

FYR Tectonic is a nonprofit organization dedicated to providing fitness, mentoring, support and guidance to local youth. We use communitycentered training to develop confidence, discipline, and resilience in students so that they are better prepared to overcome adversity in life.

FYR Tectonic is free resource for our local schools, families and community members. Our coaches support teens by enouraging them to grow into stronger and healthier individuals -- both physically and mentally through meaningful relationships and fitness.

HOW ARE KIDS SELECTED?

Students are nominated by a community member or self-selected. This is NOT a School District program.

WHEN AND WHERE ARE THE CLASSES?

Classes are multiple times a week at Tectonic Strength & Conditioning. Please check Facebook or <u>website</u> for time, as it changes depending on the season. Address: 17000 SE 1st St #101, Vancouver, WA 98684

WHO IS TRAINING THE KIDS?

We have a group of dedicated adults excited to mentor and train kids. CrossFit Level 1 & Kids CrossFit certification is required and every trainer/mentor has completed a thorough background check.

HOW WILL THE KIDS GET TO THE GYM AND HOME?

Rides are not available from mentors/trainers, but we are happy to help FYR families facilitate ride sharing!

WHAT KIND OF WORKOUTS DO YOU DO?

Our workouts are based on functional movements performed at a high intensity. These movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. Every movement can be scaled to the individual's skill level. *No experience is necessary*.

MY KID WANTS TO DO IT - NOW WHAT?

Complete the application and waivers. (See next page for details.)

WHAT IS FORGING YOUTH RESILIENCE (FYR)?

FYR (Forging Youth Resilience) is a national network of programs through which at-risk or underserved youth can join in the CrossFit Community at a reduced, low or no cost structure. FYR Tectonic is the local club under their 501(c)(3) umbrella. For more information visit: *www.forgingyouthresilience.org*

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https://m.facebook.com/FYRTectonic/



https://www.instagram.com/fyrtectonic/

Formerly known as Steve's Club National Program, Forging Youth Resilience (FYR) is a member-based 501[c](3) nonprofit organization with Local Clubs in cities across the country. Our clubs partner with fitness facilities nationwide to bring fitness, nutrition, and mentorship to youth who otherwise would not have access to these services. // UBI 604-089-633

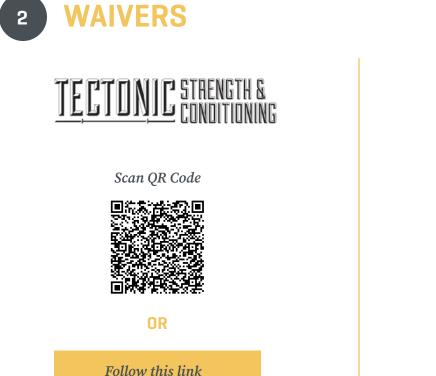
HOW TO APPLY

- 1. Complete Athlete Application
- 2. Complete both online Waivers
- 3. Complete Tell Us More... section
- 4. Email Application as an attachment to: erica@edesigncreative.com
- 5. FYR Board will review application, and reach out via phone with results
- 6. Once approved, athlete can come to next available class
- 7. Please join our social media pages to keep up-to-date

ATHLETE APPLICATION

To be filled out by the athlete and parent/guardian. All responses are confidential.

Athlete Name:		_ Preferred Pronouns:
Athlete Cell:		
Athlete Email:		
DOB: Gender:	_ Male	Female Non-Binary
Address:		
School:		Grade:
Parent/Guardian Name(s):		
Parent/Guardian Cell(s):		
Parent/Guardian Email(s):		
If I am accepted into FYR, I agree to attend the	progran	n regularly.
Athlete Signature		Date
Parent/Legal Guardian Signature		Date





Scan QR Code



OR

Follow this link



TELL US MORE....

Please answer one or all of the following questions!

Why are you nominating your student/teen/yourself to the FYR program? How do you feel this program could benefit them/you? How can we support your student/teen/yourself?

Students are nominated by a community member or self-selected. This is NOT a School District program.

SUBMIT

Save as a PDF and send to: erica@edesigncreative.com