



# OUR IMPACT



[www.sowgoodnow.org](http://www.sowgoodnow.org) / [team@sowgoodnow.org](mailto:team@sowgoodnow.org)

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CELEBRATING A YEAR OF IMPACT

# LEADING WITH PURPOSE

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*A Message From Our President*

Dear Friends and Supporters,

As we reflect on 2025, I'm filled with gratitude and renewed belief in the power of young people to create meaningful change. At Sow Good Now, we've seen firsthand how student-athletes, when equipped with tools for giving, can become powerful forces for good.

This year, we partnered with 16 youth-serving organizations and engaged over 950 student-athletes in GiveBack events that strengthened community connection and youth mentorship. In addition, our philanthropy training and fundraising initiatives mobilized these athletes to support causes such as mental health, food insecurity, and educational access. Together, these efforts raised critical funds and awareness—while also building empathy, leadership, and a deeper sense of social responsibility.

We were proud to open our new office space, expand across the Philadelphia region, and strengthen partnerships with schools, teams, and nonprofits who share our mission. Every step forward has been made possible because of your support.

Sow Good Now is rooted in a simple truth: sports can be a vehicle for philanthropy, and young athletes are ready to lead. We see it at every event, in every teammate lending a hand, and in every act of kindness shared.

Thank you for believing in this work. Together, we're not just sowing good—we're watching it grow.

With gratitude,

**Mary Fischer-Nassib**

President & Co-Founder

Sow Good Now

[mary@sowgoodnow.org](mailto:mary@sowgoodnow.org)



# A YEAR OF RECOGNITION AND MILESTONES

*Honoring Our Impact as an Organization and the Leadership that Guides Us*



This year, Sow Good Now was honored with the Outstanding Youth in Philanthropy Award from the Association of Fundraising Professionals – Greater Philadelphia Chapter, a recognition that celebrates organizations empowering the next generation of changemakers. Receiving this award affirmed the heart of our mission: equipping young people with the tools, confidence, and opportunities to lead through service. It was a proud moment for our entire community—student-athletes, partners, donors, and families—whose dedication and belief in the transformative power of youth philanthropy made this achievement possible.

We were also thrilled to celebrate a milestone for our CEO and Co-Founder, Mary Fischer-Nassib, who was inducted into the Wall of Distinction at Malvern Preparatory School. This honor recognizes Mary’s lifelong commitment to service, leadership, and youth development—values that have shaped Sow Good Now since its founding. Her vision continues to inspire student-athletes, coaches, and community partners across the region, and her recognition this year is a testament to the impact her leadership has had both within our organization and beyond.

# TEAMS & PARTNERS

*With Gratitude to Those Who Make It Possible*

## **Participating Athletic Teams**

- *Applecross Golf Academy*
- *Brandeis University Women's Soccer*
- *East Coast Karate*
- *George School Basketball*
- *Great Valley Football*
- *Great Valley Volleyball*
- *Immaculata Softball*
- *Jefferson University Softball*
- *Little Flyers Hockey*
- *Malvern Preparatory School*
- *Mesa Lacrosse*
- *PBT Baseball*
- *Phantastix Lacrosse*
- *Saint Joseph Preparatory Soccer*
- *Saint Joseph's University Men's & Women's Basketball*
- *Synergy Gymnastics*
- *University of Penn Gymnastics*
- *University of Penn Men's Golf*
- *West Chester University Men's & Women's Golf*
- *West Chester University Women's Volleyball*

## **Out-of-School Partners**

- *The Bridge Academy & Community Center*
- *Christina Seix Academy*
- *CYO St. Joseph's Catholic School*
- *Eddystone Elementary*
- *Faith Tabernacle Church*
- *George Washington Carver Community Center*
- *The Gesu School*
- *Greater Brandywine YMCA*
- *The Heights School in Philadelphia*
- *KB Foundation*
- *Main Line Girls Basketball Association*
- *Phillies Urban Youth Academy*
- *St. Agnes Day Room*
- *Sunrise of Philadelphia*
- *Vare Gymnastics Team*
- *Waltham Boys & Girls Club*
- *Youth Development United*



# BUILDING COMMUNITY

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



WHERE ACCESS MEETS OPPORTUNITY

# COMMUNITIES WE SERVE

*Bridging Communities Through Sport*



Our GiveBack programs are rooted in the belief that sport can be a powerful connector across communities. In the five-county Philadelphia region alone, there are an estimated 200,000 student-athletes with the potential to give back, alongside hundreds of thousands of children living in low- to moderate-income communities who often lack access to organized sports experiences. This imbalance highlights both a challenge and an opportunity—one that Sow Good Now is uniquely positioned to address through intentional partnerships and community-centered programming.

