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# Summer 2025 Newsletter

SOW GOOD NOW

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Summer 2025



## YOUTH SPORTS PHILANTHROPY

### A Season of Growth, Gratitude, and Giving Back

#### Dear Friends,

Thanks to your support, **Sow Good Now** has made powerful strides in 2025 — and it's only July! This year has been rich with growth, connection, and celebration. We're thrilled to share some of the many highlights that show how your belief in youth-led philanthropy continues to take root and flourish.

#### Expanding Our Reach: New Partnerships

We proudly launched new partnerships with Saint Joseph's University Men's and Women's Basketball Teams, inspiring youth through service, kindness, and teamwork. We also deepened our relationship with West Chester University, working with both Men's and Women's Golf Teams, and—exciting first!—partnering with Women's Volleyball to expand our athletic engagement.

In the high school space, we're excited to announce that Great Valley High School Volleyball will be joining their football team in supporting our mission through team-led philanthropy.

Additionally, we've expanded our out-of-school partnerships, welcoming The Heights School in Philadelphia and strengthening our collaboration with the Greater Brandywine YMCA through fundraiser participation and contributions to our successful sweatshirt drive.



*Great Valley Football Athlete, Yousif, and young athlete participant*

#### Synergy Gymnastics Joins the Movement

We welcomed Synergy Gymnastics to the Sow Good Now family! Their athletes are living proof that leadership starts early. Both in and out of the gym, they're inspiring peers by pairing personal goals with purposeful service.

#### A Season of Events and Engagement

Our Fourth Annual Golf Outing was a great success, thanks to all who participated and supported! We're also excited to announce our Third Annual Pickleball Saturday, happening on September 13th at the Glen Mills Recreation Center, 543 Wood Dr, Glen Mills, PA — mark your calendars for a fun-filled day of friendly competition and philanthropy.



*Foursome hits the course at our Golf Outing*

#### Growth in Phoenixville & New Leadership

We're expanding our reach in Phoenixville, connecting with new teams and community groups to grow youth-led impact. We also proudly welcome Ashley Buettner, CEO of AVT, to our Board—bringing strong vision, leadership, and passion to our mission.

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## Summer Highlights



### Prioritizing Mental Well-Being at Our Events

Thanks to generous support from the Foxwynd Foundation and Angels Against Addiction, we've integrated a focus on mental wellness into our programming. Through mindfulness practices, resilience-building, and honest conversations, we're creating spaces that support youth both emotionally and socially.

We also launched our first-ever podcast episode, featuring Villa Maria alumna Maddie Catania, focused on mental wellness. This powerful conversation marks a new chapter in our commitment to holistic youth support. Listen to the Podcast on our Youtube channel @sowgoodnow7400.



*Bishop McIntyre and Malvern Prep Staff and athletes welcome the youth for a day of fun*



### Caritas Carnival: A Celebration of Community

This spring, our Caritas Carnival, hosted in partnership with Malvern Prep, brought together students from five local schools for a vibrant day of community, giving back, and youth-led impact. With over 900 kids engaged in service activities, skill-sharing, and fundraising for causes close to their hearts, the event was a powerful reminder of what young people can accomplish when given the opportunity to lead.

We were especially honored to welcome Bishop McIntyre, whose presence underscored the importance of faith, service, and community in youth philanthropy.

## A New Home for Good Work

We've officially moved into our new office at 520 East Lancaster Avenue, Suite 200, Downingtown, PA. This space reflects years of growth and belief in our mission — a collaborative hub where ideas spark and impact multiplies.



*Phantastix athlete teaches a KB Foundation participant how to hold a lacrosse stick*

## Planting Seeds, Growing Impact

As we continue to invest in the power of youth-led philanthropy, we remain deeply grateful for every donor, volunteer, partner, and champion walking alongside us. Every dollar, every hour, and every act of kindness is helping sow seeds that are already blooming in powerful ways.

With heartfelt thanks,  
Mary Fischer-Nassib  
Founder & CEO, Sow Good Now

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