

2023



IMPORTANT MESSAGES ABOUT

RAISE THE BAR INITIATIVE



RAISE THE BAR INITIATIVE

RAISE THE BAR INITIATIVE IS A NON-PROFIT ORGANIZATION THAT PROVIDES OPPORTUNITIES FOR GIRLS AND WOMEN TO DEVELOP PHYSICAL, MENTAL, AND EMOTIONAL STRENGTH THROUGH WEIGHT TRAINING AND COMMUNITY RELATIONSHIP BUILDING.

We want to impact 10,000 women by 2025 which will only be possible through the generous support of our communities.

OUR MISSION, VISION AND VALUES

■ MISSION

To educate and provide opportunities for every woman to develop strength.

■ OPERATING MISSION

We do this by creating experiences that support physical, mental, and emotional well-being

■ VISION

Strong women build strong communities

■ VALUES

Belonging, Education, Empowerment, Service

[RAISETHEBARINITIATIVE.COM](https://raisethebarinitiative.com)



WOMEN'S BARBELL CLASSIC

THE WOMEN'S BARBELL CLASSIC (WBC)

IS A WOMEN'S-ONLY PUSH/PULL POWERLIFTING MEET HOSTED BY RAISE THE BAR INITIATIVE.

Beyond building community and friendly competition, WBC is also Raise the Bar Initiative's largest fundraiser of the year — our version of a gala in the nonprofit world.

■ VOLUNTEER BASED

Raise the Bar Initiative is primarily volunteer based, which means everything raised from this event including registration fees, sponsorships, apparel sales, admissions and individual fundraising directly support initiatives like the Barbell Club.

■ COMMUNITY

Women and girls ages 8 to 60+ share the platform, showcasing their hard work, dedication and strength, all while making new friends.

WOMENSBARBELLCLASSIC.COM

THE
BARBELL
CLUB

THE BARBELL CLUB

THE BARBELL CLUB IS ONE OF OUR MOST IMPACTFUL PROGRAMS, SERVING HIGH SCHOOL GIRLS IN OUR COMMUNITY.

The Barbell Club is a 6-week strength training program for high school girls that educates them on barbell movements and accessory work while also incorporating discussions on goal setting, self-esteem, body issues, and the importance of positive community friendships.

We create a safe space for girls to come into a gym environment for the first time, meet new people, and also have open, honest conversations.

THE IMPACT OF YOUR DONATION

- **Student Lifting Apparel and Shoes**
- **Nutritional Snacks and Water**
- **Strength Training Journals**
- **Training Equipment**
- **Coaching Certification Instruction**
- **Scholarship Funding**
- **Transport Van (Newest Goal)**

WWW.RAISETHEBARINITIATIVE.COM/WHATWEDO#BBC