
RAISING THE NEXT GENERATION OF
PHILANTHROPIC ATHLETES

OUR IMPACT



www.sowgoodnow.org / 215- 820-2450 / team@sowgoodnow.org

Thank You for Your Support!

At Sow Good Now, we are proud of the impact we've made together in 2024. We served over 1800 youth through our GiveBack programs, but there is still so much more to do. Your generosity and dedication to our mission have helped us grow and reach more individuals and communities in need. As we look ahead, we remain committed to creating lasting change, and we invite you to continue this journey with us.

Join us in sowing seeds of hope, opportunity, and transformation.

Your continued support allows us to expand our teams, programs, reach more people, and create a brighter future for all. Whether through a donation, volunteering, or spreading the word, every action makes a difference.

Get Involved Today!

Donate initiatives: Scan the QR code below to donate.

Volunteer: Share your time and skills with those who need it most.

Spread the Word: Advocate for our cause and help grow our network of support.

Together, we can build a better tomorrow.

Contact Us:

Sow Good Now

Phone: (215) 820- 2450

Email: team@sowgoodnow.org

Website: www.sowgoodnow.org

We appreciate your partnership in this important work.
Let's keep sowing good!

Scan Here:



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THE GIVEBACK MODEL

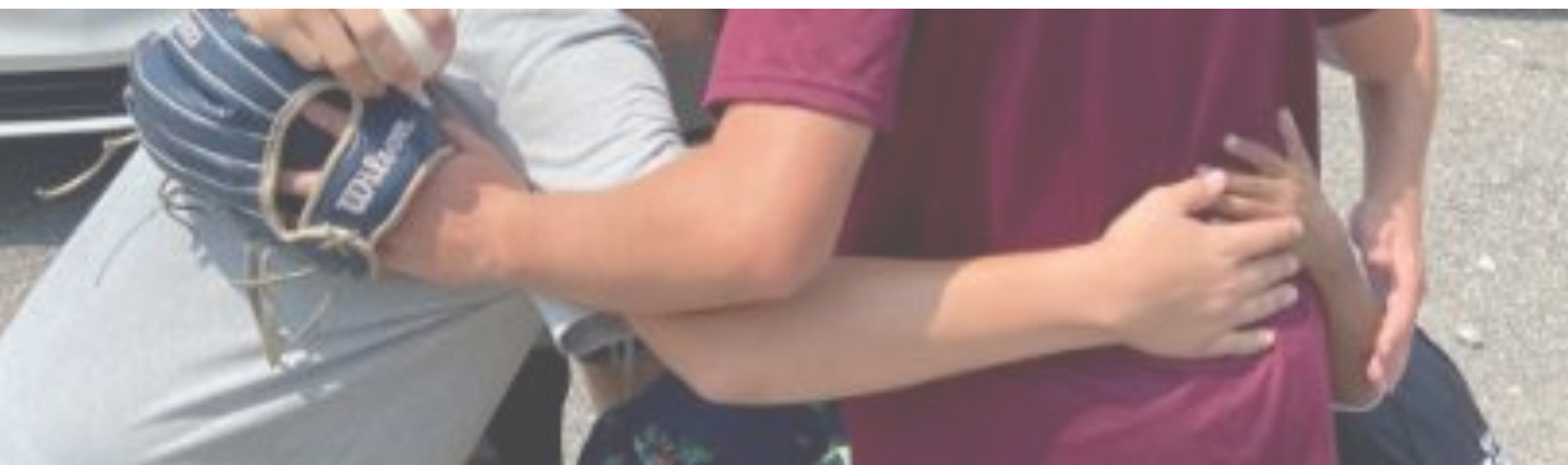
Transforming the lives of youth and their communities through the sports they love

Sow Good Now was founded in July 2018 by three mothers of athletes. Our innovative GiveBack Model connects high school and college athletes with underserved youth (grades 3-8) in fields, gyms, pools, rinks, and other athletic facilities. Through their passion for sports, our athletes share their skills and engage their mentees in active learning experiences, fostering new friendships and building community.

