



TEACH. BUILD. EQUIP.

The Raven's Call

Volume 2 Issue 1 | February, 2019





Photo credits above: Ken Borst

Work Hard. Play Hard.

The Functional Fitness program at Hope Academy moved onto the campus at Hope Academy with this academic year and Hope Academy athletes have picked up right where they left off with work and play and a lot of Functional Fitness!

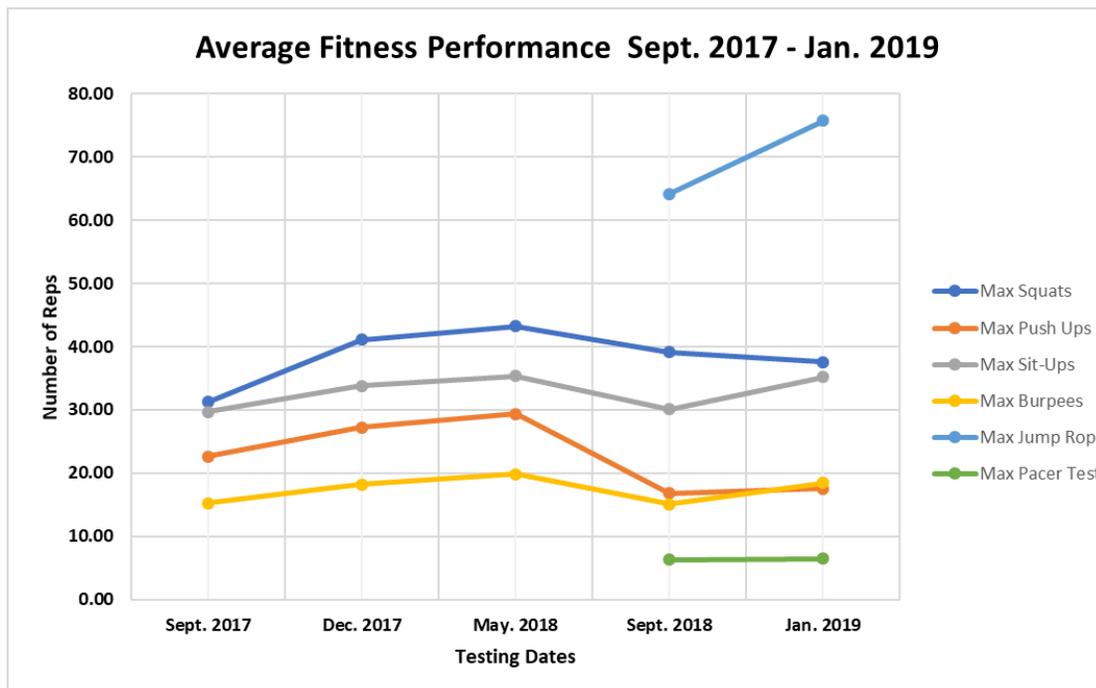
Hope Academy Students Fitness Program: What can be learned from the data?

A close examination of the Hope Academy Functional Fitness data to date allows us to note several points of interest. *A note to remember is that this data includes the addition of new group of 5th graders just starting Functional Fitness and the loss of last year's 8th graders.*

First, there is the appearance of **two brief new sets of data points**. These data points represent the introduction of 2 new movements implemented this year. From the legend on the graph, you see that these movements are "max jump rope" (simply the maximum

number of single-unders in 1 minute) and "max pacer test" (the maximum number of rounds of 50m down and back sprints, paced 1 minute apart, that a student can complete). These tests were added as measures of cardiovascular fitness.

