



The Thoroughbred Youth Athletics program is meant to address, on a local level, the rapid decline of our youth's health and physical fitness. As afterschool programs, physical education, and sports programs are reduced or cut completely TBY Athletics will step in and help give our youth dynamic and sustainable tools to get and stay healthy. Participants will be rewarded for athletic (physical, mental & emotional performance), scholastic, and volunteering achievements. TBY Athletics offers afterschool classes at our bricks and mortar facility, private training if necessary, an onsite partner outreach program (Q4 2010) and special events with our strategic partners. *This is all accomplished as a 501C3 non-profit organization, with public and private sector sponsorship and donations!* Together we're changing and saving lives!

What is Crossfit? Crossfit is Functional Movements, at a High Intensity, with Constant Variation. Crossfit is the sport of fitness! Predetermined workouts are performed in a small group or "team" environment with the supervision and meticulous direction of our trained coaches. TBYA youth are placed in an environment that is meant to establish, cultivate and support a health & fitness-centered lifestyle. This is how true change takes hold in real life, community. Fitness falls on the high end of a general continuum between health and illness. A fit individual is simply less likely to fall ill and more likely to reach their full potential. Our downward trends in health must change!

### **Program Highlights**

- Partial and/or full tuition subsidization for healthy lifestyle and athletics coaching to any capable Lee County youth



- GPA requirements and volunteering requirements to encourage students being scholastically and civically engaged
- Quarterly and annual competitions for youth to set goals and showcase their achievements
- Best in class local training facility housed within Zuleta's Indoor Batting Cages facility
- Compelling and holistic program/nutrition values and fitness goals
- Highly trained, Crossfit certified and personally vested staff
- After school hours; 3-5, M-F. Onsite TBY Athletics Outreach program available Q4 2010
- Focus on good citizenship and life skills through *The Total Athlete* program, a partnership with Human Performance Mentors.

### ***Our Location:***



11495 S. Cleveland Ave.  
Fort Myers, FL 33907  
*(Just south of the Page Field  
Airport, right behind Stevie  
Tomatoes' Sports Page.)*

### **Strategic Partnerships:**

Collaboration and optimal usage of resources is absolutely pivotal as a small, grass-roots nonprofit. We highly value the opportunity to partner with synergistic businesses, organizations and individuals. Existing partners include Goodwill Industries, Commissioner Ray Judah, Power Systems, Representative Gary Aubuchon, Title Sports Drink and many, many more! Please reach out to us if you're interested in partnering with us to offer a one of kind program to our local youth, putting Lee County on the map as a place of health and innovation!

### **Internships and Service Learning:**

Fresh ideas and new perspectives, supported by a vested, entrepreneurial staff, combined with a unique and compelling environment equals a completely unrivaled learning experience! Crossfit is a very quickly developing and compelling brand in the health & fitness world and our organization is the only nonprofit program in the world focused on impacting the general youth population through this medium.

We are looking for volunteers in the following areas: youth fitness training (must be in a relevant field of study and pass a back ground screening), public administration, business & marketing, social work, IT/web design, etc. Please reach out to us to learn where you or your student/class can fit into our organizational structure.

*Please contact us directly regarding interest in these and other volunteering options. We appreciate and try to accommodate all efforts to help build our program.*

### **For Questions or Feedback:**

#### **Jay Kollar**

P: 239-233-6783

E: [jay@tbyathletics.org](mailto:jay@tbyathletics.org)

E2: [jay@kollarconsulting.com](mailto:jay@kollarconsulting.com)

W: [www.tbyathletics.org](http://www.tbyathletics.org)

#### **Jeremy Barnett**

P: 239-851-3940

E: [Jeremy@tbyathletics.org](mailto:Jeremy@tbyathletics.org)

E2: [crosfittb@yahoo.com](mailto:crosfittb@yahoo.com)

W: [www.tbyathletics.org](http://www.tbyathletics.org)