



**TEACH. BUILD. EQUIP**

# The Raven's Call

*Volume 2 Issue 3 | October, 2019*

## The 2020 Rowathon Will Be a *Twisted 5K* Event!

The February 29, 2020 *Twisted 5K* Rowathon features teams of two completing a 5k row with a Twist every 1000m. At "Go", Athlete 1 rows 250m followed by Athlete 2 for 250m. Athletes alternate 250m segments up to 1000m. At 1000m, both athletes exit the rower space and move to the main floor to complete the twist:

### **TWIST**

4 Rounds (broken up however teams like)

5 Hand-Release Pushups

6 Burpees

7 Air Squats

8 Abmat Sit-ups

*The rep scheme of 5,6,7,8 represents the **Hope Academy grades** in Raven's Pursuit's functional fitness program.*

*The **4 TWIST movements** are the original **4 Core movements** assessed annually for student performance.*

Athletes will then advance a chess piece to the 1000m mark on a game board and return to their rower to complete another 1000m. Screens must be reset for the next 1000m row. This process continues until the 5000m mark and ends with both athletes completing the Twist and returning back to the starting mat.

Time Cap: 60 minutes



*Photo credits above: Jermaine Studwell*

## Student Fitness Leaders Selected to Facilitate Classes

The Functional Fitness program at Hope Academy has introduced a Student Fitness Leaders program in which interested athletes take on leadership roles in facilitating the logistics of each day's fitness class. They have been charged with pacing their class in transitions to/from the locker room, corralling stragglers, leading their class group through the phases of the class activities, and serving as a role model for the class.

Practicing serving as a class leader is instructional in developing a leading perspective - so that young leaders better understand the challenges of running a fitness class. As well, these fitness leaders have an opportunity to learn and practice skills for encouraging, motivating, and supporting their peers. All of this valuable practice is supportive of the underpinning goal of the Functional Fitness program at Hope Academy in developing personal and social responsibility in accordance with the TPSR (*Teaching Personal and Social Responsibility*, Don Hellison) program that informs the assessment of the students.

Coach Pam's classes are serving as an incubator for fitness growth and leadership development in the 2019-2020 academic year!



*Photo credits above: Jermaine Studwell*

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## **Academic Intervention Through College Proves Highly Effective for At-Risk and First Generation College Students**

Hope Academy's mission is to intervene early with middle school students who are at-risk academically and socioeconomically to get students up to or above grade level in core disciplines. Many of these students have parents who did not graduate from high school and this alone increases their risk for not completing high school. In addition, this decreases the probability that these students would apply to, gain entrance to, attend, and complete a college education without both early and ongoing intervention.

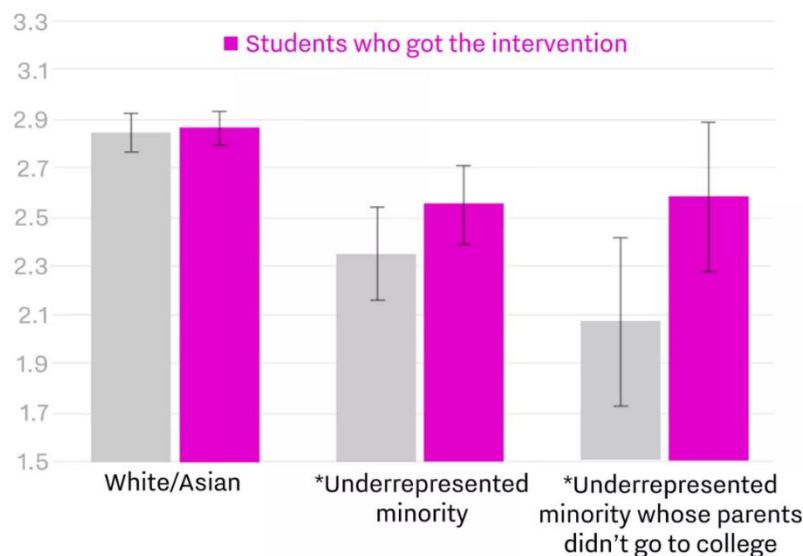
In addition to the fantastic work that Hope Academy is doing to get motivated students up to or above grade level academically, a 2018 study recently published in Vox describes the impact of supporting students from high school, through the summer following graduation, and across their early college years. The "summer melt", as Vox describes the time between high school graduation and the start of college is a critical time in which 18% (admitted to 4-year schools) to 36% (admitted to community colleges) of at-risk high school graduates fail to enroll in the fall. The good news is that with interventions such as the intensive and attentive work

that Hope Academy is doing now can be incredibly effective at dramatically improving enrollment rates, retention rates, and GPA performance at college for these most at-risk students. Many of these at-risk students are de facto first generation college students who lack many of the soft skills for academic success - self-advocacy, keeping organized to meet deadlines, assistance-seeking, etc. and interventions that provide proactive outreach (by texts and FaceBook notifications), ongoing connectedness and reminders in much the "naggy knowledgeable parent model", even driven by AI, have proven very supportive of student enrollment, retention, and academic success. The interventions are most effective if they are launched during the senior year college enrollment process, continue through the summer, and persist throughout at least the first two years of college.

For more detail: <https://www.vox.com/2018/8/3/17639142/poor-kids-college-dont-enroll>

### How an intervention that shows students the personal value of the course material improved GPAs

This was for an introductory biology course.



\* Black, Hispanic, and Native American students

Data from "Closing Achievement Gaps With a Utility-Value Intervention: Disentangling Race and Social Class" by Judith M. Harackiewicz, Elizabeth A. Canning, Yoi Tibbetts, Stacy J. Priniski, and Janet S. Hyde



Photo credit: Jermaine Studwell

Coach Pam prepping Hope Academy athletes for their workout.

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](#)



A special thank you goes out to Sal Scifo whose personal donation to Raven's Pursuit was matched by a corporate donation by Verizon!

## 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

*Thank you for your September Facebook  
Fundraiser  
Mason Kelly!*

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

Visit [smile.amazon.com](https://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 3, 2019!**

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

## UPCOMING EVENTS

**November 25,  
2019**

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

**December 3,  
2019**

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

**February 29, 2020**

***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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**Our mailing address is:**

[610 Pembroke Road](#)

PO Box 4464

Greensboro, NC 27404

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