



THE WIL-POWER REPORTER

The Wil-Power Foundation Newsletter

March 2018

Thank You To Our Supporters!

Without your help and support, the Wil-Power Foundation would not be able to sustain all of our awesome programs. So, it is only fitting that every newsletter begin with a sincere thank you to all of our financial sponsors. Without you, 12 different athletes in Marion County and countless others in Citrus County would not have been able to participate in their sports this past year and current Semester, so Thank You!

In this Issue of The Reporter

The Caveman Challenge– May 19th, 2018

Wil-Power Wellness– Updates and Programs

Heads Above Water– Marion County Schools

Scholarships to be presented to Marion County Seniors This May

Ways to Donate and get involved with the WPF

*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*



Wil-Power

**Foundation at
Senior Champs
this February for
the Debut of our
new gear and to
visit some really
fast swimmers!**

#wilpower



Program Offerings 2018

Adapted Physical Activity Class– Mondays, Wednesdays, Fridays from 1:30pm-2:30pm

This Class is appropriate for clients that have just been discharged from physical therapy and need some additional assistance getting back into an active lifestyle, or for those that are permanently in need of assistance getting onto or off of equipment. Each client will receive an initial sit down with a licensed physical therapist followed by group circuit based training programs which are individually developed so that success is ensured.

Sports Specific Training for the High School Athlete– Times Vary By Sport and Ability

This class is for athletes that are post-rehab, but not ready for full return to play as well as pre-season and during season conditioning for non-injured athletes. Sessions include a full body mapping analysis by a licensed physical therapist to determine areas of weakness, nutrition consultations, as well as workouts that combine crossfit types of activities along with agility and speed work.

Wednesday Night Mobility Class– Every Wednesday Evening from 6:30pm-7:30pm

This class is appropriate for all levels and includes pilates as well as yoga movements to increase flexibility, stamina, strength, and relaxation. Perfect for the active adult as well as the competitive athlete.

**Call 904-718-9555 to find out more about these programs
or to schedule your first appointment today!**

**We are now on Twitter and Instagram– follow us on Instagram at
Wilpowerfoundation, and find us on twitter @wilpowerfounda1**

The Caveman Challenge 2018

This coming May 19th, the second annual Caveman Challenge will be in full swing!

Location:

Jervey Gantt Pool

[2390 SE 36 Avenue
Ocala, FL 34471](https://www.google.com/maps/place/2390+SE+36+Avenue,+Ocala,+FL+34471)

Start Time: 8:30am with open registration at 7:30am

This year's race includes a 5K run or walk option for those participants that wish to support the event but don't want to swim.

Individual and relay options available.

Sign Up on our website, or by searching Active.com for our event



Heads Above Water

This past January, Wil-Power Foundation completed our first Heads Above Water workshop at Dunnellon High School for their magnet program Seniors.

Students got to participate in an hour long workshop dealing with topics such as Stress Management, Financial Considerations for the College Student, Nutritional decision making for students on a budget and how to survive the first year of college while still having the time of your life. The focus of this program is to provide graduating seniors with some of the knowledge they will need to have a successful experience while leaving home for the first time to attend school. Students are told about the interesting change that occurs with a new support system and how that can affect decisions that are made when away at school.

For more information about this program, or to support the foundation in providing materials to all seniors of Marion County, please check out our website at

www.wilpowerfoundation.org

If we can even help to save one life, that is a huge success.

2018 Scholarship Opportunities

This coming May, the Wil-Power Foundation will be offering two \$500 scholarships to Marion County Students planning on participating in a sport in college. 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

Wil-Power Foundation

10575 N Skylark Terr

Citrus Springs, FL 34434

904-718-9555

silversprint@msn.com

Visit us on the web at
wilpowerfoundation.org

Anything is possible with the Power of Wil

Wil-Power Foundation, Inc
10575 N Skylark Terr
Citrus Springs, FL 34434

PLACE
STAMP
HERE