Through our GiveBack initiatives, we bridge the gap between these communities by connecting athletes with young people who may not otherwise have access to sports, mentorship, or positive role models. By creating meaningful, hands-on experiences, we introduce children to new sports, foster confidence and belonging, and show them what is possible when communities come together. At the same time, participating athletes develop a deeper sense of purpose and civic responsibility, reinforcing a cycle of impact that strengthens neighborhoods and builds more equitable access to opportunity through sport.

STRENGTH IN UNITY

# SAINT JOSEPH UNIVERSITY BASKETBALL TEAM HIGHLIGHT

*What does love look like?*



# PASSION IN ACTION: CARITAS CARNIVAL

*A Shared Commitment to Youth Empowerment and Service*



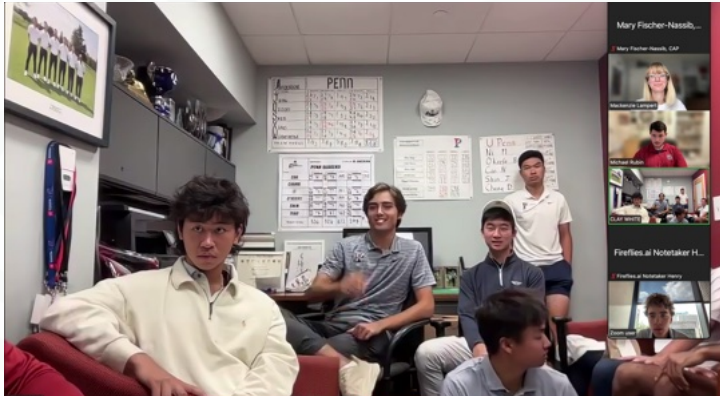
In alignment with its mission to inspire young men through inquisitive thinking, character development, and meaningful relationships, Malvern Preparatory School partnered with Sow Good Now for the third annual Caritas Carnival. Hosted on Malvern's state-of-the-art campus, the event united students from five local schools for a day filled with sports, service, and community connection.

In a powerful display of leadership and generosity, Malvern Prep athletes raised and donated over **\$900** to Coaches vs. Cancer, channeling their passion for athletics into a cause that makes a lasting impact. Their commitment reflects the very heart of the Caritas Carnival—youth using their talents to uplift others and lead with purpose.



# PHILANTHROPY CLASS

*How our athletes make an impact in their community*



Our impact goes far beyond a single GiveBack event. Through our Philanthropy Program, student-athletes begin planning nearly three months in advance — taking full ownership of their GiveBack from start to finish. On average, athletes dedicate dozens of hours to organizing logistics, coordinating with nonprofit partners, fundraising, promoting the event, and preparing to lead youth participants in a meaningful way.

As part of this process, athletes research and select three organizations that resonate with them. Together with the youth participants on GiveBack day, they collectively decide which organization will receive the funds raised.

This hands-on experience teaches powerful lessons in leadership, accountability, financial stewardship, and thoughtful decision-making. Athletes learn that while everyone has the ability to give and make a difference, resources are limited and must be allocated with intention. By the time the GiveBack arrives, they are not simply participants — they are prepared leaders who understand how teamwork and generosity can create lasting impact in their communities.

# INVESTING IN COMMUNITY

*Partnering to Strengthen Our Communities*



This year, our student-athletes and youth chose local organizations to support, helping causes like mental health, food access, and education—showing how teamwork and thoughtful giving can create real impact in their communities.

