



Building a strong tomorrow by inspiring youth today.

Welcome to Sow Good Now, a nonprofit organization that offers student athletes a platform to practice intentional philanthropy through the sports they love.

Our mission is to: Engage and empower young athletes to share their time, talent, treasure, and ties through the sports they love to benefit youth and communities and revolutionize the philanthropic world. We fulfill our mission by:

- ✓ TEACHING PHILANTHROPY by offering opportunities for service learning through sports;
- ✓ BUILDING RELATIONSHIPS IN DIVERSE COMMUNITIES and partnering with their leaders and the causes they support; and
- ✓ INSPIRING ATHLETES TO CONNECT WITH THEIR PASSION by engaging them in a lifelong practice of giving and sharing with a spirit of generosity.

The SGN model features two major components: **philanthropy education** and a **hands-on service activity** for participating college and high school athletic teams.

Philanthropy education is an engaging multi-tiered educational program for student athletes designed to inspire and motivate them to share their time, talents, and resources to help others.

- The curriculum focuses on helping youth to identify their passions, and the potential volunteerism and philanthropy have to help others and address community needs.
- Students are taught how to research nonprofit organizations and then work as a team to select an organization to support.
- Grant funds are contributed by caring community members, team fundraising activities, and local businesses and organizations.

The **hands-on service activity** is designed by the student athletes, their coaches, and parent mentors.

- The team plans and hosts a “GiveBack Clinic” that invites 20-50 students from an underserved area to come to the host school for a 2-hour clinic to develop their skills in a specific sport.
- Mentors also attend the clinic to offer their leadership and expertise.
- At the end of the clinic, the students and athletes engage in conversation about the event and discuss the work of the nonprofit organization receiving the grant.
- The team and youth group agree to a four-year commitment to foster a lasting relationship

Youth, Philanthropy, and Sports: Natural Partners

Engaging youth as philanthropists helps young people to develop useful, transferable skills, a sense of meaning and connection, and a potentially long-lasting interest and commitment to community service. Research suggests that when youth are involved in giving back to their communities, they are more likely to stay engaged in philanthropy as adults.

Sports teams naturally help youth develop a sense of community and shared goals, build teamwork skills, and provide leadership opportunities. The GiveBack Clinics bring youth together with people from diverse backgrounds and cultures, while engaging in a vigorous activity that's fun. The camaraderie that develops fosters connection, communication, and sharing.

Our Partners

SGN has worked with a variety of schools and community-based organizations who have hosted and attended the GiveBack clinics. These include:

Jefferson University	Villanova University
LaSalle University	Providence College
St. Maximilian Kolbe	Eliza B Kirkride Elementary School
Great Valley Middle School	Malvern Preparatory School
The Boys and Girls Club of Philadelphia	Partners in Outreach
Believe and Achieve Foundation	The Andrew L. Hicks, Jr. Foundation
The Starlings Volleyball Club	Nicholas Schivito Foundation
Radley Run Country Club Junior Tennis	St. Patrick's Elementary School
Rustin High School	Malvern Swim Association

To date, we have supported the following community nonprofits through grantmaking:

Girls on the Run – Empowering Girls	Steps4Hope – Addiction and Recovery
The Child Mind Institute – Youth Mental Health	Keep The Heat On – Fighting Homelessness
Boys and Girls Club of Philadelphia – Higher Yield Learning Activities	Jefferson University – Softball Program
Doc Wayne – Mental Health	Infinity and Beyond – Pediatric Cancer
	A Lily for the World – Brain Cancer

Our History and Founders

After several years of research, development, and networking, SGN was founded by Mary Fischer-Nassib, Betsy Curtis, and Dawn Hornibrook in July 2018. As former college athletes and mothers of athletes, the SGN founders realized the potential impact that their children and other athletes could have in changing the world for better. Through her years as a Financial Advisor, Mary Fischer-Nassib recognized that philanthropic giving often starts late in life and donors can fall short of maximizing their lifetime impact. By introducing philanthropic giving at an earlier age, the founders hoped that SGN would help youth to identify and develop their abilities to help others while they were still in school, thereby laying a foundation for a lifelong commitment to service. The GiveBack model is built to add structure to

The Uncommon Individual Foundation in Devon, PA provided start-up support for SGN through their Entrepreneurial Mentoring Program.

Sow Good Now Philanthropic Curriculum: Created with research and best practices from Fidelity Charitable, Vanguard Charitable, National Philanthropic Trust, Lily School of Family Philanthropy, The Sillerman Center for the Advancement of Philanthropy, National Center for Family Philanthropy, The Philanthropic Initiative, The Chartered Advisor in Philanthropy Program of American College of Financial Services, interviews of private bankers, fundraisers, grant makers, wealth managers, foundation leaders, and philanthropic advisors.

Please Join Us! Make a Difference Today AND Plant the Seeds for a Strong Tomorrow

The generous support of caring individuals, organizations, and businesses makes our mission possible. Your contribution will directly impact youth today and will help to educate and inspire them reach out and help others, forming a life-long commitment to service.

Here are a few ways you can participate in our mission:

- A gift of \$5,000 will fund four years of programming for a host team, which includes youth in philanthropy education and grantmaking, GiveBack clinics, and other activities.
- A gift of \$1,000 will fund one year of programming for a host team.
- A \$500 gift will be joined with others to fund host team activities.
- Join with other SGN supporters, parents, school alumni, and athletes to raise funds via fundraisers, online initiatives, and events to sponsor a host team for a year or more.
- Network with us to identify others who might want to support SGN's mission.

For more information, contact: Mary Fischer-Nassib, CAP
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