Introduction and Background
Youth development programs (YDP) serve as effective mechanisms to alleviate social adversities while enhancing and developing strengths with at-risk youth (Roth & Brooks-Gunn, 2016; Stodolska, Sharaievska, Tainsky, & Ryan, 2014). Recently, more YDPs have incorporated sport to achieve these goals. Sport-based youth development programs are out-of-school-time programs that use sport to facilitate learning and life skill development in youth and are modeled after sport for development programs (SFDP) (Andreu, 2012). Coalter, (2007) suggest SFDP typically operate through two models. One being the sport plus model where sports are adapted and augmented to maximize developmental objectives (e.g., learning about nutrition through sport clinic). The second one would be the plus sport model which uses sport as a means to attract participants into a program. Despite the promise of YDPs that incorporates sport within its design; there is limited information about the linkage between YDPs (e.g., Young Men Christian Association (YMCA), Boys and Girls club, Adventure, Challenge, Experience (ACE), Juntos) and SFDP models.

Purpose
This study explored the perceived contribution of sport as it relates to sport plus and plus sport models within Juntos, a Hispanic-based YDP in North Carolina. Due to the growing Hispanic population and the wide achievement gap, exploring strategies and programs that facilitate and maximize goals to leverage social issues (e.g., academic retention and personal development of Hispanic youth) are warranted.

Study Setting
Juntos is a national YDP that primarily serves Hispanic youth and their families with the focus on helping youth graduate high school and pursue higher education opportunities. Juntos operates in 12 counties in North Carolina. Sampson and Wake Counties were intentionally selected to be part of this study because both counties incorporate sport within their annual curriculum. Sampson County has an indoor two-day soccer tournament (Kicking it with Juntos) that is open to any middle or high school student that attends a Sampson County school. Wake County has an outdoor soccer tournament (Copa Unidos) where college students and Juntos members are mixed into the same teams. Registration is open to middle and high school Juntos members and college volunteers.

Methods
A mixed methods case study approach was implemented through the use of a pre-and-post tournament survey and semi-structured interviews and focus groups. Pre-and-posttest were given to all registered middle and high school aged player participants at both tournaments. A pre-test was given once the whole team had checked-in and prior to youth participating in the tournament. A post-test was given to teams as they became eliminated from the tournament. Questions in both pre- and post-test focused on what participants expect to gain and what they actually gained or learned from Kicking it with Juntos and Copa Unidos. Measures from Behnke and Aguilar (2012) were adapted to fit the content of this study. Players also participated in semi-structured interviews throughout the duration of the tournament. Semi-structured interviews offer a deeper understanding of the program and resulted in contributing information helpful to understanding the role of sport. Two graduate students with coursework in qualitative methods conducted interviews on each tournament day. The two researchers started at opposite points of the facility and each intercepted every 10th player who they came across throughout the tournament. Interviews typically took place during lunch or as players had any down time in between games. Semi-structured interviews were administered as guided conversations; all researchers had parallel questions to use as guidance to help direct the...
conversation. Three months after the tournaments County coordinators and planning committee members were asked to participate in semi-structured individual interviews or focus groups to gain a more in-depth understanding of what their point of views were as it relates to sport being incorporated in the Juntos program.

Results
Tournament participants and county coordinators for both programs stated that they were unaware of an intentional developmental purpose for sport in the programs. Players and volunteers identified the purpose was to have fun, compete, network, and relax, which would be more in line with traditional sport than a SFD approach. However, both tournaments utilized plus sport approaches with tournament being implemented as a recruitment tool for the Juntos youth development program. Participants expressed they felt a sense of community and support, and were connected to their cultural identity through the soccer tournaments. Copa Unidos was more likely to implement sport plus approaches in their sport activities. Participants suggested that Copa Unidos delivered a tournament with opportunities for networking, exposure, and academic growth. On average, Copa Unidos participants responded that the sport program helped inform them about college and motivated them to graduate high school at a higher level than Kicking it with Juntos participants. Conversely, Kicking it with Juntos was more likely to focus on plus sport characteristics. Research participants noted that this tournament placed more emphasis on competition, fundraising, and creating a sense of unity among students. On average, participants conveyed that Kicking it with Juntos seemed like it was just a sporting event.

Conclusion
Findings from this study support existing literature that suggest that non-sport activities combined with sport-activities can help maximize intended outcomes (Hartmann & Kwauk, 2011). Juntos combined soccer along with other aspects of their organization to achieve intended goals. However, the adopted models of SFDP influenced the role and the potential effectiveness of the sport component to achieve goals. Research participants expressed that the tournaments not only encouraged them to participate in more Juntos events but they also felt a sense of community and connectedness with their cultural identity. Copa Unidos utilized more sport plus approaches through the adaptation of soccer with the incorporation of college students. This created a platform for players to network and achieve academic growth. Kicking it with Juntos utilized plus sport model more heavily as they focused on recruitment of participants. Both programs may have been constrained in their efficacy to achieve outcomes due to a lack of stakeholder awareness of intentional use of sport within either model.