Sow Good Now creates meaningful connections between athletes and underserved youth through the three pillar approach: 1. Build Community 2. Teach Philanthropy 3. Inspire Impact. This approach encourages natural relationship development, expands community networks, and promotes lasting engagement.

The gap in youth sports access continues to widen, particularly for those in low- to moderate-income areas. Our GiveBack Model addresses this disparity, providing youth with the physical, social, emotional, and cognitive benefits of sports. By promoting holistic development and teaching essential life skills, we help young individuals cultivate compassion and a sense of responsibility, ultimately investing in the future of our society.

Through our work, we empower these change-makers for maximum impact in their communities. We continue to grow and uplift our youth in meaningful ways by increasing volunteer opportunities that provide access to sports for kids in need.



TEAMS & PARTNERS

With Gratitude to Those Who Make It Possible

Participating Athletic Teams

- UPenn Men's Golf
- Jefferson University Softball
- Mesa Lacrosse
- Applecross Golf Academy
- PBT Baseball
- Radley Run Tennis
- Phantastix Lacrosse
- Great Valley Football
- Malvern Swim Association
- Jefferson University Volleyball
- Brandeis University Soccer
- East Coast Karate
- George School Basketball
- Little Flyers Hockey
- Providence College Volleyball
- West Chester University Men's and Women's Golf
- Malvern Preparatory School

Out-of-School Partners

- KB Foundation
- Youth Development United
- Chester Upland Youth Soccer
- Greater Brandywine YMCA
- Sunrise of Philadelphia
- Amachi Chester
- Waltham Boys and Girls Club
- Eddystone Elementary
- Christina Seix Academy
- FriarServe
- The Bridge Academy & Community Center
- Phillies Urban Youth Academy
- CYO St. Joseph's Catholic School



BUILDING COMMUNITY

BUILDING COMMUNITY

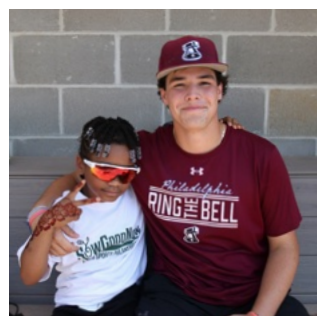
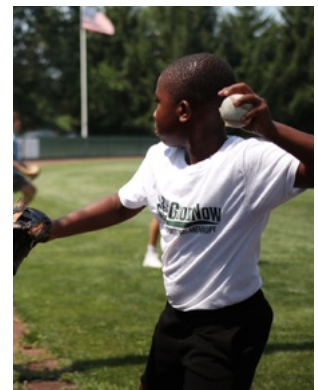
We are grateful for our teams and partners who help us build community.



STRENGTH IN UNITY

PBT TEAM HIGHLIGHT

What does love look like?



CARITAS IS CARING

A Shared Commitment to Youth Empowerment and Service



Malvern Preparatory School, with its mission to inspire young men through inquisitive thinking, character development, and lifelong friendships, partnered with Sow Good Now for the third annual Caritas Carnival. Held on Malvern's state-of-the-art campus, the event brought together students from five local schools for a day of sports, fun, and community building.

This collaboration reflected Malvern Prep's commitment to leadership and service grounded in Augustinian values, while also aligning with Sow Good Now's mission of uplifting vulnerable youth through the power of sports.

INVESTING IN COMMUNITY

Partnering to Strengthen Our Communities



With the support of Sow Good Now, several impactful grants were made to organizations serving communities in need. A **\$1,000** grant was awarded to **Youth Development United** to support youth initiatives in the city of Chester. **Christina Seix Academy** received **\$500** to help provide food for families during the holidays. In partnership with **Brandeis University Soccer**, **\$250** was donated to the **Waltham Boys & Girls Club**, along with a **\$1,000** contribution to **Friends of the Children–Boston**. Additionally, **Jefferson Softball** directed a **\$1,000** grant to **Mental Health Partnerships**, supporting vital mental health services in the region. These grants not only provide critical resources but also strengthen the capacity of our partners to continue their meaningful work in the communities they serve.

