



FYR Tectonic is a nonprofit organization dedicated to providing fitness, mentoring, support and guidance to local youth. We use community-centered 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 encouraging 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 [website](#) 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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