- Malvern Prep donated to Coaches vs Cancer
- Brandeis Soccer donated to Boston Health Care for the Homeless & the Boys & Girls Club of Waltham
- Synergy Gymnastics donated to Sow Good Now
- Great Valley Football donated to Chester County Food Bank
- UPenn Golf donated to St. Jude Children's Research Hospital
- UPenn Gymnastics donated to West Philadelphia Alliance for Children (WePAC)
- Jefferson Softball donated to Pennsylvania Association for Infant Mental Health (PA-AIMH)
- Great Valley Volleyball donated to Chester County Food Bank
- St. Joseph Prep Soccer donated to Eagles Autism Foundation
- Mesa Lacrosse donated to Harlem Lacrosse Philadelphia
- WCU Golf donated to The Bridge Academy
- George School Basketball donated to Mercer Street Friends
- Little Flyers donated to the Shared Food Program

# WOMEN WHO LEAD

*Celebrating women in sports who are leading with purpose and making a difference beyond the game.*



**Maddie Martin**

**Maddie** is a ninth-grade gymnast at Synergy Gymnastics in Malvern, PA. Gymnastics has been a huge part of her life—it's taught her strength, confidence, and perseverance. Now, she's decided to use the sport she loves to uplift young girls who may not have had the same opportunities.

For the past two years, Maddie has volunteered alongside her dad at Sow Good Now's Football GiveBack, an event that brings kids together through sports and community service. It was there that she first realized the power of giving back and how even small acts of kindness can make a big impact.

With the generous support of the Synergy gym owner, who donated the space, and the amazing coaches, who supervised the event, Maddie was able to put everything together to create a great day for these girls. Maddie raised over \$1,300 to cover transportation and bring the girls and their chaperones to the gym as well as provide lunch after. She also brought in the help of a generous community partner, GK Elite Sportswear, who donated leotards to each of the little girls so they could feel like real gymnasts when they stepped onto the floor!

**Carly**, a senior and member of the University of Pennsylvania Women's Gymnastics team, stepped into a remarkable leadership role this year by launching the very first Sow Good Now Gymnastics GiveBack at Penn.

Inspired by the opportunity to use her platform as a student-athlete for good, Carly took the lead in bringing the event to life from start to finish. She worked closely with her teammates to design and organize the stations, create a welcoming and engaging experience for the youth participants, and ensure the day blended gymnastics, mentorship, and service. Through her leadership, Penn Gymnastics student-athletes helped guide participants through skill-building activities while also creating space for encouragement, confidence-building, and fun.

Carly's passion for service didn't stop with the event itself. Through her leadership, she also helped spark interest among other Penn athletic teams in hosting GiveBacks of their own, including the UPenn Women's Rowing team — expanding the impact of student-athlete service across campus.



**Carly Oniki**

MENTORSHIP THAT'S PERSONAL

# MENTORS & MENTEES

*We strive to give each youth the personal attention and encouragement they deserve.*



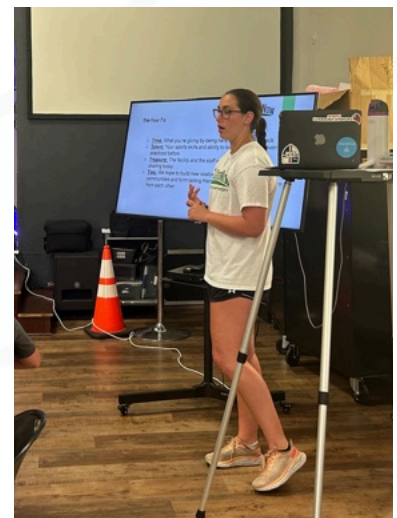
# FUTURE LEADERS, CURRENT IMPACT

*Building leaders of tomorrow*

Interns at Sow Good Now play a vital role in advancing our mission to uplift underserved youth through the power of sports. Bringing fresh energy and new perspectives, they contribute to program development, event coordination, content creation, and community outreach—helping us expand our reach and deepen our impact.

This year, we were proud to welcome interns from Lycoming College, West Chester University, The Catholic University of America, Bucknell University, Immaculata University, and Neumann University.