INSPIRING IMPACT

Sparkling change and empowering futures.



LOCHER BROTHERS

"I am happy to be a part of the Sow Good Now GiveBack with PBT again this year. I love spending time with kids who don't have the same opportunities that I have had growing up. Sharing my skills and knowledge about baseball with the kids is very satisfying. I know it is an exciting day for the kids, and it gives me joy to be a part of this annual event." -**David Locher**

"I am excited to be part of the Sow Good Now GiveBack this summer. I want to share my love of baseball with kids who have not had the opportunity to play baseball before." -**Ryan Locher**

Thanks to the generosity and efforts of David and Ryan, Sow Good Now provided baseball equipment to the children of Sunrise. This incredible donation included over 115 baseball gloves, 26 bats, 60 baseballs, and 8 helmets, totaling more than \$9,000 in value. Thanks to volunteers like David and Ryan, these kids can continue to enjoy and practice the sport they learn by bringing it home with them.

Ben Mayer, a rising junior at Garnet Valley High School, joined Sow Good Now in January with a passion for using sports to uplift others. A dedicated golfer with a two handicap and a second-degree black belt in karate, he has channeled his athletic skills into the organization's mission of connecting volunteer athletes with underserved youth. His first initiative involved organizing a karate workshop for kids in Chester, raising funds to provide uniforms and teaching valuable skills like board breaking. Ben also played a key role in securing 71 sets of junior golf clubs for a July event, reaching out to local businesses and securing a \$1000 donation from Team Toyota, ensuring the event provided equipment and free lessons to children in need.



Excited to expand Sow Good Now's impact, Ben hopes to recruit more student-athletes to join the cause. As a member of the Future Business Leaders of America, he's exploring a future in Golf Management, with his work at Sow Good Now helping him build valuable skills for both his academic and professional pursuits.

MENTORSHIP THAT'S PERSONAL

MENTORS & MENTEEES

Because we keep our groups small, we can provide one on one mentoring!



NEXT GENERATION

Building leaders of tomorrow

Interns at Sow Good Now play a vital role in advancing the organization's mission to uplift vulnerable youth through the power of sports. By bringing fresh perspectives and energy to the team, interns contribute to program development, event coordination, and community outreach. Their efforts help expand the reach of Sow Good Now, ensuring more young people have opportunities to experience mentorship, encouragement, and empowerment through sports. Whether assisting with logistics, creating engaging content, or building partnerships, interns embody the organization's values of service and leadership.

Beyond their direct contributions, interns gain valuable skills and experiences that align with Sow Good Now's emphasis on personal growth and community impact. They engage with youth, coaches, and partner organizations, fostering connections and building their own capacity to lead meaningful initiatives. By combining their passion for sports with a commitment to making a difference, interns not only further the organization's mission but also grow as individuals dedicated to service and positive change.

Special thanks to the West Chester Center for Community Solutions, which connect campus resources with community needs and provide opportunities for students to develop and apply their problem solving skills.



TESTIMONIALS

What our players, coaches, parents, and partners are saying...

"I thought philanthropy was only for wealthy people. Sow Good Now taught me it is so much more and that my team and I have so much to give." - **College Softball Player**

"I think I just learned how to swim!" - **9 year old from Chester**

"As coaches, we want to develop our athletes to not only be good players, but to be good people. We choose to partner with Sow Good Now because they make it easy for us to do good and uplift youth from underserved areas which strengthens the culture of our team." - **High School Lacrosse Coach**

"I remember when my dad got me my first glove and helped me fit it on my hand. I am really proud I helped the kids from Philadelphia with their first gloves." - **High School Baseball Player**

"I love golf and I love helping others. Sow Good Now let's me do both at the same time." - **College Golfer**

"Sow Good Now builds meaningful relationships between athletes and our youth." - **Philadelphia Out of School Provider**

