



FOR IMMEDIATE RELEASE

Confident Girl Mentoring Program Receives Funding from Ralph C. Wilson, Jr. Legacy Funds administered by the Community Foundation for Greater Buffalo to Launch Jump 4 Confidence © Program to Help Empower Youth Through Sports.

Organization partners with the American Jump Rope Federation to localize the jump rope sport

Buffalo, NY, September 14, 2019 – CGMP (Confident Girl Mentoring Program, Inc.) has been awarded a grant to **promote youth empowerment through sports mentoring in New York State.** Jump 4 Confidence © will encourage sports sampling by re-introducing the jump rope sport as another alternative to sports.

“Jump 4 Confidence © will provide a relevant context for a variety of fitness-related jumping rope activities and workshops in a group setting that will advance the students level of jump rope skills and provide valuable physical activity experiences” said Tiffany Lewis the Chief Executive Officer of CGMP.

This will be done in manner that promotes health and wellness, self-esteem and confidence. According to a statement in the Project Play report, ‘Grow the menu of sport options, create better connections to vulnerable populations, and more athletes-for-life will emerge’. **Jump rope has long been known as an outstanding fitness tool. Multiple research studies have shown it to be an excellent tool for brain development and for increasing bone density.** Jump Rope is one of the best activities to improve physical, social, and mental health and has long been practiced by athletes across the sporting spectrum. Demonstrations and competitions around the world feature boys, girls, men, and women. Not only has jump rope grown into exciting national and international competitions, it is moving toward inclusion into the Olympics.

According to the Office of Disease Prevention and Health Promotion (ODPHP) the Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion, each day, youth ages 6 through 17 need at least 60 minutes of moderate-to-vigorous activity to attain the most health benefits from physical activity. They also need activities that make their muscles and bones strong, like climbing on playground equipment, playing basketball, and jumping rope.

In addition, the organization will continue to promote existing programs like teen pregnancy prevention, and trauma-sensitive care that build upon the youth’s strengths to provide health outcomes and re-affirm that they are confident youth empowered! **Jump 4 Confidence will launch with a family day kick-off event on September 14th** at East Community High School; 820 Northampton Street; Buffalo, NY 14211 from 10:30am-1:00pm. With a special jump rope performance by AMJRF Jammin’ Jumpers.

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About Confident Girl Mentoring Program, Inc.:

Confident Girl Mentoring (CGMP) is an elite evidence-based 501(c)(3) non-profit group mentoring organization that is nationally recognized as a best practice for mentoring opportunities by MENTOR.

CGMP's five-point mentoring system empower girls to stretch themselves beyond their comfort zone to build their capacity to improve self-esteem and confidence. The organization works with marginalized girls from communities with some of the greatest need and the least amount of resources. Through the vision of Ms. Tiffany Lewis- Founder and CEO, CGMP partners with stakeholders and community organizations to deliver programs that takes students on a journey to complete mind, body and spirit wellness. For more information, visit www.confidentgirlmentoring.org

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