

WHO WE ARE

BUILDING HEALTHIER HEARTS, MINDS AND BODIES



PERFORMANCE INITIATIVES PROVIDES YOUTH WITH NEW OPPORTUNITIES FOR PERSONAL GROWTH THROUGH ATHLETICS.

ABOUT US

Performance Initiatives is a non-profit, organization dedicated to mentoring others by using athletics, fitness and education as tools to achieve optimum health, while developing positive character traits.

OUR VISION

To model and implement a three tier approach – enabling people to strengthen themselves physically, mentally and spiritually in developing healthier, and more productive lifestyles.

COMMUNITY OUTREACH

Our programs emphasize community involvement by planning events and fundraisers to help individuals in need and other nonprofit organizations in their efforts to serve others.

"EMPOWERING YOUTH" WITH KNOWLEDGE AND AWARENESS BY TAKING A PROACTIVE ROLE IN IMPROVING THEIR LIVES AND THE PEOPLE WHO SURROUND THEM.

PROGRAMS & PARTNERSHIPS

COASTAL EMPIRE WEIGHTLIFTING

CEW is a program offered through Performance Initiatives, Inc. to build champions from the inside out. We empower young people and adults through Olympic weightlifting training.

SELF DEFENSE TRAINING

Performance Initiatives is now offering self defense training led by Sensei Will Hiott of Kakko-ha Sogo Goshin Jitsu.

This training focuses on the martial arts system. Students will learn street effective self defense techniques while building physical strength and mental preparedness. The program also focuses on character building principles such as: Honesty, Love, Vision, Compassion, Courage, Desire, Discipline, Confidence, Resilience, Commitment, Respect, Self-Control and Patience.

Stand-up punching and kicking techniques as well as throwing and ground fighting techniques are some of the physical skills developed in Kakko-ha Sogo Goshin Jitsu.

SPIRITUAL DEVELOPMENT

Youth Group and Bible Study held each week. Open to the public.

Check www.PerformanceInitiatives.org for details.

TUTORING

After school tutoring and mentoring program for youth ages 6-18. Tutoring is free. This program requires registration. Open Monday - Thursday from 3 - 5 p.m. at the Aldersgate United Methodist's Family Life Center (AUMC), Computer Lab. AUMC is located at 2021 Tennessee Ave.

WELLNESS SUPPORT

Complete Wellness Center Chiropractic care provides support for program participants through free evaluations. Nutritional and educational programs in partnership with The Coastal Health District Adolescent Health & Youth Development.

Free evaluations and recommendations for athletic injuries for all program participants through Coastal Therapy.

 **PERFORMANCE
INITIATIVES, INC.**

WWW.PERFORMANCEINITIATIVES.ORG
912.507.7106 TEL



WHY WE ARE HERE

TO SUPPORT THE CREATION OF A **POSITIVE YOUTH CULTURE** BY BUILDING HEALTHIER HEARTS, MINDS AND BODIES.

EACH ATHLETE DEVELOPES INDIVIDUAL:

- LEADERSHIP SKILLS
- CONFIDENCE
- ORGANIZATION SKILLS
- FOCUS
- GOAL SETTING TECHNIQUES
- LIFETIME FITNESS STRATEGIES
- ATHLETIC PERFORMANCE
- COMMUNITY INVOLVEMENT
- INTEGRITY
- TEAM BUILDING SKILLS



SUPPORT THE CREATION OF A POSITIVE YOUTH CULTURE!

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LOCATED AT THE ALDERSGATE UNITED
METHODIST CHURCH FAMILY LIFE CENTER
2021 TENNESSEE AVE., SAVANNAH, GA 31404

LEADING
THE WAY
FOR YOUTH
TO THRIVE
THROUGH
POSITIVE
DIRECTION.



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