

HELP US RAISE AWARENESS ABOUT TEEN SUICIDE

CORA SCHRYVER, AGE 13
06/14/05 TO 12/18/18



FIGHT FLOURISH

SATURDAY. MAY 15, 2021

CFSALT


YouthCrisisCenter

Event proceeds will be donated to the Youth Crisis Center to assist with the development of their on-site recreation center.

our purpose



Fight to Flourish (F2F) is an all inclusive wellness event that encourages teens and adults to get active through fun and competitive physical activities. COVID has been extremely stressful and thrown many of us off our fitness game, so this event is a great way to kick start healthy habits in the new year.

Participants will compete in a series of five workouts over the course of the day and the top performers will earn a place on the podium!

This event is inspired by the passing of the Cora Schryver of Ojai, CA. At age 13, Cora took her life. Cora loved animals, the outdoors, and CrossFit. In her gym, she was known for “pushing people past their comfort zones,” always giving it her all, and for wearing only Converse sneakers when working out.

The suicide rate of people ages 10 to 24 increased by 56 percent, from 2007 to 2017, according to the Center for Disease Control and Prevention. Today, according to the same source, teen suicide is the second-most common cause of death among teenagers and young adults, overtaking homicides and outpaced only by accidents.

Through this event, we aim to raise awareness about this issue and resources for its prevention. We invite adults and teens to work out together, honoring and remembering the teens, families, and loved ones, like Cora’s, affected by teen suicide.

Proceeds from this event will help support the development of the Youth Crisis Center's recreation center as well as outreach initiatives including the Youth Wellness Program.

Grab your teammate and compete for the cause!



the workouts

1. Chugga Chugga Water Jug-a
2. Oh My Quads
3. Cora (a workout in honor of the late Cora Schryver)
4. Row the Salty Seas
5. The Final Push

Workout details including demo videos and movement standards will be released the month prior to the competition via facebook and instagram. All F2F workouts will be partner style and appropriate for adults and teens of all ages and abilities. Teams can compete in the Adult Only or Adult + Teen division.

how to sign up

VISIT:

YOUTHCRISISCENTER.ORG/EVENTS
SALTDETERRE.COM/EVENTS

EARLY REGISTRATION

PRIOR TO MAY 1ST
\$40/TEAM

REGISTRATION

MAY 1ST- MAY 5TH
\$50/TEAM

LAST DAY TO REGISTER

MAY 5TH



***Register by May 1st to get a shirt!

sponsorship opportunities

\$2,500 - TITLE SPONSOR

- Company name/logo prominently displayed on all Fight to Flourish advertising, signage and all event materials
- Large company name/logo on the participant t-shirts
- Recognition at the event as the Title Sponsor during the award ceremony
- 10' by 10' Vendor Booth
- 2 team entries included
- 10 Fight to Flourish Swag Bags including t-shirt and waterbottle

\$1,000 - PREMIUM SPONSOR

- Company name/logo on the participants t-shirts
- Signage at the event
- 10' by 10' Vendor Booth
- 1 team entry included
- 5 Fight to Flourish Swag Bags including t-shirt and waterbottle

\$500 - EVENT SPONSOR

- Company name/logo on the participants t-shirts
- Signage at the event
- 10' by 10' Vendor Booth
- 1 team entry included
- 5 Fight to Flourish Swag Bags including t-shirt and waterbottle

\$250 - FIGHT TO FLOURISH FRIEND

- Company Name listed on the shirts
- Recognition on Social Media - 2 mentions
- Fight to Flourish Swag Bag including t-shirt and waterbottle

\$75 - PATRON SPONSOR

- Recognition on Social Media - 1 mention



In-Kind sponsorship opportunities are also available.



Contact Amy at hello@saltdeterre.com for additional questions and opportunities.

sponsor registration form

- TITLE SPONSOR** **\$2,500**
- PREMIER SPONSOR** **\$1,000**
- EVENT SPONSOR** **\$500**
- F2F FRIEND SPONSOR** **\$250**
- PATRON SPONSOR** **\$75**

- TEAM FEE** **\$50**
- IN-KIND SPONSOR**

Sponsors

Team Name/Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Team Members

Participant # 1: _____

Phone: _____ Email: _____

Participant # 2: _____

Phone: _____ Email: _____

For additional questions, please contact Amy Saltmarsh at Hello@saltdeterre.com or Pete Hicks at phicks@ycc.org.

Please make checks out to CrossFit Salt de Terre and mail to:

CrossFit Salt de Terre
4557 Ramona Blvd.
Jacksonville, FL 32205



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