Their diverse experiences strengthen our team, and what makes the Sow Good Now internship especially unique is the opportunity for students to lead projects they are truly passionate about—from launching podcasts to planning GiveBack events and designing digital campaigns. Our interns do more than support the mission—they help shape it. Special thanks to Immaculata’s Nadia Bhuiyan for organizing the Reading Phils night, and to the West Chester Center for Community Solutions for connecting students with meaningful community opportunities.



# EQUIPMENT DRIVES

*Gear up and give back!*



Thanks to the dedication of our student-athletes and volunteers, we collected hundreds of pieces of gently used sports equipment for the youth we serve. At Sow Good Now, we believe the joy and love of sports should last well beyond the day of an event—which is why it's so important to ensure every participant has their own equipment to take home.

In 2025, we expanded our efforts beyond equipment by launching a sweatshirt drive. Collection bins were placed throughout Chester County for new or like-new sweatshirts, ensuring the youth we serve not only had the gear to play but also the comfort to stay warm. Thanks to the tremendous support of the Greater Brandywine YMCAs, we gathered over 200 sweatshirts to distribute.

A special thank-you goes to Jenn Fischer and the incredible volunteers at St. Joseph Parish CYO, whose 2nd Annual Equipment Drive brought in over 100 golf clubs, 15 lacrosse sticks, basketballs, over 75 frisbees, baseball/ softball bats, hockey sticks, tennis rackets, soccer and field hockey goalie equipment. St. Joseph Parish continues to shine as a model of service and community giving, and we are proud to partner with them to make a lasting impact.

# FUNDRAISERS

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



Our fundraisers in 2025 were greater than ever!

At our Golf Outing on May 19, participants enjoyed a beautiful day on the course at Penn Oaks Golf Club. The event was filled with sunshine, camaraderie, and a shared commitment to supporting Sow Good Now's mission. After completing 18 holes, guests gathered in the clubhouse for dinner, awards, and celebration—making it a memorable day of golf, gratitude, and generosity.

As always, Sow Good Now Board Member, Mary Boylston brought unmatched energy and dedication to our annual Pickleball Fundraiser. Thanks to her leadership and collective efforts of everyone involved, we raised \$12,550 in support of our mission.

We extend our heartfelt gratitude to our sponsors, players, and supporters whose generosity and enthusiasm made these events possible. Your continued commitment helps Sow Good Now create meaningful opportunities for youth to learn, play, and give back through the power of sports and service.



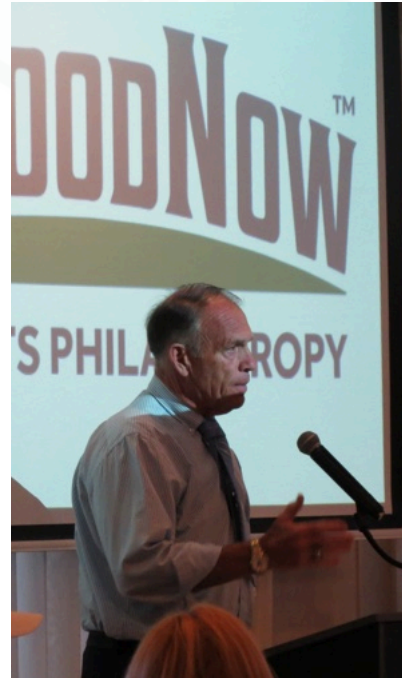
# STAR POWER FOR A PURPOSE

*Notable Guests Inspire, Engage, and Amplify Sow Good Now's Impact*

This year, Sow Good Now was honored to have the support of two remarkable members of the Philadelphia sports community whose presence brought energy, inspiration, and visibility to our mission. Kevin Reilly, former Philadelphia Eagle, joined us at our annual Golf Outing to share his powerful story of resilience and purpose. His message deeply resonated with our athletes, donors, and volunteers, reminding us all of the impact we can make when we lead with courage and generosity.

We were also thrilled to welcome Doug Hendricks, host of Winning Golf TV, who filmed a special segment of his NBC Sports Philadelphia show live at our outing. A handful of our supporters had the unique opportunity to participate in the recording—an unforgettable experience that highlighted both the spirit of the event and the community behind our work. Doug's enthusiasm and platform helped amplify Sow Good Now's mission to a broader audience, bringing even greater awareness to our efforts to empower youth through philanthropic sports experiences.

