

**Date/Time:** Sunday, June 7th 3:30pm to Saturday, June 13th 12:00pm

Location: UC Berkeley Foothill Student Housing Facility (2700 Hearst Ave. On the corner of Hearst Avenue and

Gayley Road, see enclosed campus map A5-A6)

Application Deadline: Post-marked on or before February 14th, 2026.

#### **Program Description**

SOAR for Youth was established in 2009 to help foster youths move through adolescence and into their adult lives with hope, confidence, and independence. Through a summer residential program and other activities throughout the year, SOAR for Youth provides sustained support to our young participants over a five – ten year period. Once selected each youth begins moving through four consecutive years of residential pre-collegiate summer academies (Prepare To SOAR, Learn To SOAR, Time To SOAR, SOAR to Your Future) at no cost to the participants. The fourth year (SOAR to Future) is two weeks long. Week one is SOAR to College, followed by an additional week created to provide exposure to vocational career opportunities (SOAR to Vocation). While at academy the young participants are closely supervised, coached, and counseled by caring and experienced adults. In addition to the summer academies, activities throughout the year are planned to help participants stay connected with their peers and with SOAR for Youth staff. The curriculum includes:

- Academic enrichment in critical subject-matter areas like writing and math.
- College orientation and guidance.
- Outdoor adventures where bonding and teamwork are key.
- Life-skills training, including help with personal finance.
- Career development, including job search and interview skills.
- Connection to emancipation services and college scholarship programs.

In 2012, SOAR added academic support services to help our young people achieve their long-term academic goals. In 2018, we added a paid Summer Internship Program to give our summer program graduates who are qualified opportunities to gain working experience in the fields of their professional interests. A new SOARing Forward Program launched in 2023 gives our young people additional support. With these new services, our young people receive sustained support from SOAR until they graduate from college.

Program applicants (Bay Area Social Welfare foster youths in grades 6-8 now and entering 7-9 in the fall) must have demonstrated academic capability (GPA = 2.0 average or above), be adaptable to a group setting, and want to participate in SOAR for Youth activities themselves. Preference will be given to those who reside in the Bay Area.

















The following pages contain the necessary forms and waivers to be filled out by a legal guardian, social worker, CASA or legal counsel, with the full participation of the applicant. Please complete and sign the pages marked with asterisks (\*) on or before February 14th. If completed on paper, please send the pages marked with asterisks (\*) to SOAR for Youth (PO Box 1291, Berkeley, CA 94701).

Please do not send registered mail as it will slow down the process. Selected youth will be notified by end of March.

Page 2 *	Youth Information	Page 8 & 9 *	Waivers of Liability
Page 3 *	Adult Recommendation	Page 10 & 11 *	Medication Release and Authorization
Page 4 *	Youth's Short Essay	Page 12 *	Memo of Understanding
Page 5	Prepare To SOAR Academy Schedule	Page 13	Things To Bring
Page 6 & 7	Driving Directions and Campus Maps	Page 14 *	School Transcript



Date/Time: Sunday, June 7th 3:30pm to Saturday, June 13th 12:00pm

Location: UC Berkeley Foothill Student Housing Facility (2700 Hearst Ave. On the corner of Hearst Avenue and

Gayley Road, see enclosed campus map A5-A6)

Application Deadline: Post-marked on or before February 14th, 2026

## **Youth Information**

Last Name (please print)	First Name	Middle Ini	tial Date of Birth		
Mailing Address			City		
County State 2	Zip Code Youth H	Youth Home Phone Number Youth Cell Pho			
Youth Email Address	Ethnicity	,	nerican Caucasian Multiracial panic Asian/Pacific Islander		
Name of School Attending	Current Gra	Current Grade Grade Point Average Has a 504 Plan or IEP?  YesNo			
Likelihood to Attend Own School Summ	er School? Yes No	Impact on Enrollmen	t YesNo May Be		
Gender (circle one): Male Female 1	Non-binary Prefer N	lot to Answer			
Adult T-shirt Size (circle your size): XS	S M L XL XXL				
Ability to Swim: Excellent Good	Poor Don't Know	but Not Afraid of Water	Afraid of Water		
Diet limitations: Yes No If Ye	s, Explain				
Youth's Signature		Date			
Name of Social Worker		Phone Number	Cell Phone Number		
Social Worker's Signature		Date	Email of Social Worker		
Guardian Name		Phone Number	Cell Phone Number		
Guardian's Signature		Date	Email of Guardian		
Name & Title (affiliation) of Adult Submitt	ing Application	Phone Number	Email Address		



