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For immediate release

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## **SG United Foundation is one of 11 Massachusetts organizations to receive a Women's Foundation of Boston Catalyst Grant**

SG United Foundation received a Catalyst Grant from the Women's Foundation of Boston to create and implement a new program, launching in the fall of 2023.

[Next Level FAM](#) will be our first program curated for and delivered to **high school student athletes and teams**. The curriculum will feature a combination of pre-recorded videos, worksheets and live events on topics including sports nutrition, confidence building, leadership skills, college recruiting, mental health and much, much more. This program will empower high school student athletes, give them the tools they need to grow, and connect them to a larger community of female athletes to mentor and support them.

### *What's in the name?*

Next Level FAM is meant to expand on our flourishing FAM (Female Athlete Mentorship) program. This 1:1 mentorship program currently empowers college students as mentors, and serves girls K-8th grade as mentees. Next Level FAM fills the gap in our current programming with a more flexible approach to meet the needs of busy high schoolers.

### *How can I get involved?*

We are surveying high school athletes, parents of high schoolers, athletic directors and high school coaches to accurately and effectively meet the needs of current high school student athletes. If you are a member of any of these groups please fill out one of our surveys [here!](#)

### *How can I stay in the loop about Next Level FAM?*

We will run a pilot of Next Level FAM in the fall of 2023 with a cohort in the greater Boston area. Stay up to date with all things Next Level FAM and sign up for our newsletter at the bottom of [this page!](#)

*SG United Foundation is a non-profit officially incorporated in Maine, New York and Massachusetts. They empower girls and women through many different types of programming. More information can be found at their website [here](#).*

*Founded in 2017, Women's Foundation of Boston is a nonprofit public charity that creates, funds, and accelerates economic empowerment, leadership and mentoring programs that equip women and girls in Greater Boston to be financially independent and successful leaders. Please learn more about WF Boston on their website [wfboston.org](http://wfboston.org).*