These special guests contributed not only to a memorable day on the course, but also to the momentum we continue to build toward a future where more young people are inspired to share their time, talent, treasure, and ties. Their involvement reflects the growing network of champions who believe in our vision and choose to stand alongside us as we sow good together.



GUIDED BY LEADERS, DRIVEN BY SERVICE

# BOARD LEADERSHIP & VOLUNTEER IMPACT

*Empowering Youth Through Dedicated Leadership*



This year, Sow Good Now was guided by a dedicated Board of Directors whose leadership strengthened our programs and expanded our reach. We were thrilled to welcome new board members who bring fresh expertise and a shared passion for empowering youth through sports and service. We also proudly recognize key volunteer Janet Satterthwaite, whose instrumental grant-seeking efforts and consistent event support embody the spirit of service. Thanks to the commitment of our board and volunteers like Janet, Sow Good Now is stronger and better equipped to serve youth across our communities.

## 2025 Board Members:

- **Justin Lamborn**, Chair: Regional Vice President at Garnet Captive
- **Erin Garvey-Giorgio**, Vice Chair: Educator & Advisor at Science Leadership Academy
- **Natalie Parker**: Relationship Management Officer at Glenmede
- **Mary Fischer-Nassib**: CEO & Co-Founder at Sow Good Now
- **Chuck Clark**: Senior Commercial Relationship Manager at OceanFirst
- **Barkley Sample**: Regional Director at Catholic Charities of the Diocese of Raleigh
- **Ashley Buettner**: COO at Applied Video Technology
- **Lou Beccaria**: Founder of Beccaria & Associates LLC
- **Bobby Della Polla**: Director of Finance at For Pete's Sake
- **Evan Linhardt**: Wealth Advisor at Bernstein Private Wealth Management
- **Mick Horwitz**: Co-Founder of Sierra Canyon School
- **Asia Whittenberger**: Manager of Advancement at University City District

## 2025 Advisory Board Members:

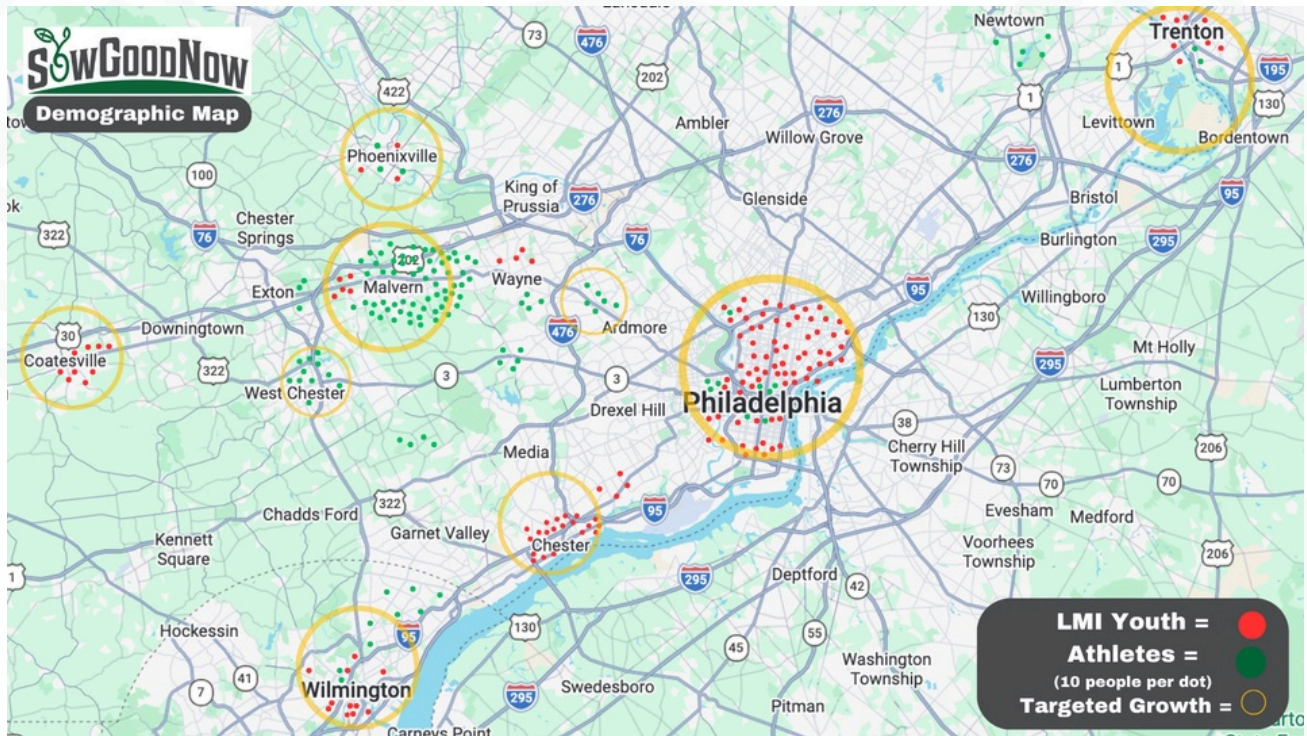
- **Dilun Wu, CAP**: Executive Director at J.P. Morgan
- **James Santore**: Senior Growth Marketing Manager at Splash Sports
- **Mary Boylston**: Nurse Consultant
- **Jennie Racca**: Segment Marketing Manager
- **Bill Macknis**: Financial Services Representative at Creative Financial Group
- **Bonnie Monastra**: Owner of Ageless Exercise
- **Geoff Boylston**: Associate Attorney at Gordon, Fournaris & Mammarella, P.A.
- **Nikole Collins-Puri**: Co-Founder & CEO of Mo-saiQ and NCP InspireImpact LLC