Second, it might seem to be a concern that the data between May and September begins to drop off in every single category. Alarm bells might go off and we might begin second-guessing the effectiveness of this program. But WAIT! It's important to note here that the time interval of May to September is that time interval both dreaded and yearned for by teachers everywhere...**summertime**. This dropoff in student performance during summertime is the exact kind of data that underpins year-round school arguments. Performance loss occurs in academic courses to an even larger degree. The best news is that beginning in September, things begin to pick back up again and **THIS September had a higher baseline for starting than LAST September!**



The 2018 Half Marathon *Rowathon with a Twist*





Rowathon winners:

Top (L-R): DisOARderly (3rd), **pROWbono (1st)**, Girls just wanna have bunzzzz (2nd)

Middle, 2K Row: (L) Jason Anderson (3rd), **Dustin Easley (1st)**, Matt Welhaf (2nd)

Middle, 500m Row: (R) **Ryan Lane (2nd)**

Bottom (L-R): Crackers (3rd), **FJZ (1st)**, GreensboROW Orthopaedics (2nd)

Giving Flight Rowathon

Thank you. Evcharisto. Gracias. Merci. Grazie.

Rowathon with a Twist raised a grand total of **\$5,542** and perhaps more importantly taught us a thing or two about alliances and just how sneaky our friends are! While teams rowed towards the goal of **21,097m**, opposing teams stacked piles of additional push-ups, burpees, and other work into their rest time.

Thank you to the **66 athletes** and **16 volunteers** for being part of the 2018 Giving Flight Rowathon!

We would also like to thank our **2 emcees** College Hill CrossFit for being an amazing host and North Carolina Rowing Center for providing the equipment! A special thank you goes out to the emcees, Crawford Miller and Brendan Kelly ([prestige_ww_entertainment](#))! Thanks for keeping the energy high and providing ongoing entertainment with trivia!

2018 Raven's Pursuit Partners

[College Hill CrossFit](#)

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[EmergeOrtho Triad Region formerly known as Greensboro Orthopaedics](#)

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rpmtrainingco The awesome kids of @ravens.pursuit, one of the truly inspiring programs supported by our #ironcompassinitiative and #10kjumpchallenge. Follow the link in our bio to donate and help them realize a brighter future! And keep jumping... 10 days to go! ravens.pursuit Thank you for supporting our passion! 🙌

100 likes

2 DAYS AGO

Log in to like or comment.

RPM Donates to Raven's Pursuit!

RPM Training selected Raven's Pursuit as a recipient of its #ironcompassinitiative program and pledged to donate a portion of their September #10kjumpchallenge fundraising support Raven's Pursuit! This netted Raven's Pursuit \$2,193!

Thank you RPM!

We're looking forward to this year's #10kjumpchallenge!

Hallie Smith has captured the, "**What's your WHY?**", question in an artful and heartfelt presentation of the vision of Raven's Pursuit Board Chair, Pam Kontogiorgos. You **MUST** see this video (*click the button below*)!

[Click HERE for video](#)

CRAFTED
NC • EST • 12

**eat TACOS.
DO GOOD.**

**RAVEN'S PURSUIT
2ND ANNIVERSARY FUNDRAISER**

**TUESDAY, FEBRUARY 5TH
5 TO 8PM**

**CRAFTED THE ART OF THE TACO
220 S. ELM**

**TEACH | BUILD | EQUIP
WWW.RAVENSPURSUIT.ORG**

**PORTION OF PROCEEDS WILL BE DONATED TO SUPPORT
OUR OUTREACH PROGRAMS WITH TRIAD YOUTH!**

Support Made Easy

Facebook's "Giving Tools" has made online donations even easier by providing an online platform for users to dedicate their birthdays to fundraisers!

Thank you to:

William Plylor for your September Facebook birthday fundraiser!

Tammy Williams for your October Facebook birthday fundraiser!

All contributions made to Raven's Pursuit for
#GivingTuesday!

Want to run a fundraiser for your birthday? Here's how:

- 1) Log into Facebook.
- 2) Click "Fundraisers" on the left column tool bar.
- 3) Click "Raise Money for NonProfit" and follow the steps.

UPCOMING EVENTS

February 5, 2019

Raven's Pursuit 2nd
Anniversary Fundraiser

eat TACOS.

DO GOOD.

5-8PM

At Crafted: The Art of
the Taco

Event volunteers

A special "Thank You" to
the 2018 Rowathon
Committee:

Josh Connor
Mason Kelly
Alexis Mariani
Megan Callahan
Alex Pappas
Ande Hewitt
David Burrus
Pam Kontogiorgos

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