



# ***1 FAMILY FOUNDATION***

Serving over 2,000 youth athletes across CA, TX, NM, and UT



# VISION



## ***LIFE SKILLS***

- Positive Self talk
- Self Worth
- Engagement
- Gratitude
- Taking Action



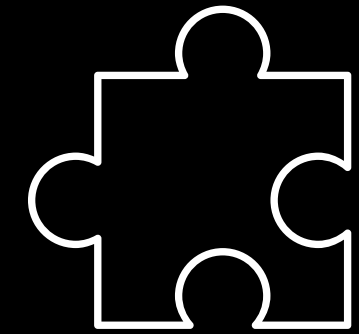
## ***ACHIEVEMENT***

- Academic Excellence
- Sports Development



## ***FOSTER STRONG COMMUNITIES***

- Grow personally with the ability to contribute to the community
- Grow collectively as a community



## ***OVERCOME CHALLENGES***

- Developing Grit
- Developing Resilience



# MISSION EDGE

We develop high-level, critical-thinking youth who know their worth, strengthen family bonds, and lead in their communities.



E

**Empower** student athletes to grow and excel, not just on the field but in life

D

**Develop** high level youth and high school athletes with a championship mindset

G

**Grow** personally and collectively as a community

E

**Excel** in life by acquiring tools and developing a growth mindset





# PROBLEM

In under-resourced communities, youth athletes navigate increasingly high-pressure sports environments without adequate access to education, mentorship, or family support. Limited leadership development and mental health-informed guidance undermine self-awareness, emotional regulation, and long-term growth—preventing youth sports from fulfilling their role as a healthy, stabilizing force for athletes and their families.



# SOLUTION

1 Family Foundation partners with youth sports communities to deliver structured education, mentorship, and family support that restore healthy culture within youth sports. Through the EDGE framework (Empower, Develop, Grow, and Excel), the Foundation equips youth athletes with leadership, emotional regulation, and life skills while supporting coaches and parents in creating environments where both athletes and families can grow.



# THE 1 FAMILY FOUNDATION IS COMMITTED TO STRENGTHENING YOUTH MENTAL HEALTH, PREVENTING SUICIDE, AND DEVELOPING RESILIENT YOUNG LEADERS.



50%

Youth suicide is up  
over 50% since 2020



41%

41% of youth experience  
difficulty in discovering  
their identity



72%

Youth depression and  
anxiety is up 72% since  
2020

\*Source: CDC Youth Mental Health Data, 2020-2023

# ***FUNDING DISTRIBUTION***

Your support directly equips youth, families, and coaches with the tools they need to build confidence, identity, communication, and resilience.



**60%**

On-field Training &  
Character  
Development

**25%**

Youth Mentorship

**10%**

Research & Development  
of Ongoing Training  
Character Development  
Parent Education

**5%**

1 Family Gala & Fund  
Raising Event



# 1 YEAR TOTAL FUNDING NEED



**Youth onsite  
training & character  
development**

**\$230,000**



**Youth mentorship  
program &  
quarterly events**

**\$50,000**



**Continual  
development &  
support for student  
athlete resources**

**\$45,000**



**1 Family Gala &  
fund raising events**

**\$25,000**



# OUR TEAM

CORY  
WITHROW

President

CALEB  
ALLEN

Secretary

ROB  
POLSTON

Board Member

ALEX  
VESIA

Board Member

ISAIAH  
FREY

Board Member

MIKE  
LOGAN

Non Profit  
Advisor

The 1 Family Foundation team brings decades of combined experience in youth development, nonprofit leadership, coaching, and community impact.

**PARTNER AND SUPPORT 1 FAMILY  
FOUNDATION WITH OUR IMPACTFUL  
MISSION FOR YOUTH:**

- **DOJ EIN: 99 - 3914862**
- **Greg@onefamathletics.com**
- **(530) 751 - 6075**
- **onefamathletics.com**
- **10089 Willow Creek Rd #200,  
San Diego, CA 92131**