"At first I didn't want to go out on the ice, but then I loved it!" - **8 year old from Aston**

"Sow Good Now gave me my own set of golf clubs and I am excited to play." - **10 year old from Coatesville, PA**

"I always wanted to give back through my sport and Sow Good Now showed me the way." - **College Soccer Coach**

"I was afraid that the athletes would not like me because I wasn't good enough, but they were really nice to me and encouraged me to get better and I did!" - **11 year old from Philadelphia**

"The first time, I told my son that he was going to volunteer at the GiveBack. Since then, he can't wait to volunteer every year!" - **Parent PBT Baseball Player**

THE HEART BEHIND THE WHISTLE

COACHES OF CHARACTER

They show up. They lead. They bend. They get in a stance. They limp. They care.



"As coaches, we want to develop our athletes to not only be good players, but to be good people. We choose to partner with Sow Good Now because they make it easy for us to do good and uplift youth from underserved areas which strengthens the culture of our team."

-High School Lacrosse Coach



EQUIPMENT DRIVES

Gear up and give back!



Equipment drives play a pivotal role in supporting Sow Good Now's mission to empower youth and promote equitable access to sports. By collecting and redistributing gently used equipment, the organization ensures that financial barriers do not prevent young athletes from participating in their favorite sports. Baseball gloves, golf clubs, swim gear, lacrosse sticks, and more are more than just tools of the game; they represent opportunities for growth, teamwork, and self-confidence. These drives enable communities to come together, creating a cycle of giving that not only reduces waste but also fosters inclusion and support for underserved populations.

For sports like baseball, golf, swimming, lacrosse, etc. equipment can often be prohibitively expensive, making it difficult for many families to afford participation. Sow Good Now's efforts ensure that every child has the chance to experience the joy and life lessons that sports provide, regardless of their financial circumstances. These drives also encourage awareness and solidarity among donors, athletes, and volunteers, inspiring them to work together for a common good. This year, Sow Good Now collected over **1,800** pieces of equipment!

WITH GRATITUDE TO OUR SUPPORTERS

FUNDRAISERS

Hosting fundraising events allows us to generate funds needed to help us grow!



We are deeply grateful to everyone who participated in and supported our fundraisers—your generosity and enthusiasm make our mission possible. Thanks to the incredible efforts behind the Murder Mystery Dinner, Golf Outing, and PickleBrawl, we raised over \$100,000 in support of Sow Good Now's work. A very

special thank you to Mary Boylston and Anne Miller for their incredible efforts in organizing these outstanding fundraisers. Their hard work, creativity, and dedication played a vital role in bringing everything together and ensuring the success of these events.



WITH GRATITUDE TO OUR SUPPORTERS

CRITICAL SUPPORT

We deeply appreciate our supporters who help us continue our mission



Thanks to the unwavering support of our dedicated partners in the community, we are not only able to sustain our efforts but also continue to expand our mission, creating meaningful impact and contributing to a brighter, more promising future for all.

Special thanks to the below families, foundations and sponsors that have shown generous support for Sow Good Now.

**West Pharmaceutical
Justamere Foundation
Whitford Charitable Fund
Dakota Gives
NFL Foundation
Peter and Louise Havens
Foundation for Delaware County
Meridian Bank**

**Chester County Community
Foundation
Satterthwaite Family Fund
Horwitz Family Fund
Falk Family Fund
Rafferty Subaru
Mary Jane Raymond
Holt McArdle**

PARTNER IMPACT

Hear What /Our Youth Serving Partners Say



“Over the past few years, we have had the privilege of working with Sow Good Now, particularly during our golf outings, which have provided our youth with unique and engaging experiences. These events have not only been

educational but have also fostered valuable life skills and confidence among our participants.” - Melissa Landrum, Academic Coordinator at The Bridge Academy

The Bridge Academy's Mission: To equip youth and families with the tools necessary for academic achievement, life skills, creative expression, spiritual growth and leadership



PARTNER IMPACT

Hear What /Our Youth Serving Partners Say



"We firmly believe that Sow Good Now's expanded programming will play a crucial role in positively shaping the lives of at-risk youth in our high-impact communities. Their innovative approach to youth development through sports aligns perfectly with our mission and has already demonstrated significant positive outcomes." - Kirk Berry, KB Foundation Founder



KB Foundation's Mission: To build the developmental and social competencies of adolescent youth in the Philadelphia area through educational, recreational, and hands-on learning experiences.