Date/Time: Sunday, June 7th 3:30pm to Saturday, June 13th 12:00pm

Location: UC Berkeley Foothill Student Housing Facility (2700 Hearst Ave. On the corner of Hearst Avenue and

Gayley Road, see enclosed campus map A5-A6)

Application Deadline: Post-marked on or before February 14th, 2026

Αþ	pheation Deathne: 1 ost-marked on C	n octore repruary r	7th, 2020	
	alt Recommendation: (This section cantor, CASA, or a legal counsel)	nn be filled by a foste	er parent, legal guardian, social worker, teacher,	
Nan	ne of youth you are recommending			
Ope	en case at a local court: Yes No _	If yes, where? _		
Adul	lt's Full Name	Cell Phone	Other Phone (Circle: Home/ Work)	
Scho	ool/Department/Organization Name (If applicab	ole) City	County	
Rela	tionship to Applicant		Email Address	
Plea	ase answer the following questions:			
1.			s program? (How long have you known this youth hat they will benefit from the SOAR program?)	h?
2.	Describe any long-term goals or aspir they discussed?	rations that this youth	n has expressed to you. What short-term goals ha	ve
3.	Please describe how this youth intera	cts in groups.		



Date/Time: Sunday, June 7th 3:30pm to Saturday, June 13th 12:00pm

Location: UC Berkeley Foothill Student Housing Facility (2700 Hearst Ave. On the corner of Hearst Avenue and

Gayley Road, see enclosed campus map A5-A6)

Application Deadline: Post-marked on or before February 14th, 2026

## Youth's Short Essay (at least three paragraphs)

Directions: Tell us about your academic and personal interests and why you want to join this program. The essay can be hand-written or typed on this page or on an attached separate piece of paper. If the essay is hand-written, it is important to write neatly.



2026 Prepare To SOAR Academy Tentative Schedule

	Sunday June 7	Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12	Saturday June 13
08:00 - 08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:45 - 09:00		Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Pack
09:00 - 10:30		Math Workshop	Math Workshop	Math Workshop	Math Workshop	Math Workshop (9:00 - 10:00)	Pack and Social
10:45 - 11:45		Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Hope Scholars UCB Campus Tour 10:30 - 11:30	Completion Celebration (11:00-Noon)
11:45 - 12:30		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out by Noon
12:30 - 01:15		Travel to Hike Location	Travel to Cal Adventures	Travel to Chabot	Travel to Cal Adventures	Travel to Cal Adventures	
01:15 - 04:15	Check In (3:30 - 4:30)	Hiking and Team Building	Cal Adventures Ropes Course	Chabot Space and Science Center Visit	Cal Adventures Paddle Adventures	Cal Adventures Climbing Wall	
04:15 - 04:30	Move to Dorm & Social (4:30 - 5:00)	Return from Hike Location	Return from Cal Adventures	Return from Chabot	Return from Cal Adventures	Return from Cal Adventures	
05:00 - 05:40	Academy Orientation	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	
05:40 - 06:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
06:30 - 06:40	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	
06:40 - 07:30	"Arriving Voice & Body"	College Orientation & CA Foster Youth Educational Guide	Former Foster Youth Visit	Thrive Factor	Leadership Presence II	Study Smart Study Less	
07:40 - 08:30	Leadership Presence I	How traumatic events trick the brain and what we can do about it	Academy Youth Sharing	Thrive Factor "Collage"	Academy Youth Sharing	Academy Youth Talent Show	
8:40 - 10:00	Debrief , Safety Drill & Social	Debrief & Social	Academy Youth Sharing	Debrief & Social	Debrief & Social	Academy Evaluation & Thrive with Lessons Learned	
10:00 - 10:30	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	



## Directions to the University of California Berkeley Foothill Housing Facility

## From San Francisco, the San Francisco airport, and points south on northbound Highway 101:

Follow U.S. 101 north and then switch to I-80 east, and take it across the Bay Bridge.

