



Ravens Plan In Motion *Granting a Future of Fitness*

The Baltimore Ravens All Community Team Foundation (RACTF) is committed to improving, encouraging and enabling the healthy development of youth in the Baltimore area, as well as other parts of the state of Maryland. The RACTF will continue the **Ravens Plan in Motion** project in 2009, providing grants of up to \$5,000 to qualifying nonprofit organizations that initiate and/or continue programs or projects that promote physical fitness and nutrition education.

Inactivity among our youth continues to be a great concern across the nation. Research has shown that kids who play sports or are physically active are less likely to participate in negative behaviors. We look forward to making a difference through the **Ravens Plan in Motion** project by changing the following data:

- More than 1/3 of young people in grades 9-12 do not engage regularly in vigorous physical activity.
- Only 15% of urban youth participate in organized youth sports, compared to 85-90% who play in the suburbs.
- Children spend an average of four hours per day sitting in front of a screen, whether it's a television, video game or computer.
- One in five children in the U.S. is overweight. Childhood obesity can lead to increased risk for serious health issues such as heart disease, stroke, diabetes and certain types of cancer.

The Ravens All Community Team Foundation is committed to increasing physical activity among area youth and has designed this grant program to encourage healthy youth activities. The RACTF will consider funding requests that meet the criteria listed below.

- Programs or projects must be directed at **youth (5-18)** and must promote physical fitness and/or nutrition education.
- Organizations that submit requests must be a 501 (c) 3 organization.
- Nonprofits must illustrate a programming component with measurable goals in order to be considered. Through the **Ravens Plan in Motion** project, the RACTF **will not** consider funding for the construction of buildings/fields/etc.
- Programs or projects must take place in Maryland.

Example programs and projects include before/after-school programming that features nutrition education or physical activity as its main component, initiating a walking club in a school or neighborhood, or purchasing fitness equipment (medicine balls, jump ropes, pedometers) for an existing program. Creative ideas, including enhancements to existing programs, are encouraged.

2009 Ravens Plan in Motion Project Calendar

April 1, 2009 – May 31, 2009	Applications Accepted
June 2009	RACTF Grant Decisions
July 15, 2009	RACTF Grant Awards Announcement
August 1, 2009 – July 31, 2010	Project Implementation

**Ravens Plan In Motion
2009 Grant Application Form**

Please complete the following information (no longer than three pages).

I. Organization Information

Name of organization _____

Address _____ City _____ State _____ Zip code _____

Telephone _____ Web Site address _____

Contact person _____ Title _____

E-mail Address _____

What geographical area do you serve? _____

Federal Tax ID number _____

Brief Description of organization _____

Year Founded _____ Are recent audited financial statements available? **Y** _____ **N** _____

Have you previously applied to Ravens ACT Foundation for a grant? **Y** _____ **N** _____ When _____

II. Program or Project Information

Brief description of specific need for the program _____

Brief description of program and number of actual/projected participants

Description of how funds will be used _____

Description of what the program hopes to achieve (How do you define success? For example, youth will increase their amount of physical activity by 10 hours/week, participants will learn and participate in a new sport, children will gain knowledge of healthy eating habits, etc.)

Description of how the organization will evaluate/measure success _____

Number, Qualifications of program staff _____

Program start date _____ Program end date _____

Total amount required for program \$ _____ Total raised to date _____

Total amount requested from Ravens ACT Foundation \$ _____

Program Coordinator _____

Program Coordinator signature _____

Date _____

III. Additional Information

On a separate sheet, please provide the following:

- A narrative or brochure describing your organization.
- A one page budget for your specific program or project.
- A copy of the 501 (c) 3 IRS determination letter or equivalent documentation of tax exempt status.

Please send all completed application materials to:

**Ravens All Community Team Foundation
Ravens Plan In Motion Project
1 Winning Drive
Owings Mills, MD 21117
410-701-4156**