

THE WIL-POWER REPORTER

Thank You To Our Supporters!

After all of the support and positive reinforcement that was shared with us about our foundation, the Board of WPF thought that it would be appropriate to start a newsletter biannually to let all of you know what your money is being used for. We have been very busy in our first year, and it is very exciting to share with you some of our successes as well as what we plan to do next.

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*Our Mission:
The Wil-Power
Foundation exists to
inspire and equip people
of all ages through
physical, social, and
cognitive means in order
to assist them in
achievement of their
highest potential in sport
and in life*



The Caveman Challenge

Thank you to our amazing Volunteers for the Caveman Challenge 2017!

We could not have done it without you!



A New Venture is Shared

Wil-Power Wellness Begins June 2017

This summer was a busy time for the Foundation. After identifying a need in the communities of Citrus County, the Foundation was approached about starting an adapted exercise program in collaboration with The Exercise Science lab located in Crystal River, FL. Of course we were up for the challenge.

The purpose of the Wil-Power Wellness program is to provide adapted and customized exercise programs for people that need either medical modification or for people that have needs that are more related to return to sport. Once someone has been discharged from Physical Therapy, it does not mean that they are ready to hit the gym. Sometimes, the person may never be able to go to the gym independently, and other times, they just require a little more time to be able to continue their journey to wellness alone. That is where we come in.

As part of the program, each participant of the Wellness Program is assessed by a physical therapist who prescribes a list of exercises that will be performed in a group setting three times per week under the watchful eye of fitness professionals who hold specialized certifications in Orthopedics. Of course we aim to expand the program in the coming months in order to form more groups of people with similar issues. We plan to start a group for people that have been diagnosed with Parkinson's Disease in the fall. Stay Tuned for more to come!

[Check out live updates on the program on the Wil-Power Facebook Page, or The Exercise Science Lab page where they also give excellent tutorials on fitness!](#)

Swim Otters Swim!!

This Summer, Alissa Martin and Emily Mintner, two of the board members for the Foundation, were blessed to start a developmental swim team in conjunction with the Sun-coast Swim Team.

During this Summer Program, children between the ages of 4 and 14 learned all of the competitive strokes and participated in two developmental swim meets. It was a great time for all and it also gave WPF the opportunity to provide scholarships to those that wanted to participate in the program but had some financial barriers. What a great way to get involved in our community!



The Caveman Challenge 2017

In May of this year, the Foundation completed the first annual Caveman Challenge in memory of Wil Mintner, but we also completed our first actual fundraiser. We could not have done it without the support of all of the Marlin Swimmers that attended as well as the gracious volunteers that showed up to time, register, judge, and guide all of our athletes.

A special recognition belongs to our fabulous sponsors including Iron Legion who donated money as well as valuable man-power needed to judge the fitness moves. We would also like to recognize the Ocala Jeep Club who provided the most awesome Jeeps for pushing and even better drivers who sat for hours in the rain waiting for the athletes to push those Jeeps across the finish line. They also provided cash to help fund the event. There were several other sponsors including Citrus Memorial Hospital who provided our medical coverage as well as food for the athletes, and without the generous free rental of the Jervey Gantt pool and surrounding park organized by Carla Chindamo. To all of you, we offer a special thank you!

Although the morning was completely rainy, spirits were high and the athletes were fast. All athletes completed a 5K run followed by a 400 yd swim complete with fitness challenges every 50 yds. The final aspect of the event included a 25 yd Jeep Wrangler push. Congrats to all of our winners and participants!

2018 Scholarship Opportunities

This coming year, the Wil-Power Foundation will be offering two \$500 scholarships to Lake Weir Graduates who plan to participate in a sport at the collegiate level. Applicants will answer a series of questions to be reviewed by the Board of the WPF.

Additionally, there will be one \$500 scholarship offered to one student in Citrus County who plans to participate in a sport at the collegiate level.

We are excited to be able to offer these opportunities to our area youth and would love for you to get involved. Should you feel that a donation to one of these scholarship funds is the right thing for you and your family, please visit our website and hit the “donate” button in the top right corner.

Contact Us

Give us a call for more information about our services and apparel

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