Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	12 Basketball Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	13
	16 Positive Action Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	17 Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	18 Positive Action Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	19 Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	20
	23 Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	24 Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	25 Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	26 Soccer Practice (Skills Practice, Conditioning, Scrimmage) Tutoring/Project Learn	27
	2	3	4	5	6

### Daily Schedule

Monday - Thursday  
 3:00: Snack  
 3:00-3:30: Practice Introduction and Social Emotional Learning (Positive Action)  
 3:30 - 5:30: Practice in Gym with 30 Minutes of STEM Focus  
 4:30 - 5:30: Project Learn  
 5:30 All Programs End Pick Up

### Contact Info

**Britta Nyborg**  
 Site Director  
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## February Club & Activity Details

### Message to Parents:

Dear Independence Families,

As we head into February, we want to recognize the continued growth we've seen throughout basketball season. Students are developing their skills, strengthening teamwork, and learning how to support one another through both wins and challenges. It's been exciting to see how far they've come. With only one more game this month, we'd also like to remind families about the importance of positive sportsmanship — both on the court and in the crowd. We ask that everyone help model respectful behavior toward teammates, opponents, referees, and staff. At Independence, we believe we are one team — students, families, and staff working together to create a positive experience for all.

### Boys Basketball Team

*Days & Times: Monday - Wednesday 3:00pm - 5:30 Practice, Games Thursdays 5:15-6:15 at Independence High*

Our basketball program focuses on skill development, positive sportsmanship, and working together as a unified team. From dribbling and shooting to game strategy, players will grow both on and off the court.

**Grade checks will occur the day before each game.**

### Social-Emotional Learning (SEL)

Our Social-Emotional Learning programming uses the **Positive Action** and **SMART Moves** curricula to help students build the skills they need to succeed in school and life. Through guided activities and discussions, students learn how to manage emotions, make responsible choices, set goals, and build healthy relationships. These lessons support confidence, resilience, and positive behavior both on and off the court. SEL activities are woven into the afterschool experience in a way that feels engaging and age-appropriate, helping students strengthen decision-making, communication, and self-awareness while reinforcing positive habits and values.

### Project Learn (Tutoring & Academic Support)

Project Learn provides structured academic support and tutoring to help students stay on track with their schoolwork. While this program is **primarily focused at the end of the day**, students can receive homework help and academic support **throughout the entire afterschool program** as needed. Staff are available to assist with assignments, answer questions, and encourage productive study habits. Project Learn is designed to reduce stress, build confidence, and ensure students leave afterschool feeling supported and prepared for the next school day.

### Thursday All Sports Rotation (Pre-Game Day)

Thursdays are our **All Sports Rotation**, taking place before game day at **5:15 PM**. During this time, multiple sports and activities run at the same time, allowing teens to choose the option they're most interested in and rotate as they'd like. This structure gives students a chance to stay active, explore different sports, and prepare both mentally and physically for game day. This pre-game rotation emphasizes teamwork, engagement, and positive energy while keeping the atmosphere fun and inclusive. By offering choice and variety, we help students build confidence, sharpen skills, and head into game day feeling focused and ready as one team.

