



*Working Together to Build Healthy, Successful Lives*

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**Stop Sports Injuries**

Vincera Foundation joins the American Orthopaedic Society for Sports Medicine's Stop Sports Injuries Campaign in its work to reduce sports related injuries through education and PR Efforts.

**Teamwork for Impact**

**Vincera Foundation Launch**



We are thrilled to announce the launch of the Vincera Foundation with the recent granting of our 501(c) (3) status! In forming this new foundation it has been the intent from the outset to maximize our impact by partnering wherever possible with leading programs and people in the development of our *sports-based youth development, sports medicine clinical research, and education* initiatives.

We hope this newsletter brings to life the power and potential of these relationships, provides valuable information from our sports medicine professionals to keep you and yours healthy, and engages you in contributing to the work of Vincera Foundation.

At every level of our development, we are encountering great enthusiasm for system-wide collaborations--unlocking innovative solutions to problems through new partnerships and teamwork. We look forward to celebrating with you the incredible internal teamwork within the [Vincera Institute](#) family as well as among the external Sports-Based Youth Development groups, the grant-making community, the sports medicine community, and the City of Philadelphia.

This is an exciting time to be a part of Vincera Foundation, "working together to build healthy successful lives." It's easy to make an online contribution in support of our efforts--click the Donate Now button--100% of your gift will support program.

Check out [Stop Sports Injuries Tip Sheets](#)

Check out [Stop Sports Injuries Coaches' Curriculum](#)

## SRPS Gen Run 5K 2014

Vincera Foundation was the lead Navy Yard sponsor of the Students Run Philly Style's Generation Run 5K – April 12, 2014. SRPS raised \$70,000 supporting students in their quest and training for the Philadelphia Marathon, Nov. 2014. Team Vincera contributed over 25 runner participants. Biz Magarity, of [Nava Yoga](#) at Vincera Institute, opened the race activities with yoga stretches for all 1,000+ runner participants.

[Click here](#) for some photo highlights of the day

## SBYD Funders Conversations

Vincera Foundation co-hosted two Funders' Conversations with The Philadelphia Foundation, the Horner Foundation, and the Philanthropy Network. These conversational meetings were designed for foundations interested in coming together to explore opportunities to maximize impact and to share resources and information in support of Sports Based Youth Development Initiatives.

The first was January 7, 2014, the second was April 22, 2014. The next

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

Betsy Longstreth, Executive Director

## The Power of Partnerships

### PYSC- Nancy & Wendy

When you meet Nancy Peter and Wendy Palmer, co-founders of Philadelphia Youth Sports Collaborative, it is immediately obvious that teaming up with them and their member organizations is a no-brainer...



### What is PYSC?

The Philadelphia Youth Sports Collaborative (PYSC) is a pioneer in the country. It augments the impact of local non-profit organizations that use sports to benefit children and youth, particularly those from under-resourced environments. PYSC is a collaborative of member organizations that offer character-building and life skills training within the framework of healthy physical development. Collectively, these groups offer a range of sports activities such as cycling, golf, ice hockey, lacrosse, martial arts, riding, rowing, running, soccer, squash, and tennis.

By sharing ideas, combining resources, identifying common areas of need, and leveraging support, PYSC facilitates communication and cooperation between these organizations and strengthens the positive impact they have on youth, families, and communities. The collaborative also provides resources to other agencies interested in promoting positive youth development through sports activities.

Conversation meeting will be in early fall: the invitation will be extended as soon as our next presenters are confirmed. Please let us know if you are interested in being invited by [contacting us](#).

Click here to view prior invitations and agendas ( [1](#) ) ( [2](#) )

### YSC Academy Visits Vincera Institute

YSC Academy visits with Vincera Institutes' Sports Medicine experts to explore sports injuries—their prevention and cure—as well as to view firsthand the multi-faceted career options within the field.

[Click here](#) to view pictures of their visit

### Vincera Foundation to Publish First Strategic Plan, Fall, 2014

The Board of Trustees has been working hard to map out the future direction of Vincera Foundation. We will provide a copy of our three-year plan in the Fall of 2014.

### Some First Steps in PYSC/Vincera Foundation Collaborations :

- Professional Development Workshops for PYSC Members – 2014
- Professional Participation in PYSC and OST Networking & Vincera hosted Seminars
- Design and Development of City-Wide SBYD Directory
- Joint Participation in Vincera Foundation & PYSC Strategic Planning
- Vincera Foundation's emerging Jocks2Docs program

To read more about Nancy, Wendy, and the PYSC [click here](#)

## Vincera Foundation Introduces Jocks2Docs™

### Meet its Founder - Marc Legere, D.C.

Marc brings a personal passion to developing Jocks2Docs™ at Vincera. A former ace pitcher whose career path seemed likely to lead him to the pros, Marc suffered an elbow injury early on in his college career and had to consider other career options to pursue. Loving the world of sports, Marc looked for ways he could “stay in the game” if not on the field. When a band of 10 young aspiring elite soccer players from the newly formed Union YSC Academy recently visited Vincera for an introduction to the world of



sports medicine, Marc was eager to address the group and share his life's story and passion for his work. The students were given a common soccer injury—an ACL tear—and travelled through Vincera experiencing a patient's route on the way from injury to wellness. Marc's passion was effectively transmitted—this summer and into the fall three (3) students from this group will be joining us as interns for their first semester. Our plan is to utilize these new “recruits” in helping to launch our Jocks2Docs™ program this fall...

### Jocks2Docs™ to Launch Pilot Fall, 2014

The goal of Jocks2Docs™ is to develop a program for underserved youth in the Philadelphia area that will open

awareness and develop interest, skills, opportunities, and pathways for involvement and career choices in the multi-faceted and exciting world of sports medicine.

[Vincera Institute](#), located at Philadelphia's Navy Yard is a fully integrated array of sports medicine services, with a new, state of the art out-patient surgery center. The integrated facility is a perfect venue for providing hands-on experiences to the full range of career possibilities within the field of sports medicine. The Vincera team includes a wide range of specialties all contributing to the health and wellness of our patients: clinic, imaging, surgery-center, pain management, acupuncture, chiropractic services, rehab, physical therapy, yoga, and nutrition counseling. Vincera's staff and medical professionals will be actively involved as trainers, mentors, and resources for our students.



Vincera Foundation will work with organizations throughout the city to identify students who would benefit from such a program. This first year the Foundation will pilot an introductory model that is projected to be extended into a fully developed curriculum of hands on experience and training for middle through high school students.

## **Nutrition Workshop at Squash Smarts**

### **With Laura Ferro of Vincera Institute's Nourish & Nosh**

As part of the Squash Smarts' move to develop its NUTRIkeys Curriculum, nutrition consultant, Laura Ferro, provided the young players a demonstration of her nutritious and high energy snack bars— On hearing the ingredients, the kids were skeptical about how good it might be—however, after they helped

to beat and mix them together and spread the bowls' contents out in a pan—there were no bars left after a few daring students took a bite and acknowledged to the others how good a “good for you snack” can be.



Laura loved working with the kids and looks forward to going back for another demo. [Click here](#) to view the recipe.

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