

# JUMP *for* JUSTICE

**Fundraiser for Racial Justice**  
**HOSTED BY Dickinson Women's Soccer**  
**Friday, June 19th, Juneteenth**

DICKINSON WOMEN'S SOCCER DENOUNCES ALL FORMS OF RACISM AND COMMITS TO BEING CATALYSTS FOR CHANGE AS WE STAND AGAINST THE RACIAL OPPRESSION OF BIPOC. DWS BELIEVES HUMAN RIGHTS ARE PARAMOUNT AND WE ARE DETERMINED TO UPHOLD OUR TEAM VALUES OF ACCOUNTABILITY AND RESPECT AS WE LEARN, LISTEN, AND FIGHT TO END SYSTEMIC RACISM. BLACK LIVES MATTER.



## **Participation**

Jump for Justice involves performing High Intensity Interval Training (HIIT) for 8 minutes and 46 seconds, the amount of time the law officer had his knee on George Floyd's neck.

### How to Join & Participate

\$10 per person to join. To participate, venmo your \$10 donation to @jumpforjustice\_DWS. All proceeds go to racial justice charities (see below).

On June 19th, each participating individual/group will perform as many rounds of the following exercises over the 8:46 timeframe. Each round consists of:

1. 10 jump squats
2. 10 burpees
3. 10 jumping jacks

### The Competition

Your final individual score is how many FULL rounds you complete in 8:46. If participating as part of a group, the final group score is the average score of its members. In the spirit of friendly competition for a good cause, groups and individuals will compete against each other.

When you finish the challenge on 6/19 (complete at any time that day), submit your individual results using the google form below. Be sure to indicate if you are participating as part of a group.

### [SUBMIT YOUR RESULTS HERE](#)

Results must be received by midnight on 6/19. DWS will calculate the results, including group averages, and announce a winner.

The group/individual with the highest final score is the winner and can designate 50% of the proceeds to a racial justice organization from the list below. Dickinson Women's Soccer will donate the other 50% to the NAACP Harrisburg Branch.

If you would like to donate to our cause but do not want to participate in the HIIT exercises, that's OK too! You can donate by venmoing @jumpforjustice\_DWS.

## **Where will the proceeds be donated?**

- Dickinson Women's Soccer (DWS) will donate half of the funds to the NAACP Harrisburg Branch
  - <https://pastatenaacp.org/>
  
- The winning individual/group can donate the other half of the raised funds to one of the following racial justice organizations (or the same organization as DWS):
  - Black Lives Matter
    - <https://blacklivesmatter.com>
  - Race Forward
    - <https://www.raceforward.org>
  - National Black Child Development Institute
    - <https://www.nbcdi.org>
  - Innocence Project
    - <https://www.innocenceproject.org>