



# Funds Distribution Report

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**Recipient Organization:**  
**Boys & Girls Club of King County**

**Address:**  
16000 Christensen Rd, Ste 250  
Tukwila, WA 98188

**Contact:**  
(206) 436-1800  
<https://positiveplace.org>

**Organization's General Goals:**  
Our mission is to inspire & enable all young people, especially those who need us most, to reach their full potential as productive, responsible, and caring community members.

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<b>Date of Award:</b>	<b>Level:</b>
2024 Q3	\$2,501 to \$5,000

For more information, please read the attached report from Boys & Girls Club of King County.

8802 27th Ave NE  
Tulalip, WA 98271  
**TulalipCares.org**



## Tulalip Tribes Final Report

### Rotary Boys & Girls Club Strength & Conditioning Program

(1/24/2025 – 12/31/2025)

Q3 2024 14.2

[www.positiveplace.org](http://www.positiveplace.org)

On behalf of the Boys & Girls Clubs of King County, it is a pleasure to provide the Tulalip Tribes Foundation with a final report on our Strength Training and Conditioning program at Rotary Boys & Girls Club for the 2025 calendar year.

**Overview & Impact:** During the funding period, the Strength and Conditioning program was offered across fall, winter, spring, and part of the summer, operating for a total of 23 weeks. Programming was provided at the Rotary Boys & Girls Club, located in Seattle’s Central District neighborhood, and ran in 7-week sessions, twice per week, with two groups of 3<sup>rd</sup>-5<sup>th</sup> and 6<sup>th</sup>-12<sup>th</sup> graders. The program was run by our experienced Athletic Director Tanner Adams, who is certified in Cross Fit training and is highly passionate about increasing access to athletic opportunities for high-needs youth. Tanner’s work enabled us to successfully meet our project goal of serving **50 unduplicated youth** throughout the year, with an average of 12 participants per session group. Through this program, youth engaged in one-hour structured physical activity sessions focused on strength training, conditioning, and improving overall social-emotional wellness. Participants gained knowledge of safe movement, proper lifting techniques, and challenged themselves to build their strength and in turn, building self-esteem and confidence.

**Use of Funding & Challenges:** Tulalip Tribes Charitable Fund grant funding was used to purchase essential strength and conditioning equipment to support safe and effective programming for youth. Equipment purchases included resistance bands, dumbbells, kettlebells, and other training tools appropriate for youth of varying ages and ability levels. This equipment allowed staff to deliver inclusive, adaptable workouts that emphasize proper form, injury prevention, and progressive skill development.

Our primary challenge was limited space capacity at the Rotary Boys & Girls Club, and because of this, the program was unable to purchase large equipment that would overwhelm our space. Due to not having this larger equipment, we were unable to track weightlifting progress. Despite this limitation, we adapted the programming by purchasing and training youth to use smaller, versatile equipment in our gym to continue delivering high-quality strength and conditioning sessions – this allowed us to still track the number of reps that youth did, the weight they lifted on freehand weights and overall performance improvement.

#### Activities:

- Structured warm-ups and stretching routines
- Education on proper weight-lifting techniques, safety, and form
- Strength and conditioning exercises using free weights and resistance band equipment like kettle bells and dumbbells

For any questions, please email Brenda Gonzalez  
[bgckcgrants@positiveplace.org](mailto:bgckcgrants@positiveplace.org)



- Progressive skill building to help youth safely increase strength and endurance
- Supervised workouts that encouraged goal-setting, self-confidence, and healthy habits

### **Outcomes & Impact:**

- 50 unduplicated youth participated throughout the funded year
- An average of 12 youth attended each session for both groups demonstrating consistent engagement
- 100% of participants learned proper weight-training techniques, safety practices, and correct form
- 100% of youth engaged in structured physical fitness and movement, challenging themselves to build strength and endurance
- 80% of youth increased the amount of weight lifted and/or the number of repetitions completed when compared to their first session
- Youth demonstrated increased confidence, body awareness, and motivation to remain physically active.

### **Thank you!**

Continued support from the Tulalip Tribes has helped make these outcomes possible. This funding promoted physical activities that kept young people engaged in movement, learning new skills, and building confidence in themselves through the Rotary Boys & Girls Club's Strength & Conditioning program. We look forward to the opportunity to continue building on this work.



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