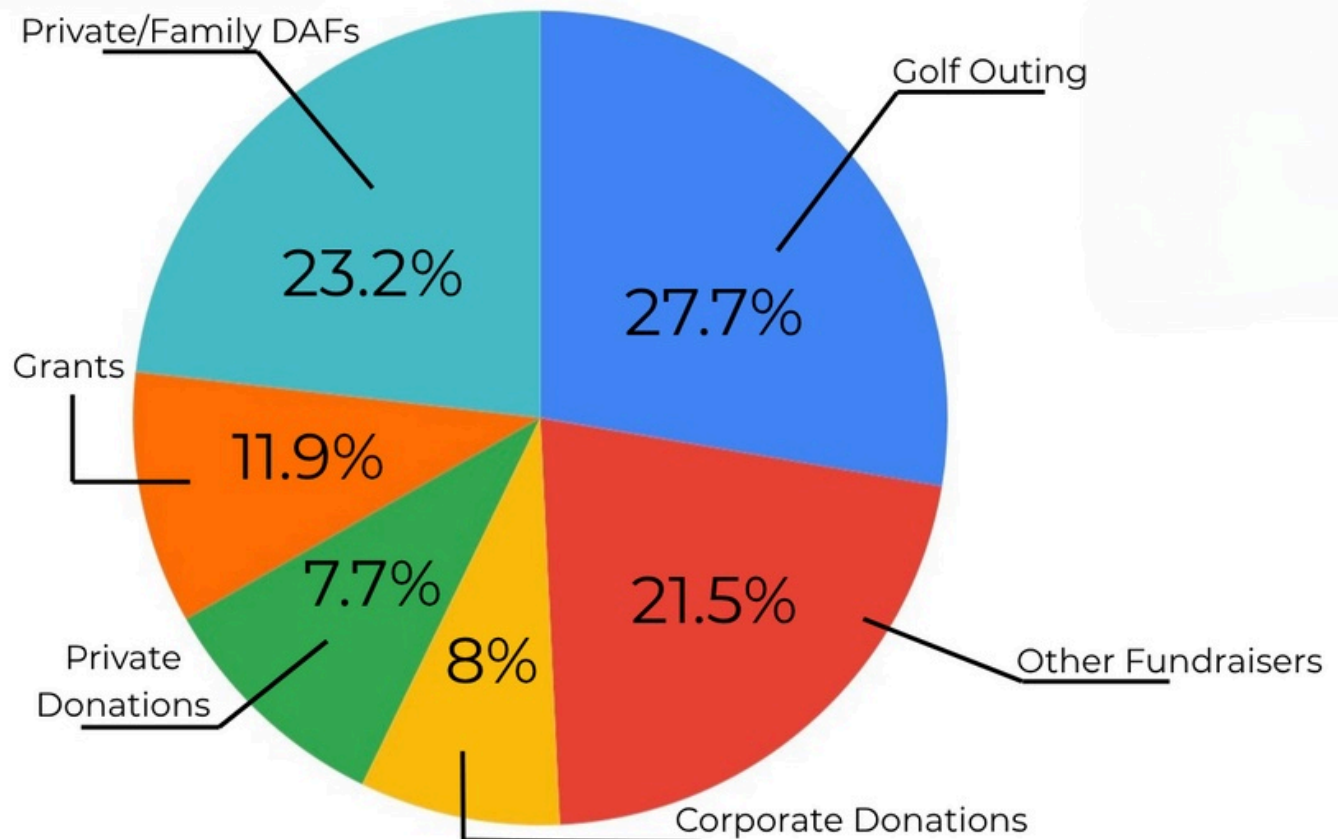
2024 REVENUE

2024 revenue breakdown.