Stay left as you get off the Bay Bridge and take I-80 east heading to Berkeley & Sacramento.

Exit I-80 onto University Avenue.

Continue east on University Avenue for approximately 1.5 miles to Oxford Street.

Turn left on Oxford Street, go 2 blocks and turn right on Hearst Ave and proceed .6 miles.

The entrance to Foothill Housing is one block past Gayley Rd on the right.

### From Oakland, the Oakland airport, Hayward or San Jose on northbound I-880:

Stay in left center lanes on I-880 when you reach downtown Oakland.

Exit I-80 east (to Berkeley).

Exit I-80 at University Avenue.

Continue east on University Avenue for approximately 1.5 miles to Oxford Street.

Turn left on Oxford Street, go 2 blocks and turn right on Hearst Ave and proceed .6 miles.

The entrance to Foothill Housing is one block past Gayley Rd on the right.

### From the East Bay on eastbound Highway 24:

From Highway 24 exit at Telegraph Avenue and take a right on Telegraph.

Continue on Telegraph until it ends at the south side of campus on Bancroft.

Turn left on Bancroft.

Turn right on Fulton, which will become Oxford Street in two blocks.

Turn right on Hearst Ave and proceed .6 miles.

The entrance to Foothill Housing is one block past Gayley Rd on the right.

#### From the East Bay on northbound Highway 13:

Highway 13 ends and becomes Tunnel Road.

Continue on Tunnel Road. Tunnel Road becomes Ashby Avenue near the Claremont Hotel. Continue on Ashby.

Turn right at Shattuck Avenue. Continue on Shattuck past University Ave.

Turn right on Hearst Ave and proceed .6 miles.

The entrance to Foothill Housing is one block past Gayley Rd on the right.

#### From the East Bay on I-80 bound either east or west

Exit University Avenue.

Continue east on University Avenue for approximately 1.5 miles to Oxford Street.

Turn left on Oxford Street, then go 2 blocks and turn right on Hearst Ave and proceed .6 miles.

The entrance to Foothill Housing is one block past Gayley Rd on the right.

#### From the East Bay on westbound I-580:

Exit I-80 East (to Berkeley & Sacramento).

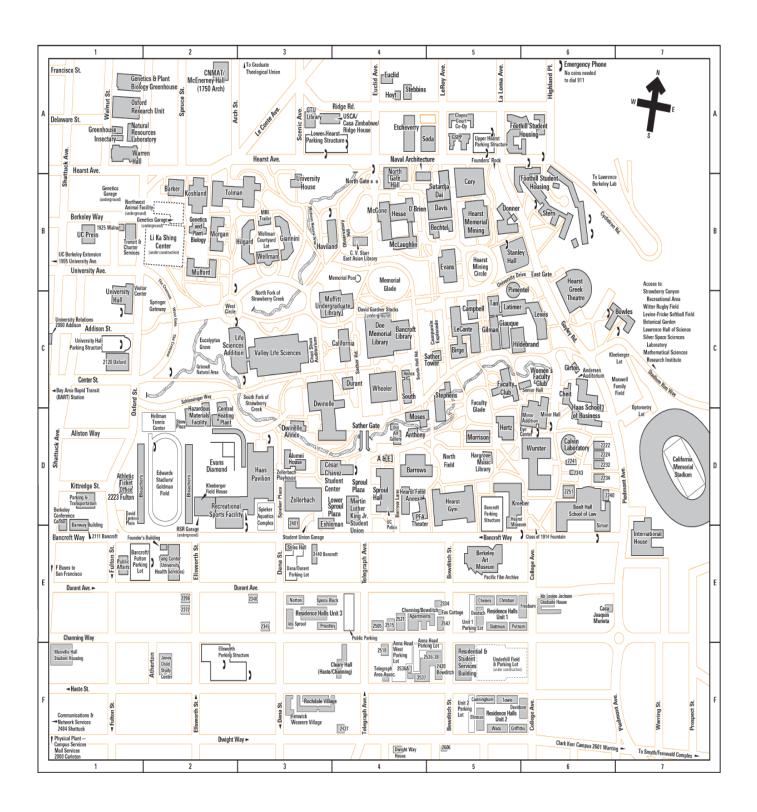
Exit at University Avenue.

