

# Mindful Movements Donor Pledge Form

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PO Box 45736  
733 Struck Street  
Madison, WI 53744

**“Engage & empower individuals of all ages, physical abilities, and experiences to improve their health & well-being through participation in sports, fitness, & recreation.”**

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If you are receiving this Mindful Movements Donor Pledge Form, **congratulations!** I have specifically selected **YOU** to support my participation in the Mindful Movements program, presented by Dairyland Sports! Mindful Movements is a group fitness & educational program designed to meet the needs of individuals with diverse physical abilities. Mindful Movements offers weekly group fitness & performance training sessions at UW Health The American Center state-of-the-art facilities, mental skills training educational videos, opportunities for social engagement with peers, chances to win prizes, and more!

**I am asking for your support via a small donation as I work to improve my fitness, health, and well-being by participating in the Mindful Movements program.** Each week I have the opportunity to improve my fitness & earn points towards prizes through participation in:

- Weekly group fitness & sports performance training sessions, hosted by Certified Inclusive Fitness Trainer, Austin Schyvinck
- Weekly mental skills training videos & educational content on topics of mental strategies in sport, teambuilding, motivation, building confidence, etc. – presented by Certified Mental Performance Consultant and Founder of The Mental Clutch, Jenna Fuchs
- Home exercise programs developed by University of Wisconsin Physical Therapy students
- And **SO** much more! This is an opportunity to have fun, receive a free athlete workout kit, meet other individuals with diverse abilities in my community, and to grow as a person and an athlete!

A small donation made in honor of my participation in the Mindful Movements program would go a long way in helping Dairyland Sports continue to provide year-round programming. **I would greatly appreciate your consideration in making a pledge today to donate \$0.25, \$0.50, or \$.0.75 for every point I earn (max 179 points) during my participation! 100% of all donations go directly towards Dairyland Sports programming & adaptive athletes.** Make your pledge below!

## **MINDFUL MOVEMENTS DONOR PLEDGE:**

In recognition of \_\_\_\_\_ participation in Mindful  
(Participant/Athlete Name)

Movements presented by Dairyland Sports, I, \_\_\_\_\_,  
(Donor Name)

pledge to donate (circle or highlight) \$0.25 / \$0.50 / \$0.75 for every point that the participant earns

throughout the program (maximum of 179 points). I understand that a Dairyland Sports team member will contact me for the requested donation when total points are tallied and the program has concluded.

**Donor Phone Number:**

**Donor Email:**

**\*\*Please email this completed form to [info@dairylandsports.org](mailto:info@dairylandsports.org) by no later than March 25, 2022!\*\***

# Support Team Dairyland!

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We are always looking for support from our local and surrounding community members to further the mission of Dairyland Sports. You can help us in a variety of different ways including tax-deductible donations, serving on our board, providing athlete referrals to our programs, volunteering at our events, or simply following us on our social media pages and advocating for individuals living with physical disabilities in your community. If you do choose to make a tax-deductible donation to Dairyland Sports, you can do so in a variety of ways:

- Visit our website, [www.dairylandsports.org](http://www.dairylandsports.org) and make a secure donation through our partners at Network for Good.
- Send a personal check to our business address:
  - PO Box 45736, 733 Struck Street, Madison, WI 53744
- Shop online at Amazon Smile and select Dairyland Sports Corporation as your charity of choice. 0.5% of all your purchases on Amazon Smile will be donated to our organization! (<https://smile.amazon.com/>)
- Contact our President & Co-Founder, Jacob Graboski ([jgraboski@dairylandsports.org](mailto:jgraboski@dairylandsports.org)), if you would like more information on how to donate or if you have interest in sponsoring any of our programs.



We accept Venmo  
**@dairylandsports**

Scan the QR code or search for our handle on Venmo

**venmo**  
business profiles

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**100% of all donations go towards supporting the mission of Dairyland Sports. Our board of directors & leadership team are proud volunteers with a passion to move Dairyland Sports forward in the local community and beyond!**

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