



## Working Together to Build Healthy, Successful Lives

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### Congratulations to Anderson Monarchs & Taney in LLWS



## Teamwork for Impact

### Vincera Research Center and Education Hub Campaign Launch

We are thrilled to announce the launch of our capital campaign for Vincera Research Center and Education Hub. The Center will be dedicated to fostering break-through research and innovation in core medicine and The Hub will serve as the locus for our youth and professional development initiatives. Led by Vincera experts in science and sports medicine, education programming will include CME, Jocks2Docs, as well as professional development symposiums focused on best practices in fitness, conditioning and sports injury prevention for those working with at-risk youth.

The capital campaign will raise funding to renovate a 4,000 sq. foot space within Vincera Institute. We plan to open doors in the fourth quarter of 2015. If you are interested in learning more about these exciting initiatives, visit our [website](#).

We continue to support our philosophy that meaningful partnerships are the key to accomplishing the greatest good. This is an exciting time to be a part of Vincera Foundation, and it's easy to make an online contribution in support of our efforts.

[Donate Now](#)



William C. Meyers, M.D.  
President & Chairman of the Board



Betsy Longstreth  
Executive Director

## Vincera Foundation Fall Events

*Dr. Meyers with Steve Bandura and Monarchs in 2012*

Dr. Meyers joined Mo'ne Davis, Scott Bandura, and Jahli Hendricks in Williamsport, celebrating their great achievements in the Little League World Series and as part of the Taney Dragons. Vincera was honored to sponsor a Barnstorming Tour these three players enjoyed as members of The Anderson Monarchs. Their coach, Steve Bandura, took his team on a 22 day journey, to Kansas City and back, in celebration of Jackie Robinson. [Read More](#) about The Monarchs and this experience that impacted these young people's development.

### Special Recognition "Being Present"



Vincera Foundation would like to thank Biz Magarity of Nava Yoga for "being present" at every major Vincera Foundation event. Whether it is warming up runners at the Generation Run, cross training with yoga at SRPS summer bootcamp, or introducing our J2D participants to the practice of yoga, Biz is there to support us and our mission. She introduces youth to "being present" through yoga, to a different way to manage stress, to value beauty in the

### Professional Training for Coaches: Pilot with Philadelphia School District, Black Women in Sport Foundation, & Up2Us

Vincera hosted an elite core of PSD ADs & Coaches to its comprehensive sports medicine facility for a pilot professional development seminar highlighting best practices in coaching, sports-based youth development, and sports injury prevention.

### Measuring Impact: Capacity Building Workshops for SBYD Groups & Administrators

Vincera Foundation is honored to be partnering with The Philadelphia Foundation in funding workshops run by Up2Us and PYSC. The workshops are presenting monitoring and evaluation techniques for program administrators to measure and improve outcomes for the youth they serve. Besides presenting a range of measurement strategies, the goal is to help each participating organization set a monitoring and evaluation plan that works for them.

### Jocks2Docks Takes Flight Intern Program with YSC Students

This September we welcomed our first J2D interns from YSC Academy. After participating in an introductory tour of our program in the spring, four students were selected to be a part of our pilot program. The J2D intern program at Vincera introduces students to the many facets and career opportunities within the extensive field of sport medicine. Students selected to participate are interested in a potential career in sports medicine and come from one of the region's sports based youth development programs. [Read More](#)



### Kick Off Workshop for Squash Smarts and Philadelphia City Rowing

We had the pleasure of introducing students from two premier SBYD programs, [SquashSmarts](#) and Philadelphia City Rowing, to our Jocks2Docs program. The workshops were centered around a theoretical core muscle injury, allowing students to meet the physicians and witness first hand all aspects of its treatment throughout their Vincera visit. For more pictures of their visits, please visit our [Facebook page](#).



moment, to give space and time to experience their own being. [Read More](#)

## Harnessing the Power of Sport Up2Us at SBYD Funders' Conversation

The 3rd Sports Based Youth Development Conversation welcomed special guest Paul Caccamo, President and Founder of Up2Us, a national coalition of youth development programs that harness



the power of sport to reduce youth violence, promote health, and inspire academic success for kids. Paul came armed with staff and trained coaches to demonstrate the impact their Coaches Across America program is having in training and professionalizing the role of coaching across the country. Their lively discussion and demonstration created great buzz and interest in bringing their program to Philadelphia.

The 3rd SBYD Conversation was put on by Vincera Foundation, the Horner Foundation and Philanthropy Network at The Philadelphia Foundation. [Read More](#)

## Teaching How to Train Smart 3rd Annual Vincera Bootcamp for SRPS



Vincera was happy to host [Students Run Philly Style](#) Summer Bootcamp for the third year. All of the experts at Vincera lead the students in warm-up exercises and stretching, yoga, and bootcamp style cross training exercises. The

bootcamp has proven to be a favorite among the SRPS students, and this year was no different. See pictures of the bootcamp, on our [Facebook page](#).

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