Continue east on University Avenue for approximately 1.5 miles to Oxford Street.

Turn left on Oxford Street, then go 2 blocks and turn right on Hearst Ave.

The entrance to Foothill Housing is one block past Gayley Rd on the right.







# 2026 SOAR Program Application and Prepare To SOAR Academy Application Waiver of Liability, Assumption of Risk, and Indemnity Agreement

<b>Event Date:</b> June 7th – June 13th, 20	26 Youth's Name	
academically, show selected youth w	collegiate academy is intended to help foster your that they need to do to prepare for college admiss and to returning to, provide a peer group that they them of those who care about them.	ion, make available a
event, I, for myself, my heirs, person and covenant not to sue SOAR for 'University of California, their officer "The Event Service Provider") from	ptance of my application for entry into/participat al representatives or assigns, <b>do hereby waive</b> , <b>r</b> Youth, University of California at Berkeley, and es, employees, students, volunteers, and agents (heany and all claims including the negligence of accidents or illness (including death), and proper in the event.	elease, discharge The Regents of the ereinafter called The Event Service
certain inherent risks that cannot be e	in the event, particularly the outdoor activities pa eliminated regardless of the care taken to avoid in ary and that I knowingly assume all such risks.	-
	ss: I also agree to indemnify and hold The Event tions, suits, procedures, damages and liabilities, in terment in the event.	
agreement is intended to be as broad	er expressly agrees that the foregoing waiver and and inclusive as is permitted by the law of the St alid, it is agreed that the balance shall, notwithsta	ate of California and
agreement, and the severability. I full substantial rights, including my right	g: I have read this waiver of liability, assumption lly understand its terms, and understand that I am s to sue. I acknowledge that I am signing this agare to be a complete and unconditional release of	giving up reement freely and
THIS IS A RELEASE OF YOUR I	RIGHTS; READ CAREFULLY BEFORE SIG	GNING.
Guardian's Name	Guardian's Signature	Date
Youth's Name	Youth's Signature	Date



# UNIVERSITY OF CALIFORNIA, BERKELEY Recreational Sport Department Facilities and Programs

# Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of permission to equipment, services, and programs of the Rerepresentatives or assigns, do hereby release University of California, its directors, office including the negligence of the Recreation injury, accidents or illnesses (including deat activities, classes, observation, and use of factivities).	ecreational Space, waive, disers, employee al Sports Depth), and prope	charge, and covenant not to sue The Res, and agents from liability from any and artment Facilities and Programs resulting arty loss arising from, but not limited to, p	, personal egents of the d all claims g in personal
Signature of Parent/Guardian of Minor	Date	Signature of User (Youth)	Date
Assumption of Risks: Physical activity, by cannot be eliminated regardless of the care facilities for and provides for activities such activities. Some of these involve strenuous movements involving speed and change of stress on the cardiovascular system.	taken to avoid as weight lif exertions of s	I injuries. The Recreational Sports Departing, running, aerobic activities, classes a trength using various muscle groups, son	tment has and sporting ne involve quick
The specific risks vary from one activity to bruises, and sprains 2) major injuries such a concussions 3) catastrophic injuries including	s eye injury o	or loss of sight, joint or back injuries, hea	
I have read the previous paragraphs and that are inherent in the activities made pos hereby assert that my participation is volu	ssible by the I	Recreational Sports Department Facilities	
Indemnification and Hold Harmless: I all University of California HARMLESS from damages and liabilities, including attorney's Department Facilities and Programs and to	any and all cost fees brought	laims, actions, suits, procedures, costs, ext as a result of my involvement at the Rec	xpenses,
<b>Severability:</b> The undersigned further expragreement is intended to be as broad and incany portion thereof is held invalid, it is agree and effect.	clusive as is p	permitted by the law of the State of California	ornia and that if
Acknowledgment of Understanding: I ha indemnity agreement, fully understand its to including my right to sue. I acknowledge to signature to be a complete and unconditional including the signature the signature to be a complete and unconditional including the signature to be a complete and unconditional including the signature to be a complete and	erms, and <b>unc</b> that I am sign	lerstand that I am giving up substantiating the agreement freely and voluntarily,	al rights, and intend by m
Signature of Parent/Guardian of Minor	Date	Signature of User (Youth)	Date
Participant's Age (if minor)			