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WITH GRATITUDE TO OUR SUPPORTERS

# GROWING OUR REACH, TOGETHER

*Expanding our impact in 2026 through the generosity of our donors.*



Because of our generous donors, Sow Good Now continues to expand its reach and deepen its impact. Their support powers every GiveBack event, partnership, and opportunity we provide to youth in our communities. What began as a vision to connect service and sport has grown into an expanding network of teams, schools, and community partners—all made possible by their belief in our mission.

As we look ahead to 2026, we are entering an exciting new chapter of strategic growth. With additional teams and partners already on our waitlist, we are well positioned to expand into new communities and build new partnerships. The map on this page highlights where we currently serve youth and the areas identified for future growth, with each point representing lives impacted and opportunities created through donor generosity.

# ELEVATING YOUTH PHILANTHROPY TOGETHER

*Strengthening our community, together*

**GLENMEDE**  
ENDOWMENT & FOUNDATION  
MANAGEMENT



We were honored to be welcomed into Glenmede Trust's newly opened Philadelphia office by Thomas Moore and his team for a meaningful conversation about the future of youth philanthropy.

Sow Good Now's growth continues to be fueled by the generous support of committed corporate and family foundations that believe in the power of youth, service, and sport. Their partnership helps us expand programs, strengthen community relationships, and create more opportunities for underserved youth to lead.

We are deeply grateful for their trust in our mission and the lasting impact their investment makes possible.

## THANK YOU TO OUR SUPPORTING FOUNDATIONS



**THE SATTERTHWAITE FAMILY FUND**

**ANALEE FALK FAMILY FOUNDATION**

**ALERT GIVING FUND**

# CONNECTIONS THAT INSPIRE CHANGE

*Connecting for Community*



Collaborating with youth-serving partners is at the heart of Sow Good Now's mission. By working with schools, nonprofits, and community centers, we create experiences that uplift, empower, and inspire young people, while building stronger connections in the communities we serve.



In 2025, we were grateful to grow through new partnerships with the Vare Gymnastics Team, Make the World Better Foundation, the Gesu School, the Heights School in Philadelphia, and George Washington Carver Community Center. Together, we provided opportunities for youth to give back, build confidence through sport, and experience the power of community—showing what's possible when we work hand in hand.