In 2024, our main contributor to our revenue was our Golf Outing, contributing to 27.7% of our total revenue raising over \$70,000. Other fundraisers, such as our Pickleball tournament, contributed to 21.5% of our revenue.

With large contributions from private funds, grants, etc. we were able to increase those numbers for 2024.

2024 Revenue Chart



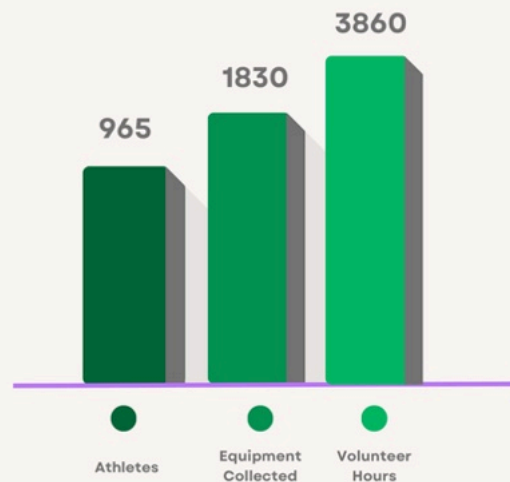
IMPACT

How our athletes make an impact in their community

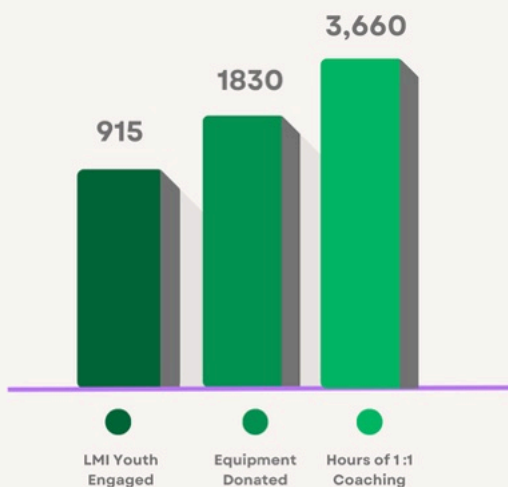
VOLUNTEERING & EQUIPMENT

Our athletes, from high school to college, have shown incredible generosity. Thanks to their support, our youth groups have access to state-of-the-art facilities and even get to take home quality sports equipment. Through multiple equipment drives organized by our athletes, we've collected an amazing 1,830 pieces of gear!