# 2026 SOAR Program Application and Prepare To SOAR Academy Application Medical Release and Authorization Form I

Youth's Name	Gender Identity _	Birth d	late Age	
Address:	City:	Zip:		
Name of Parent/Guardian		Relationship		
Home Phone	Work Phone	Other Phor	ne	
Name of 2nd Parent/Guardian		Relationship		
Home Phone	Work Phone	Other Phor	ne	
If Parent/Guardian cannot be reache	ed in an emergency, please cont	act:		
Alternate Contact	R	elationship		
Home Phone	Work Phone	Other Phor	ne	
Family Physician		Phone		
Child's Health Insurance Co.	Primary n	nember		
Policy # Addre	SS	City	Zip	
Is your youth allergic to any foods,	medication or insect bites? (Y /	N) If "yes" please sp	ecity nature of allergies.	
Is your youth allergic to bee stings?	(Y / N) Carrying epi-pen? (Y /	N) Comments		
May your youth be given non-aspiri	n if needed? (Y / N)			
May your youth be given "over the	counter" medications (listed be	low) if needed? (Y /	N)	
The following over-the-counter med unless your youth uses one of them				
ANALGESICS Ibuprofen (like Advil) [tablet] Acetaminophen (like Tylenol) [liquid &	ANTISEPTICS Neosporin Ointmen t tablet]	t	ALLERGY Store-brand "Benadryl"	
INDIGESTION Tums & Pepto Bismol	SKIN Hydrocortisone crea	am	FIRST AID Band-Aids	



# 2026 SOAR Program Application and Prepare To SOAR Academy Application Medication Release and Authorization Form II

Youth's Name	<del></del>	
Are all immunizations current and up	-to-date? (Y/N)	Date of last immunization
Date of last tetanus shot:	Recent s	urgery or illness:
Medication or treatment received for	recent surgery or illi	ness:
Please indicate any academy activitie	s to which you will	need to be exempt from.
		For youth with asthma, please indicate if they have your nhaler as needed, while attending the summer academy at
Medication	_Dosage	Condition
Remarks:		
Medication	_Dosage	Condition
Remarks:		
Medication	Dosage	Condition
Remarks:		
Medication	Dosage	Condition
Remarks:		
the original container. The prescription	on container must be 3. Name	lication, both prescription and non-prescription, must be in clearly labeled with the following information: of Medication ge (how much and when)
medication in a Ziploc bag labeled w	ith your youth's name child's luggage (exc	Femergency, accidental loss, or damage. Place all ne. Give the medication to the academy Lead Counselor. cept for inhalers, if authorized above). In the event of an it or designated individual.
the participating youth has permission SURGICAL EMERGENCY, I author obtain any medical or surgical care ad	n to engage in all pro rize the academy Le dvised by a licensed	alth history provided above is correct, so far as I know, and escribed program activities. IN CASE OF MEDICAL or ad Counselor or University Housing Services person to health care provider. We recognize that the participating signated by staff and refrain from behavior that is harmful
Signature of Parent or Legal Guardian	n	Date