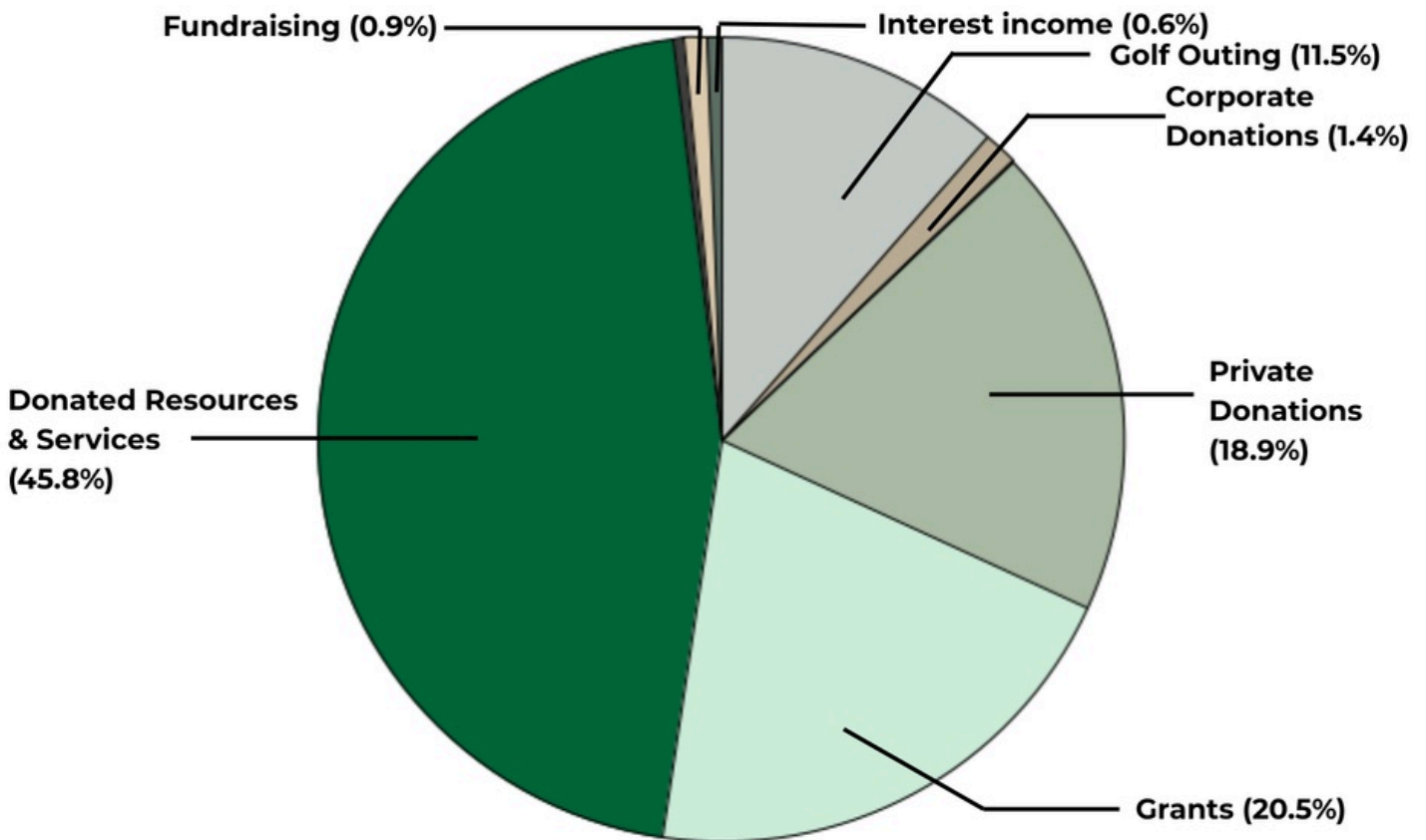
# 2025 REVENUE

*2025 revenue breakdown.*

In 2025, Sow Good Now operated with an annual budget of approximately \$750,000, reflecting significant growth from our 2024 budget. This 50% year-over-year increase underscores both the rising demand for our programs and the strong, continued investment from our community and partners.

