



Building a strong tomorrow by inspiring youth today

Welcome to Sow Good Now, a 501c3 nonprofit organization that is growing the next generation of philanthropic athletes through the sports they love.

Our mission is to: Engage and empower young athletes to share their time, talent, and treasure 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;
- ✓ 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 athletic teams.

Philanthropy education is an engaging multi-tiered educational program for student athletes designed to inspire and motivate them to share their time, talent and treasure 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 receive a grant.
- Grant funds are contributed by caring community members, local businesses and organizations or raised through team fundraising activities.

The **hands-on service activity** is designed and run by high school or collegiate athletic teams, their coaches and mentors.

- The team plans and hosts a two-hour “GiveBack Clinic” that involves 20-50 students from a diverse area with the goal of building relationships with while developing their skills in a specific sport.
- Athletes are provided leadership opportunities to speak about the importance of helping others and sharing their personal, inspirational stories of giving back.
- At the end of the clinic, the participants and athletes engage in conversation about the event and discuss the work of the nonprofit organization receiving the grant.

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 life-long 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 among all participants.

Our Partners

SGN has worked with a variety of schools and community-based organizations. These include:

Jefferson University	Villanova University
LaSalle University	Providence College
St. Maximilian Kolbe	Eliza B Kirkbride 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 Philadelphia Starlings Volleyball Club	The Melton Center
Angels Against Addiction	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	

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 youth 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 strategic giving.

The first SGN GiveBack Clinic was launched with the help of Malvern Preparatory High School Football Coach, Dave Guirera, along with current and former Malvern alumni players.

Start up support for SGN was provided by The Uncommon Individual Foundation through their Entrepreneurial Mentoring Program.

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 \$25,000 will help build programs at SGN and support operating expenses.
- 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.

To donate, please visit our website at www.sowgoodnow.org and click on the Donate Now button or send a check payable to Sow Good Now, c/o Mary Fischer-Nassib, Executive Director, 3002 Tall Oaks Lane, Newtown Square, PA 19073.

**For more information, contact: Mary Fischer-Nassib, President
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<http://www.sowgoodnow.org>**

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For our parent partners: Have you asked your financial advisor how you can be more impactful with your philanthropic giving? Are you being strategic with your giving and maximizing opportunities? Are you missing out on matching donations? Start the conversation today!