



## FEBRUARY FORGE TRAINING: PROFESSIONALISM

It's hard to believe that the students and mentors pictured above have already completed the Personality & Gifts, Goal Setting, and Professionalism trainings. In February, we focused on 5 key aspects of Professionalism: attitude, attendance, appearance, communication and performance. Students were given various workplace scenarios that required problem solving. For example, one scenario was "You wake up 5 minutes before you need to be at work. What should you do and in what order?" Students talked through possible responses with their mentor prior to sharing ideas with the group. It was great to hear the responses and the discussions that followed.

In March we will hold our final training, Money Management, and in April we will have our end-of-year celebration. We are thankful to have been able to resume meeting in person this year and for the faithful attendance of both mentors and students. This year we have students representing more than 10 high schools and Clark College engaging in one-on-one mentoring.



## HAYES FREEDOM RENEGADES AND THE FORGE

Last fall Forge mentors were invited into teacher Kelly Johnson's freshman class at Hayes Freedom High School in Camas for what became known as "Mentor Mondays." The Forge presented selected material from our trainings along with some character development curriculum. On January 27th, the students, Mr. Johnson, and Forge mentors celebrated the end of the semester and their time together with small group discussions, games, and snacks. The students completed surveys that were overwhelmingly positive about this inaugural school/Forge collaboration.

"Being able to hear advice from people we normally wouldn't talk to was my favorite part about Mentor Mondays," reported one. "My favorite part of Mentor Mondays was the small group time and talking about the daily topics with my group," said another.

While this particular class will no longer be together for 3rd quarter, two Forge mentors have remained on campus in different classes in order to foster ongoing relationships with both staff and students. Every week, new contacts are made and new ideas emerge. Two Hayes Freedom students are participating in The Forge trainings and have been assigned mentors. Several Hayes students been out to work on Mowtown projects. Energy remains high regarding future opportunities for this new partnership.



## [CLICK HERE TO GIVE](#)

We continue to be astounded by your generosity and support. It is with gratitude and humility that we say thank you for partnering with us to help young adults become **“Life Ready. Job Ready.”**

\$50 provides sides & dessert for the monthly Utmost Athletics meal

\$105 scholarships an Utmost athlete for a month

\$200 funds the end of the year pizza celebration for Forge students and mentors

\$500 funds Mowtown garage improvements

### CONTACT US

- [columbiafutureforge@gmail.com](mailto:columbiafutureforge@gmail.com)
- 124 NE 19th Ave., Camas, WA 98607
- [thecolumbiafutureforge.com](http://thecolumbiafutureforge.com)

## A FAMILY OF ATHLETES

The Christian family was first introduced to Utmost Athletics by son Cooper’s baseball team manager who recommended Utmost as a program that could provide Cooper (15) with strength training to support his baseball development. Younger brother Parker (13) joined at the same time. After months of waiting in the parking lot while the boys attended their training sessions, and at Coach Ty’s invitation, Sean decided to join. Feeling left out of the fun and impressed with the progress Sean and the boys were making, Dayna decided to join as well. “We enjoy the atmosphere at Utmost,” she says. “The coaches are helpful and supportive. The athletes are welcoming and it’s impressive to watch them train. We feel welcome even though we are each at very different levels of fitness – there is no judgment!” We’re so happy the Christian family joined the Utmost family!



From left: Cooper, Parker, Dayna and Sean Christian volunteered to prepare and serve the February Utmost dinner.

## SAYING GOOD-BYE TO COACH TY

The past few months have brought some changes to Utmost Athletics as its founder, Ty Singleton, accepted a coaching job at Palm Beach Atlantic University in Florida. Ty’s vision for a high quality, affordable and respectful strength training community of athletes launched Utmost into the thriving program that it is today. We will always remain grateful for his inspirational and creative leadership and we wish him the best in his new job.

Jun Jeong has now taken on the role of Utmost’s Program Director. Jun continues to bring strength training excellence and a genuine interest in the athletes he trains, while he also considers how to shape and lead Utmost into the future.

We are happy to report that 125 athletes continue to train weekly at Utmost, which brings us back up to our pre-pandemic numbers. Participants range from 13-75 years of age and our coaches work hard to provide a safe, welcoming, and supportive environment for all who enter the weight room.

## SPRING IS COMING!

Do you have a yard project that you’ve been planning or a yard in need of clean-up as spring approaches? Give Mowtown a call! Our hard working employees can get your yard spruced up! We provide many services including weekly lawn care, aeration, fertilization, overseeding, pressure washing, weeding, mulch installation and more.

We are able to employ teens, many in their first job, to work alongside our adult crew on the weekends. This provides a wonderful opportunity for students to learn, gain experience, problem solve and have deeper conversations about life.

Charlie Niederriter (L) and Ian Florence (R), student employees from our Saturday crew.

