



## Program Information / FAQs

### **What is the goal of this program?**

Emphasize community involvement and service by shaping young leaders who will institute and participate in give-back opportunities.

### **What are the core values of this program?**

1. Leadership
2. Integrity
3. Service

### **Is there an age requirement for this program?**

Students must be 10 years or older by 04/15/22 to apply.

### **Are Thrive students that are not a part of the team program eligible to apply?**

Yes, any active student age 10 or older is welcome to apply for Thrive Ambassadors.

### **How many applicants will you be accepting? Why that number?**

We will be accepting a total of 20 students to participate in Thrive Ambassadors. We intend to choose about 10 middle school age students and 10 high school age students. This is intended to be a collaborative experience wherein each individual student's personality can shine during meetings and events.

### **How will the application be assessed?**

Your child's age and grade in school will be factored in as we assess their responses to the short answer questions and essay prompt in the application. Above all, we are looking for authentic and specific answers.

### **What can Ambassadors expect of program meetings?**

Thrive Ambassadors are expected to attend monthly meetings, during which they will participate in character building activities, leadership activities, work closely with their peers to develop friendships, and plan community give back events.

### **What is expected of Thrive Ambassadors?**

We chose the name "Ambassador" because all students that are selected for this program will be expected to represent Thrive Gym out in the community. We expect our ambassadors to present themselves with integrity, positivity, and maturity. We will also expect them to step up as leaders and role models for their fellow peers.

### **When will Thrive Ambassadors meetings be held?**

Club meetings will be held on the same day and time once a month. Once this year's Thrive Ambassadors are selected, meetings will be scheduled based around the school year practice schedule.



**What can I do if my child is not selected as an Ambassador?**

We encourage anyone who is not selected as an Ambassador this year to reapply next year. Additionally, we will have volunteer opportunities throughout the year for all Thrive Families to attend. We encourage your child to participate in those, as we will take this into consideration next year when we begin accepting applications for our next round of Ambassadors.



## The Story Of Thrive Gym

*To provide you with some context as to how the idea for the program came about, we want to share with you the story of Thrive Gym.*

*We have always had a "can-do" attitude, or as we like to say, "Nothing Is Impossible". We feel it is equally as important to take this into our communities as it is inside our gym. Through this experience, we will work with your children to develop leadership skills, learn the importance of community and service, and foster new and deeper friendships.*

Severna Park Gymnastics (SPG) was founded in the summer of 2008. The creation of SPG was born out of a need for a new home for local students when The Little Gym of Severna Park closed its doors. At the time, the Severna Park Community Center had just opened its doors after its massive renovation. The Director of SPCC, Chris Marsala, and the former Director of The Little Gym, Courtney Parfitt, joined forces with Patterson Physical Therapy to create a new gymnastics program that met the need of the community. With the help of local families, Severna Park Gymnastics was able to provide high quality gymnastics instruction and innovative fitness programming. The program took off and before long, SPG was a full fledged gymnastics program complete with a competitive team, tumbling classes and boys fitness classes.

In 2011, the SPG team had their eyes out for a permanent home and a place to expand programming in the Severna Park/Arnold area. As fate would have it, a new sign near a hidden industrial park on Ritchie Hwy had popped up that said "For Lease." After months of investigation, consideration, and hard work, SPG's new home was secured! Students, teachers and families put in hard work, muscle, and time to bring together truck loads of equipment, gallons of paint, and a ton of man-power to prepare the new facility. The week SPG Arnold was set to open its doors there was an earthquake AND a hurricane. But that didn't stop the passion the SPG team had, in fact, it made the commitment even stronger.

SPG-Arnold opened its doors on August 28th, 2011 and became the 2nd location for Severna Park Gymnastics classes. Over the next 4 years, Severna Park Gymnastics continued to grow and innovate, offering new programs like Taekwondo, Gym Ninjas, Dance/Gym Combo and more competitive team options. SPG-Arnold also has become a central location for the community by providing a gathering place for local Moms Group, Girl Scout Troops, Cheer Teams and Pre-schools. The success of Severna Park Gymnastics is the direct result of the partnership between a supportive community and a passionate group of instructors who are committed to being a positive force for the children and families they serve.

In 2015, the SPG team began to have a dream that they could bring the same service, commitment and positivity to the Greater Annapolis area too. So the process for looking for an additional home began again. As fate would have it, a new sign near a hidden industrial building in the heart of Parole popped up that said "For Lease". After months of investigation, consideration and hard work, SPG's newest location was secured. Because the new home was in Annapolis, the SPG team knew it needed a name that would make it more welcoming to the greater Annapolis Area. After considering our mission, vision and values, the SPG came up with the name of the Sister Gym Program: Thrive Gymnastics. Thrive means to grow or develop well, to prosper and flourish. That is the goal for our children, that is our goal for ourselves and that is the goal for the new community we come into. We have enjoyed helping the families of the Annapolis community to prosper, flourish and grow over the last 3 years through our innovative programs taught by our dedicated and passionate teachers.

In early 2020, COVID-19 began to impact communities across the United States, causing Thrive Gym to have to close its doors temporarily. In an effort to maintain an unwavering level of commitment to our students and their families, our team did in 6 days what it takes most to do in 6 months. Working around the clock for a week from the



time we closed our doors, Thrive Gym turned a challenge into an opportunity and initiated a virtual expansion, taking our programs online in two unique and creative ways. Thanks to leaders that are always up to the task, we pulled together yet again in the spirit of determination and dedication, launching Thrive-At-Home and Thrive-2-Go on April 1, 2020. These programs, we hope to deliver an experience to our community that promises consistency and reliability in a time when they may otherwise feel fleeting. Throughout all of this uncertainty, Thrive Gym and its team remain steadfast in our focus on what truly matters: helping our students, their families, and our community to grow, prosper, and flourish.

Thrive Gym was heavyhearted to see how so many gyms across the country have been affected by the COVID-19 pandemic; we were especially sad to see a local gymnastics facility, a fellow Greater Annapolis Area business, close their doors for good. Knowing that this closure would be turbulent for displaced students and staff during what was already a most challenging time, we welcomed the unexpected opportunity of acquiring the 451 Defense Highway space. So, with the mission of pouring all of our passion and enthusiasm into this new addition, we got to work in the Fall of 2020. Our team labored around the clock to welcome Thrive families and staff, old and new, to join us on the most recent leg of our journey. Since moving into this new space, our Thrive community has continued to grow!