



Childhood obesity and inactivity continue to rise at alarming rates across the United States. According to national health statistics, fewer than one in four children ages 6–17 engage in the recommended 60 minutes of physical activity per day. Decreased activity levels are strongly linked with higher rates of obesity, anxiety, depression, and increased long-term risk for chronic disease. These challenges are especially pronounced among financially disadvantaged families, who often lack access to structured athletic training and safe recreational environments.

Locally, many children and teens who wish to participate in sports lack the foundational skills—speed, agility, coordination, and general fitness—needed to participate confidently and safely. Meanwhile, growing pay-to-play models in youth sports create additional barriers for families with limited resources. As a result, many young people are excluded from meaningful physical development opportunities, increasing health inequities and limiting pathways for personal growth and community engagement.

Total Athlete Performance Training (TAPT) was founded to address these disparities. TAPT is a 501(c)(3) nonprofit organization providing high-quality speed, agility, and fitness training to youth, regardless of their ability to pay. Through structured instruction from qualified coaches, TAPT builds athletic competency, supports healthy physical development, and fosters confidence, teamwork, and discipline. Sessions are capped at small-group sizes to ensure individualized coaching that prioritizes safety, proper skill progression, and meaningful athlete development.

The need for TAPT's services continues to grow. Local schools and youth sports organizations have expressed strong support for programming but lack funding to provide specialized training to their athletes. TAPT partners with these groups to offer training at no cost beyond a modest suggested donation of \$10 per athlete/per session, generating approximately \$10,000 annually. While this support helps sustain operations, it is not sufficient to ensure long-term accessibility and program growth.

TAPT's annual operating costs—including facility maintenance, equipment, coaching personnel, insurance, and web-based scheduling—total approximately \$59,300 per year. After projected annual revenue from local youth teams, TAPT faces an unmet funding need of \$49,300 per year.

Without external support, TAPT will be challenged to meet expanding demand, replace critical training equipment, and retain qualified coaching staff. Grant funding will allow TAPT to maintain consistent programming, expand outreach to underserved youth, and keep services accessible at little to no cost to families.

By supporting TAPT, donors help ensure that all children—regardless of background or financial means—have the opportunity to build foundational athletic skills, improve their physical health, and engage in positive activities that encourage confidence and lifelong wellness.

TAPT fills a critical community gap: providing no-barrier athletic development that addresses both the health crisis of childhood obesity and the social inequities of pay-to-play youth sports. Investing in TAPT means investing in a healthier, more active, and more confident generation for the Mid Ohio Valley.