ATHLETE IMPACT



YOUTH IMPACT

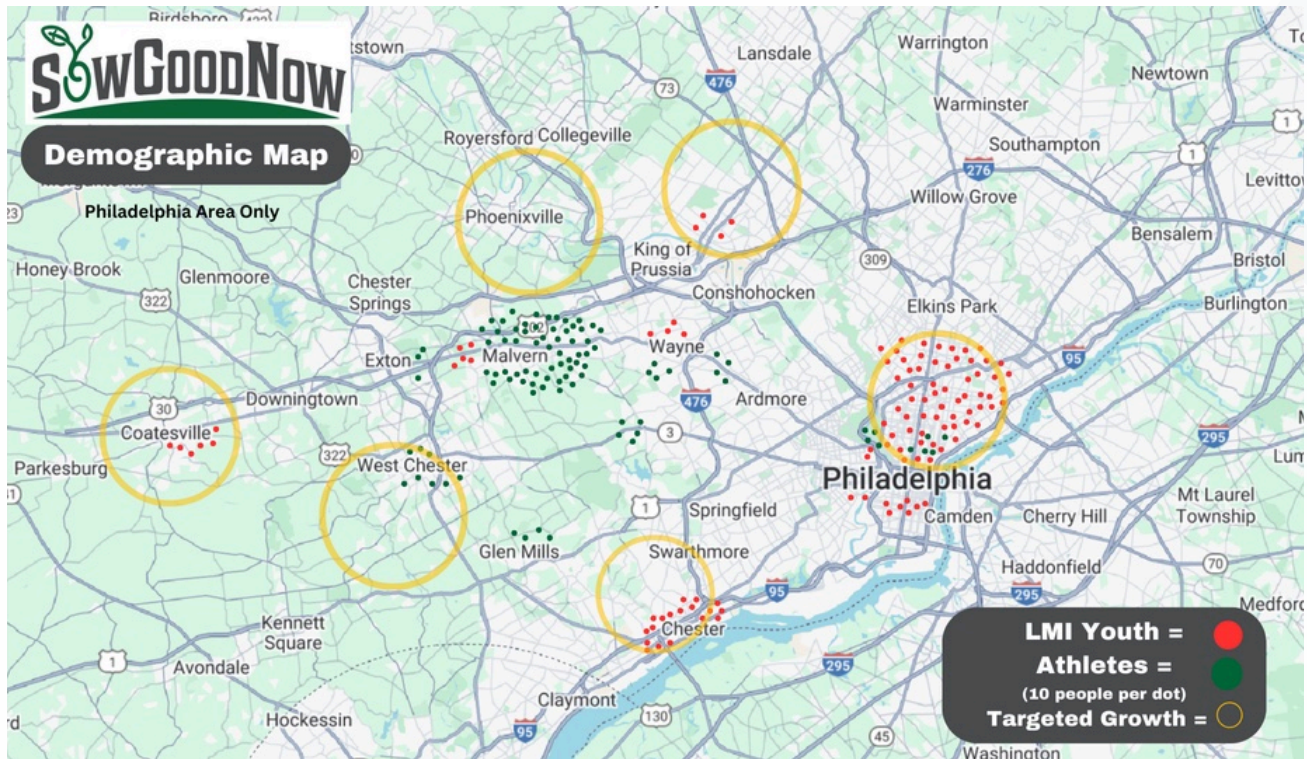


SPORTS TRAINING & EQUIPMENT

Youth participants, in grades 3–8 from across the region, love spending time with our athletes, learning new skills, and making friends. When asked what they enjoy most, they often say, “Everything!” Our one-on-one mentorship between student-athletes and youth is what makes these lasting connections possible. This personalized approach leads to deeper learning and greater confidence for each participant.

AREAS SERVED

Take a look at how widespread Sow Good Now has become and how you can help us grow farther!



At Sow Good Now, we have engaged over 3,600 youth since our founding in 2018. We continue to empower high performing student athletes to open their premier athletic facilities and unlock their capacity to share unique gifts with youth from underserved, low to moderate income communities. Our GiveBack programs not only enhance the mental well-being of these young volunteers, fostering personal growth and resilience, but also provide underserved youth with the relationships and opportunities they desperately need. By building connections through sports, we empower both groups to thrive together. However, our mission doesn't stop here; we need your support to reach even more youth and expand our impact.

Discover how you can get involved and help us create lasting change in our communities by shifting the focus from achievement to service!

LOOKING FORWARD

Looking ahead to what Sow Good Now can do in our community

2025 **has already brought tremendous growth**

for Sow Good Now. We've been collaborating with several new community partners and have strengthened our existing ones. We have hit the ground running with our Third Annual Pickleball Saturday, and are looking forward to a busy summer.

We are proud to have you on our team as we continue to transform lives through our GiveBack programs and the sports we love!

Thank you again for your continued support. Our work continues to impact our communities by shifting the focus from achievement to service!

Ways to Donate:

- Scan the QR code to pay online
- Donate by Venmo @sowgoodnow
- Mail a check to Sow Good Now at 520 E Lancaster Ave, Suite 200
Downingtown, PA 19335
- Volunteer



Sow Good Now
520 E Lancaster Ave, Suite 200
Downingtown, PA 19335
501(c)(3) NonProfit Organization
EIN: 83-0997543
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