# 2026 SOAR Program Application and Prepare To SOAR Academy Application Memo of Understanding

	o be read, understood, and signed by participating youth and parent or legal guardian)
bes	e welcome you to the SOAR for Youth summer pre-collegiate academy at CAL program. In order to provide the st possible academy experience for everyone, there are certain rules and policies that have been established for health and safety of all involved.
1.	The participating youth agrees to abide by the rules and regulations set by the academy (see below) for the health, safety, welfare and enjoyment of all participants. In addition, the youth agrees to abide the UCB Student Code of Conduct posted at <a href="http://students.berkeley.edu/uga/conduct.pdf">http://students.berkeley.edu/uga/conduct.pdf</a>
2.	At academy, youth are expected to participate 100% in all activities including water sports and be respectful of each other as well as SOAR for Youth staff.
3.	Use of cell phones, iPod, MP3's, electronic games, etc. will be limited to free time outside of scheduled academy activities. All electronic equipment brought to the academy will be collected nightly right before the lights-out and returned at breakfast.
4.	Youth may not leave academy property or established boundaries without academy adult chaperon's escort.
5.	Youth are not allowed to smoke, chew tobacco, vape, or possess any smoking materials, alcohol, illegal drugs, personal sports equipment, animals, pets, or hazardous materials.
6.	All medications/prescribed drugs must be kept under the control of an academy adult chaperone.
7.	Youth are not to use firecrackers or explosives. Youth may not possess weapons of any kind. Youth may not enter the dorm suites of the opposite sex.
8.	Willful destruction of property will be the financial responsibility of the youth's parent/legal guardian.
9.	Inappropriate behavior, including threatening, bullying, swearing, not following directions, teasing, sexual harassment, not following the academy courtesy agreement (to be created jointly at the academy), and intimidation may result in IMMEDIATE DISMISSAL FROM THE ACADEMY AND, IN SEVERE CASES, EXPULSION FROM THE SOAR PROGRAM.
10.	SOAR for Youth and UCB are not responsible for articles of clothing or personal belongings lost or damaged.
I ha	ave read, understood and will abide by the rules as stated above throughout my stay at academy.
Yo	outh's Signature Date
Sig	enature of Parent or Legal Guardian Date



# 2026 SOAR Program Application and Prepare To SOAR Academy Application Things to Bring

Please mark all your personal belongings carefully and do not bring items of great value that you would miss if lost or forgotten.

Note: The climate in the Berkeley city can be cooler particularly at night. BRING LAYERS!!

☐ Pillow (only if you like a certain type)
☐ Bath towel (only if you like a certain type)
☐ Soap (only if you like a certain type)
□ Shampoo
□ Toothbrush
□ Toothpaste
☐ Comb or brush
☐ Body scrub (only if you like to have one)
☐ Lotion (only if you use it for face, body, or hand)
☐ Feminine products (girls only)
☐ Clothes for at least 7 days and 6 nights plus a few extras (sports, casual
clothing for outing and classes. Should include comfortable synthetic pants
such as nylon running pants, fleece pants, or any quick dry material pants
or shorts.)
☐ Clothes <u>just</u> to sleep in
☐ Wool sweater or synthetic fleece jacket for outdoor water sport activities –
cotton will not keep you warm when it's wet
☐ Fleece, wool or synthetic hat for outdoor activities
☐ Swimming suit/trunks to wear underneath a wetsuit
☐ Good shoes for walking around and hikes. Recommend sneakers or other closed toe shoes. Sandals are not appropriate.
☐ Second pair of Sneakers, wetsuit booties, or sport sandals attached at the
heel that you are comfortable wearing in the water. Flip Flops are NOT
suitable
☐ An extra pair of shoes (optional)
□ Sunscreen
☐ Sunglasses w/strap – so you don't loose them in the water
☐ Hat with bill
☐ Mosquito repellent
Extra blanket(s) or warm clothes to sleep in if you are not used to cold
summer nights in Berkeley
☐ Instruments for a talent show (optional)
\ <b>1</b> /

If you take regular medication, or if you carry special allergy relief supplies, see Medication Release & Authorization Form. All medication will be held by an academy counselor during the academy.



## 2026 SOAR Program Application and Prepare To SOAR Academy Application School Transcript

Please include a copy of the applicant's school transcript (preferred, if not available we will accept the latest school report) showing the youth's GPA in the application packet. Once joining the SOAR program we will need to receive a copy of your youth's school transcript (or the latest school report) every year. This will enable SOAR to provide the level of academic support each SOAR youth needs.