



# 1 FAMILY FOUNDATION

Serving over 5,000 youth athletes across CA, TX, NM, and UT



# VISION



## ***IDENTITY & SELF-WORTH***

- Self-worth & identity development
- Positive self-talk & emotional awareness



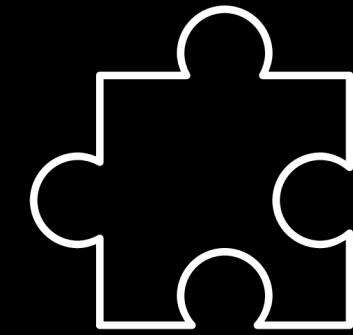
## ***ATHLETIC & ACADEMIC EXCELLENCE***

- Academic excellence
- Athletic development



## ***FOSTER STRONG COMMUNITIES***

- Parent-athlete-coach relationships
- Clear communication & shared language



## ***OVERCOME CHALLENGES***

- Emotional regulation & equipping with tools
- Navigating pressure & expectations

# 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

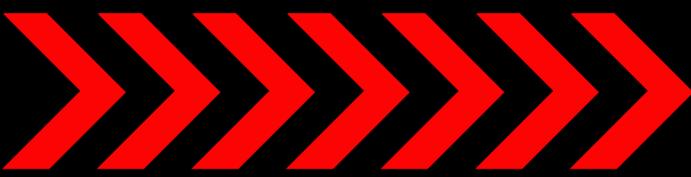
**Grow** personally and collectively as a community

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. As youth sports participation and expectations continue to rise, youth development has not kept pace. Limited leadership development and mental health-informed guidance undermine self-awareness, emotional regulation, and long-term growth—preventing youth sports from serving as a healthy, stabilizing force for athletes and their families.

# SOLUTION

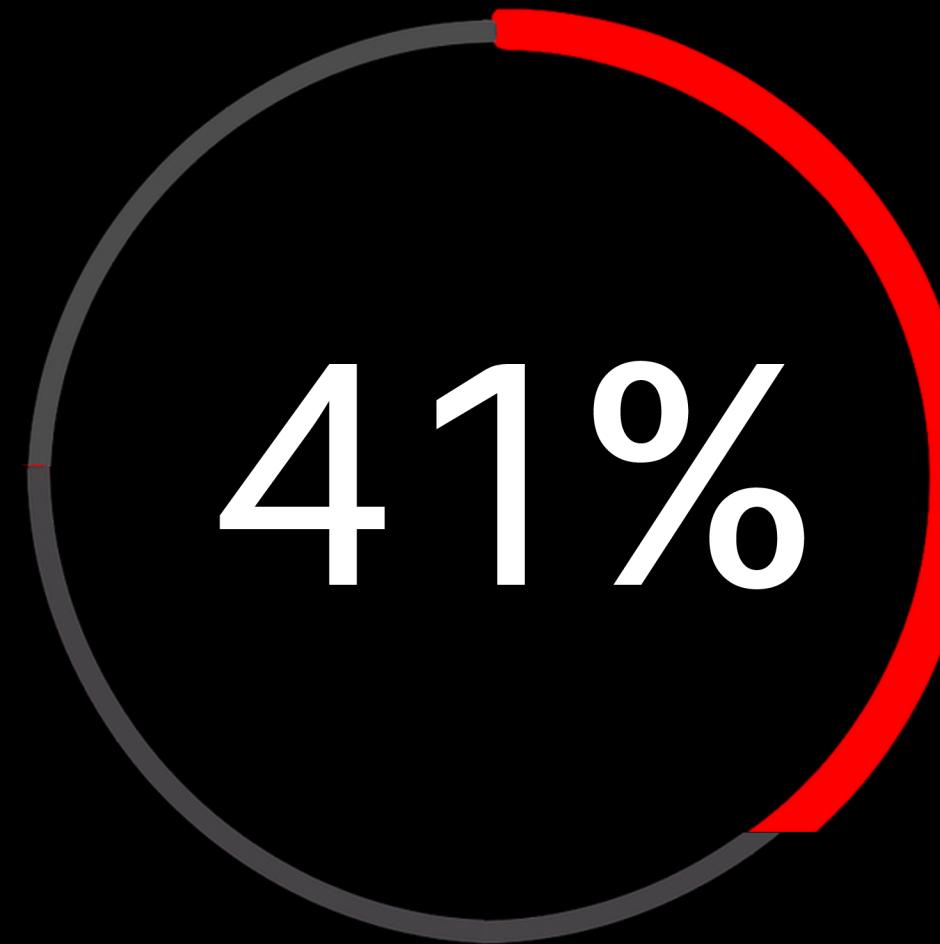
1 Family Foundation partners with youth sports communities to deliver structured education, mentorship, and family support that restores healthy culture within youth sports. Through the EDGE framework (Empower, Develop, Grow, Excel), the Foundation equips youth athletes with leadership, emotional regulation, and life skills while strengthening the parent-athlete relationship and supporting coaches; creating aligned environments where athletes, families, and teams can grow together.



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



Youth suicide is up over 50% since 2020



41% of youth experience difficulty in discovering their identity



Youth depression and anxiety is up 72% since 2020

# **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, &  
Youth Mentorship

**25%**

Parent Education &  
Coaches Certification

**10%**

Research & Development of  
Ongoing Training  
Character Development  
Parent Education

**5%**

Annual events funding  
scholarships and sustaining  
youth programming



# 1 YEAR TOTAL FUNDING NEED



Year-round training for  
5,000+ youth  
integrating leadership  
and life skills

\$360,000



Mentor pathways and  
125 + certified coaches  
leading character-  
driven environments

\$125,000



Curriculum, tools, and  
support ensuring  
consistent program  
delivery

\$50,000



Annual events funding  
scholarships and  
sustaining youth  
programming

\$25,000

# OUR TEAM

## CORY WITHROW

President  
(Former NFL Player)

## CALEB ALLEN

Secretary

## ROB POLSTON

Board Member

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

## ALEX

## VESIA

Board Member  
(Los Angeles Dodgers)

## ISAIAH FREY

Board Member  
(Former NFL Player)

## MIKE LOGAN

Non Profit Advisor

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

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