



TEACH. BUILD. EQUIP

The Raven's Call

Volume 3 Issue 1 | March, 2020



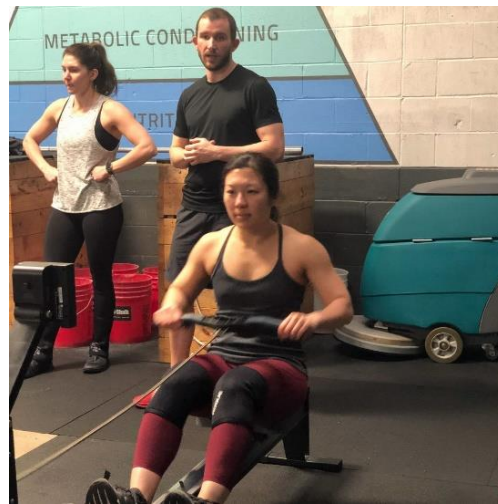
2020 *Twisted 5K* Rowathon - "Best Yet"

Thanks to the generosity of the Raven's Pursuit supporters, donors, athletes, host facilities, and volunteers, this year's *Twisted 5K* Rowathon exceeded its \$10,000 fundraising goal!

The February 29, 2020 *Twisted 5K* Rowathon expanded to 3 locations, included youth teams, combined a 5K row with CrossFit functional fitness movements, and raised the bar for this event!

On this year's Leap Day morning, College Hill CrossFit (the host organization), CrossFit Altius, and GSO CrossFit simultaneously kicked off the 3rd Raven's Pursuit Rowathon - the organization's signature fundraising event. Teams of 2 completed a 5K row, stopping every 1K to perform the 4 core Hope Academy functional fitness movements, as they competed with nearby teams for the top finishing time. The four movements (burpees, push-ups, air squats, and sit-ups) that interrupted the row were intentionally selected because they are the fundamental movements of the Hope Academy functional fitness program.

As athletes came off the floor following their heats, they uniformly described the combination of movements as the most fun to date! In one heat, a youthful team of local rowers pulled ahead of a masters CrossFit team, only to be edged out during the body weight movements by the CrossFitters. The lead was exchanged throughout the heat, with the rowers barely beating out the CrossFitters in the end!



Fitness Program: On Point!

Recently, Raven's Pursuit received some incredibly powerful feedback about the impact of the functional fitness program that it delivers to the students at Hope Academy. Hope Academy's Director of Development, Susie Guhne, shared the following excerpts of feedback with the Board of Directors of Raven's Pursuit.

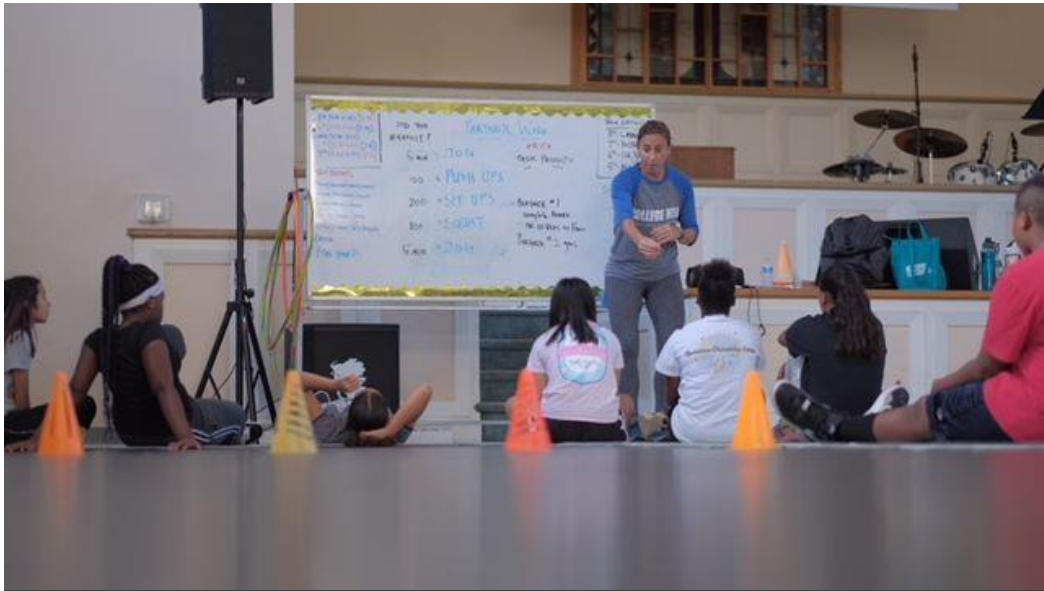
(From student participants)