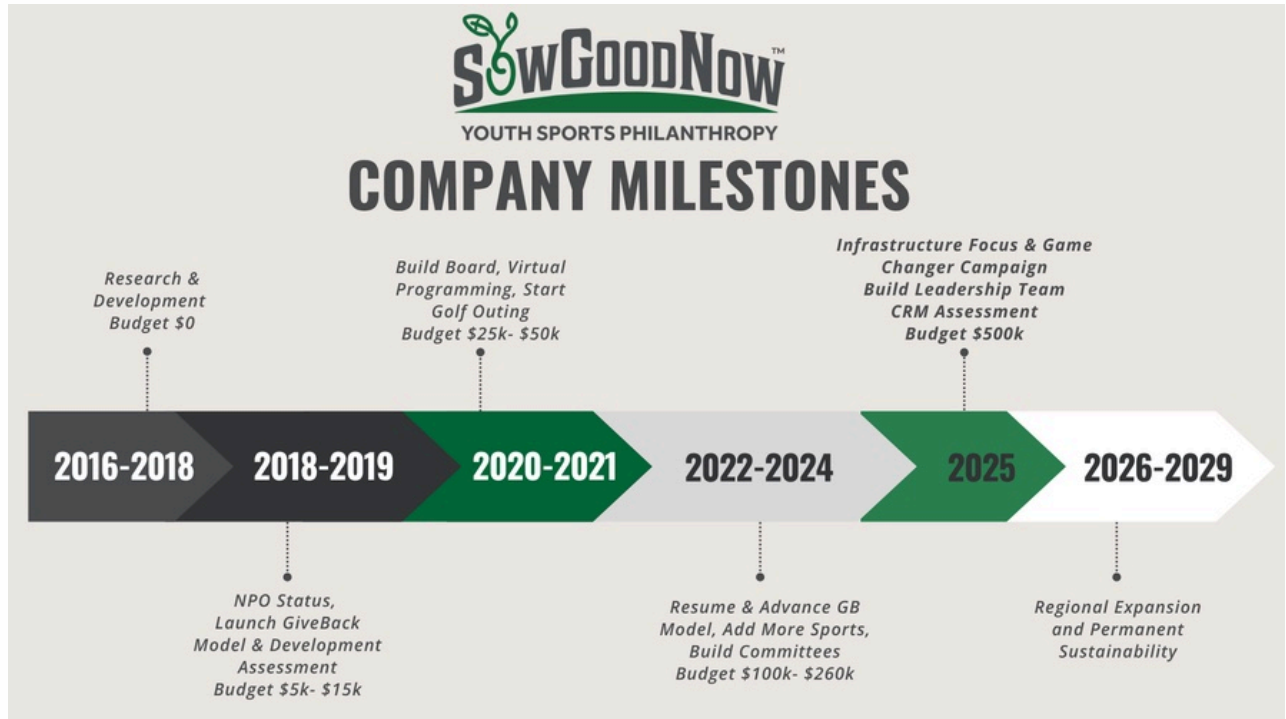
In-kind donations (donated resources & services) made up the largest portion of our revenue, demonstrating the meaningful value of services and resources contributed directly to support our programming. Grants and private donations also represented a substantial share, allowing us to expand access, strengthen our infrastructure, and deepen our impact throughout the year.

Additional revenue was generated through our golf outings, corporate and matched gifts, fundraising initiatives, and general income. This diversified funding model provides financial stability, reduces reliance on any single source of support, and positions Sow Good Now to continue scaling responsibly while serving more communities in the years ahead.



# LOOKING FORWARD

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



As we look ahead to 2026, Sow Good Now is more energized than ever to expand our impact. Building on the momentum of 2025, we're excited to strengthen partnerships, introduce new GiveBack programs in underserved communities, and engage even more student-athletes in meaningful service.

With a growing network of schools, teams, and nonprofit partners, we're laying the foundation for a national movement that blends a love of sports with purpose-driven leadership.

Together, we'll continue to sow good and grow the next generation of changemakers— one team, one act of kindness, and one community at a time.

### 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  
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team@sowgoodnow.org



RAISING THE NEXT GENERATION OF  
PHILANTHROPIC ATHLETES

**SowGoodNow™**

YOUTH SPORTS PHILANTHROPY

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