

From: noreply@formstack.com
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Subject: The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application
Date: Thursday, November 12, 2020 5:28:27 PM



Formstack Submission For: **The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application**

Submitted at 11/12/20 5:28 PM

**Name of
Affiliate
Organization:**

Tallahassee Bar Association, Young Lawyers Section

**Individual
Contact
Name:**

Craig Richards

**Contact
Email:**

crichards@forthepeople.com

**Mailing
Address
(where The
Florida Bar
should send
grant funds):**

313 North Monroe Street
Suite 401
Tallahassee, FL 32317

Event Name:

Raise the Bar Fitness Event

**Estimated
Event Cost:**

2500

**Estimated
Attendance:**

80

Dollar

**amount
requesting
from the
Young
Lawyers
Division of
The Florida
Bar:**

500

**Event(s)
Description:**

TBA Young Lawyers Section sponsors a fitness event at a local gym to encourage mental and physical health and fitness while bringing awareness to our local legal community and helping out an organization in need. The event consist of teams of at most four members competing against one another in timed fitness performance events. The event ends with a timed run and lunch afterwards at a local restaurant.

As far as the fitness events go, there will be four stations:

1) Balls to the Wall: will consist of an ("AMRAP" As many reps as possible), wall ball throws, TRX rows, rope slams, and crunches for time. Each completed cycle will gain your team a point.

2) Who is Tire'd: will be a partner tire flip (Tractor tire), coupled with a wall sit for time. The longer you hold your wall-sit, with good form, the more points you can obtain as a team, etc.

3) That's How I Row: will be a row for distance in a specific time limit, coupled with push-ups.

4) Butts and Guts: will be a plank and air squats all for time.

Then after all that is said and done we will have the one mile fun-run/walk for time. Where Tallahassee Police Department will be blocking off the road way and sidewalk for the participants.

**Will alcohol
be served at
the event?:**

Yes

Will any

monies received from the YLD be used to purchase alcohol, travel expenses, or attorney hours?:

No

How will the YLD funds be utilized?:

For the food provided at the event, and for the Gym's rental fee as well as for the trainers facilitating the event

How does your event(s) fit into the parameters of the Health and Wellness Challenge?:

The event promotes health and mental wellness all while promoting great physical fitness practices. The event scoring is well balances so as to invite all levels of fitness and the trainers use national strength training/military standards to make sure the point system is gender neutral.

Will your event(s) benefit any other groups?:

Yes, the majority of proceeds will go towards a local charity of the Board's choosing. This charity is yet to be finalized.

In which Judicial Circuit will your event(s) occur?:

Circuit 2

In which County will your event(s) occur?:

Leon

Will your event(s) be held via Zoom (or other online web platform), in-person, or a

In-Person

**combination
of the two?:**

**Proposed
date of event
(must be
within one
year from
application
deadline):**

Apr 10, 2021

**Describe how
you will
recognize The
Florida Bar
Young
Lawyers
Division for
its support of
your event:**

Flyer

Budget:

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