

GOVERNMENT GRANT FOR CROSSFIT EQUIPMENT FOR DISABLED VETERANS



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About The Problem

- There are no physical activity facilities that specially cater to veterans, even the disabled ones, in the states of Idaho, Utah, Arizona, Nevada, bottom part of Colorado and Wyoming.

DEPARTMENT OF
VETERANS AFFAIRS

TO CARE FOR HIM WHO SHALL
HAVE BORNE THE BATTLE AND
FOR HIS WIDOW, AND HIS ORPHAN
A. LINCOLN

About The Problem

- The Veteran's Affairs (VA) is a broken system.



About The Problem

- Vet's have to jump through many loops to get the care they've been promised from the government.



About The Problem

- The VA estimates that 22 veterans commit suicide each day.
- That's 8,030 veterans a year, with 5,540 of those being 50 or older.



Crossfit for Veterans

- Crossfit is taught by a personal trainer who is certified in teaching workouts and modifying them for people's needs/disabilities.
- A Crossfit facility would allow veterans to get in shape and help the VA with a new place to refer the veterans that come to them.

Crossfit for Veterans

- Story of David Morris from the NYT.

Crossfit's Benefits

- ◎ Crossfit is known to “Not just transform bodies, it changes the way people think of themselves.”
- ◎ “Small class sizes promote a sense of community.” It’s “where people get really fit and support each other.”
- ◎ (An Insiders Guide to Crossfit)

Crossfit's Benefits

- A veteran was asked about the difference Crossfit has made in his life and he replied, “It has reduced my stress levels. I have PTSD issues, they have not totally gone away, but they have diminished.”

Crossfit Tao

- ◎ Crossfit Tao will be the first gov't funded crossfit that will specially cater to veterans who need exercise regardless of disabilities.
- ◎ It will be located at the old Dixie Nutrition building by Costco.



Phone Call to D.C.

- ⦿ During spring break, I made a call to Washington D.C., where I made contact with the man in charge of giving out government grants.
- ⦿ He was super excited and told me the areas that this crossfit would serve and that he was happy to hear that I cared so much for the veterans to do this massive service for them.

Phone Call to D.C.

- He told me to get Crossfit to have a special competition just for veterans and he would give me the grant. Or....
- He also gave me the chance to get into the World Senior Games and if I could do that, then he would approve the grant application.



Meeting With the Senior Games Director

- On April 9th, my mom and I met with the people in charge of the Senior Games.
- We explained to them what we were doing and what we needed from them.
- We're waiting to hear back; however, the comment was made that they would **MOST LIKELY** allow us to have a competition for the veterans. They just have to check with others who weren't at the meeting.

Grant Writing

- ◎ It sucks
- ◎ It's hard
- ◎ And it is long.
- ◎ In order to begin the grant, we had to obtain a box location, a Dun and Bradstreet number, a competition spot in the World Senior Games, and we have to read the packet being passed around. And that's not even the whole packet.

Awareness

- I became aware on 2 different levels.
- I realized how difficult grant writing is and that I would not like a profession of writing grants



Awareness

- I realized how broken the VA system is.
- There are veterans out there who served this country and cannot even get the help they need after helping keep this country free. It's not fair and it's not right.



Astute

- I learned what the VA was missing and was able to start the process of being able to help many veterans soon in being able to have a place to exercise, have a place to belong, and a place to make them feel good about themselves and forget, hopefully their pains and experiences.

Articulate

- I have become more articulate because of the experiences I have had of talking to high ranking officials about the idea of a crossfit for veterans. I have learned how to talk and communicate clearly my intentions and the benefits that will arise from this idea.

Active

- I have spent over 6 hours in just preparing everything that we didn't already have, that will be needed in the grant.
- I will continue to work on this grant and will have it submitted to Washington D.C. by the last week of May, which is the deadline.