



## WASHINGTON REDSKINS

INOVA SPORTS PERFORMANCE CENTER AT REDSKINS PARK – LOUDOUN COUNTY, VA.

21300 Redskin Park Drive | Ashburn, VA 20147 | 703-726-7000  
www.redskins.com | media.redskins.com

### **PRESS RELEASE**

For Immediate Release  
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## **WASHINGTON REDSKINS CHARITABLE FOUNDATION HOSTS SPRING ASPIRE SUMMIT**

**\*\*This event is not open to the public\*\***

**EASY TWEET:** [@RedskinsCR](#) hosts second ASPIRE summit for local 7<sup>th</sup> grade girls. The Initiative helps provide young women with information and inspiration to chart a course for success in their lives

**LOUDOUN COUNTY, Va.** – The Washington Redskins Charitable Foundation will host its second ASPIRE Summit on Thursday, March 15 from 10 a.m. – 1 p.m. at Redskins Park.

The ASPIRE initiative, launched in the fall of 2017, focuses on inspiring, educating and building confidence in young women from Loudoun County and Fairfax County Public Schools. All participating students were selected by school counselors and career specialists based on need and readiness. The Initiative helps provide young women with information and inspiration to chart a course for success in their lives.

The spring summit will provide returning students with tips and advice on living a healthy life, focusing on the mind, body and spirit. Topics will include self-confidence, positive body image, managing stress and more. The day will kick off with a keynote address entitled “There’s No App for That” from Deesha Dyer, Founder of Begirl.World. Ms. Dyer will share her untraditional journey to success. Students will then receive a healthy lunch in the team dining facility before dividing into two breakout sessions to continue the summit theme, led by specialists from Boys & Girls Clubs of America and Inova Health System. The group will then come together in the indoor practice facility to participate in a fitness exercise led by Nike trainer Deanna Robinson. Redskins Official Beverage Partner, PepsiCo will supply water for the days’ activities.

“The Spring Aspire Summit will allow us to reconnect with the girls and discuss issues that impact their lives such as creating positive body image, managing stress and expectations in today’s fast paced world and learning tactics for staying healthy physically and emotionally,” said Jane Rodgers, Redskins Charitable Foundation Executive Director.

The fall summit, held at Visa’s headquarters in Ashburn, Va., provided students with the opportunity to hear from influential women in business and technology through two panel discussions. Topics included goal setting, pursuing their dreams and career opportunities.

Following the spring summit, the cohort will stay connected through assignments and group discussions on the topics explored during both summits.

For more information on the Washington Redskins Charitable Foundation's programs and events or to donate, visit [www.redskins.com/community](http://www.redskins.com/community) or follow the Foundation on Twitter at @RedskinsCR and Instagram at @redskinsgiveback.

Any questions regarding this event should be directed to Tish Carmona of Redskins Public Relations at [carmonat@redskins.com](mailto:carmonat@redskins.com) or 703-726-7077. Media interested in attending the event should also contact Carmona.

## **-REDSKINS-**

**ABOUT THE WASHINGTON REDSKINS CHARITABLE FOUNDATION:** The Redskins Charitable Foundation is ever-present in the community, constantly working to achieve our mission to make a positive and measurable impact in the lives of children that need it most. Since Redskins owners Dan and Tanya Snyder created the Washington Redskins Charitable Foundation in 2000, we have given back more than \$23M to the community and currently provide support and services to more than 150,000 individuals (mostly children) annually, focusing on supporting education, children's health and wellness and preparing them for their future. For more information on the Washington Redskins Charitable Foundation's programs and events or to donate, visit [www.redskins.com/community](http://www.redskins.com/community) or follow the Foundation on Twitter at @RedskinsCR and Instagram at @redskinsgiveback.

**ABOUT THE REDSKINS:** Headquartered at Inova Sports Performance Center at Redskins Park in Ashburn, Virginia, and owned by [Daniel Snyder](#), the historic Washington Redskins Football Club has won five World Championship titles including the 1937 and 1942 National Football League Championship games, as well as Super Bowls XVII, XXII and XXVI. Founded in 1932 as the Boston Braves in Massachusetts, the team changed its name to the Redskins in 1933 and relocated to Washington, D.C., in 1937. Since then, the team has become one of the most recognizable professional sports franchises in history, featuring multiple Hall of Fame coaches, 19 members of the Pro Football Hall of Fame (with 11 others who also were Redskins) and becoming the first team in the NFL with an official marching band and fight song, "Hail to the Redskins." The Redskins have been owned by [Dan Snyder](#) since 1999, and beginning in 1997, began playing their home games at FedExField in Landover, Md.

### **ABOUT BOYS & GIRLS CLUBS OF AMERICA:**

For more than 150 years, Boys & Girls Clubs of America ([BGCA.org](http://BGCA.org)) has enabled young people most in need to achieve great futures as productive, caring, responsible citizens. Today, 4,300 Clubs serve 4 million young people through Club membership and community outreach. Clubs are located in cities, towns, public housing and on Native lands throughout the country, and serve military families in Boys & Girls Clubs of America-affiliated Youth Centers on U.S. military installations worldwide. They provide a safe place, caring adult mentors, fun and friendship, and high-impact youth development programs on a daily basis during critical non-school hours. Club programs promote academic success, good character and citizenship, and healthy lifestyles. In a Nielsen Survey of alumni, 54 percent said the Club saved their lives. National headquarters are located in Atlanta. Learn more at Boys & Girls Clubs of America's [Facebook](#) and [Twitter](#).

Contacts:	Tony Wyllie	<a href="mailto:wylliet@redskins.com">wylliet@redskins.com</a>	703-726-7135
	Ross Taylor	<a href="mailto:taylorr@redskins.com">taylorr@redskins.com</a>	703-726-7368
	Zena Lewis	<a href="mailto:lewisz@redskins.com">lewisz@redskins.com</a>	703-726-7422
	Tish Carmona	<a href="mailto:carmonat@redskins.com">carmonat@redskins.com</a>	703-726-7077