- "CrossFit has **increased my stamina** in sports and also in the classroom. When I am taking a test like the math benchmark, I don't get drained as easily. CrossFit has gotten me used to **pushing myself farther** than I want to go."
- CrossFit has given students a "**stronger mindset**."
- "CrossFit is hard and I don't always want to do it but when I do, I am **always in a better mood afterwards**. I think it's rewarding."
- "CrossFit **alleviates stress**. I like getting to work out and shut my brain off for an hour. I get very stressed out about school and CrossFit **makes me not worry as much**."
- "I really like CrossFit. I don't like having to sit at a desk and I need to **get rid of my extra energy to focus in class**."
- CrossFit has **made me a healthier eater**....because it has got me thinking about how what I eat affects how my body feels."

(From adults at school)

- *"Students are better at....helping rearrange the space. The girls are able to move some pretty heavy furniture by themselves and **understand how to lift responsibly.**"*
- *"Students are **less likely to fall asleep in class.**"*
- *"Students have become **better collaborators.** They are beginning to understand that in order to meet a goal, they need to communicate effectively and support each other. If a student is struggling, there seems to always be a classmate **ready to help out.**"*
- *"As work becomes harder in middle school, students sometimes begin struggling with mental fatigue...I think the **physical endurance that students learn in CrossFit translates well into the classroom.** Most students are able to work on projects, write essays, read, etc. for 2 hours straight without getting off task."*

And, of course, an integral component of the effectiveness of this program is its coach, her mode of delivery, and the relationship that she has established with the Hope Academy students. It's clear that the students respect and love Coach Pam! *"Coach Pam is a **great role model** because she **keeps us safe** and is **very knowledgeable.** She **makes me want to take care of myself like she does.** Coach Pam works out with us and a lot of PE teachers don't do that with their students...that also makes us think that **she is trustworthy....**she doesn't starve herself to be fit and that **inspires me to be healthy like her.**"*



Raven's Pursuit is grateful for Coach Pam's relentless dedication to excellence in her work and for her commitment to the students of Hope Academy.



Hope Academy students shoot some hoops on a beautiful day outside.

More *Twisted 5K* Rowathon Pictures







If you're curious about the "**Why?**" behind the founding of **Raven's Pursuit** by Pam Kontogiorgos, please watch this short video with Pam's story. Once you see this, the "why" will become a "how" - to support this program! (*Click the button below*)!

~Video by Hallie Smith

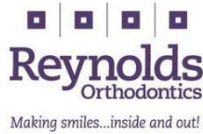
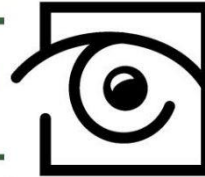
[Click HERE for video](#)

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Edward Jones



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Raven's Pursuit's Twisted 5K Rowathon DONORS

Support Made Easy

Facebook Fundraisers - invite your friends to donate directly to Raven's Pursuit for your birthday, anniversary, for Giving Tuesday, etc.

On FB select Fundraiser from the "Explore" section in the left column > Select "Raise Money for Nonprofit" > Follow Steps

Any day is a good day to support Raven's Pursuit!

Amazon Smile - link your Amazon shopping to direct 0.5% of your purchase total to Raven's Pursuit.

Visit smile.amazon.com > Sign in with your Amazon credentials > Select Raven's Pursuit > Shop on!

Give however and whenever you like:

Giving Tuesday is December 1, 2020!

<https://www.ravenspursuit.org/donate>

UPCOMING EVENTS

November 2020

***Registration opens
for the **Twisted 5K
Rowathon*****

December 1, 2020

***Giving Tuesday,
Raven's Pursuit
welcomes your
support!***

February 2021

***Twisted 5K
Rowathon***

Event Volunteers

A special "Thank You" to
the 2020 Rowathon
Committee:

Mason Kelly
Megan Callahan
Alexis Mariani
Salvatore Scifo
Steve Bull
Matt Welhaf
Kam Hardy

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