



TEACH. BUILD. EQUIP.

The Raven's Call

Volume 1 Issue 2 | June, 2018



RAVEN'S
PURSUIT

Onward and Upwards!

We are excited to announce that Raven's Pursuit will expand its functional fitness program for Hope Academy for the upcoming academic year, 2018-2019!

Each grade level (5th – 8th) will add additional days to their weekly programming, doubling the total number of contact hours! We couldn't be more honored or excited to be growing our program right alongside the fitness gains of Hope Academy's students!



UNCG Research Shows Historical Basis for Program

It turns out that Raven's Pursuit is a functional fitness innovation based on a well-researched philosophy that physical education programs centered around goal-setting, discussion of progress, and high expectations can have positive impacts on student behavior, citizenship, and achievement. As long ago as the 70's, UNCG professor Dr. Tom Martinek worked with Morningside Heights neighborhood students, busing them to UNCG for sessions in a special program built upon the framework of Teaching Personal and Social Responsibility through Physical Activity, or TPSR. Dr. Martinek called his program "Project Effort". Results were strikingly positive, and the program is STILL RUNNING TODAY!

As described in a recent article, "The Long Game" in the *UNCG Research Magazine*, "Martinek is at the forefront of a growing movement of scholars and practitioners who see sports as an underused method to build stronger societies and help individuals be

more resilient.”

Where Raven’s Pursuit is really hitting the target spot-on is described by Santos Flores, a second-year PhD kinesiology student working with Martinek, who says that “youth sports in America often focus narrowly on skill development, reducing the potential positive impact...Elite performance deprioritizes life skill development,” he says. “If we’re only coaching for elite professional athletic development, then we’re only coaching for a very small percentage of the youth population.”

Raven’s Pursuit is taking this fundamental research to the next level in its functional fitness programming by focusing on life skills and functional movements. Its fitness curriculum is for everyone from novice to elite and its goals are significantly focused on transforming some of the most at-risk students in the area into well-equipped community members who have both the skills and the perseverance to be the change needed in their own lives and larger communities!

Shivaji, Sangeetha. “The Long Game.” *UNCG Research Magazine*, May 2018, researchmagazine.uncg.edu/spring-2018-issue/the-long-game/

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](#) |

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 fundraising for a charitable cause!

Since #GivingTuesday this past November 2017, Raven's Pursuit has received a total of **\$874** from just this single fundraising tool.

THANK YOU to the individuals listed below for creating a fundraiser for Raven's Pursuit through Facebook to honor their birthdays in an impactful way!

Steve Bull

Melanie Phillips

Michael Robertson

Want to start a fundraiser for your birthday? Here's how in three steps:

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



Celebrate Service

During the summer of 2017, these educators collaborated to create a hybrid physical education program aligning the North Carolina Department of Public Instruction Physical Education Standards for middle school with the core movements of the CrossFit Kids training program. This program is the foundation of the fitness program for Hope Academy.

Mason Kelly/Mathematics/American Hebrew Academy

Kelli Bisdee/Physical Education/Stokesdale Elementary

April Simmons/Physical Education/Jones Elementary

Dr. Tammy Williams/Dean of Academics/American Hebrew Academy

Courtney Field/Physical Education/Brooks Global Academy

Local.Fresh.Good.

Shout-out to our most recent additions to the list of 2018 Raven's Pursuit supporters. These businesses have helped us raise more than \$500 towards our functional fitness outreach programs with Triad Youth!

Fat Dog's Grille and Pub

Bites and Pints Gastro Pub

Jake Billiards

Food Freaks of NC

Local Business looking to support Triad Youth?

Contact mason@ravenspursuit.org for more information.



UPCOMING:

October 14, 2018
Giving Flight
Rowathon

Event volunteers

Andrea Langley
Cassie Coon
Jan Swanton
Bob Ilderton
Christi Bragg
Johnny Bragg
David Burrus
Mari Furr
Kim Goodman
April Simmons
Heather Van Dam

*Your time and energy are
invaluable to this good
work!*



The Coaches' Corner

“Being involved with this amazing group of Hope Academy students has been a highlight of my coaching career. Despite bumps along the way, the journey has been exciting and filled with many firsts and PRs for students. I hope that all of the students have a wonderful summer, with lots of time spent playing and maybe even a burpee or two ;). Thank you, Hope Academy athletes, for the effort you have put in this year! I look forward to seeing what challenges you face and overcome next year as you all continue to become stronger, fitter, and all around amazing people!” ~ *Coach Crawford*

“I too, have thoroughly enjoyed working with all of the Hope Academy students! Here is a simple program that can be done over the summer to maintain your 'gainz'! Have a great summer, and we'll see you in the fall! ”

~ *Coach Shannon*

SUMMER WOD by Coach Shannon

Every week, twice a week, do the following:

3 Rounds of:

15 Squats

15 Push Ups

15 Burpees

When that gets too easy, increase the reps by 5.

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