



**Helping people
overcome barriers
through movement
and play.**

2020 Annual Report

PARKOUR VISIONS

Letter from the Executive Director

“Parkour, movement, and play gives us a place where we can experience agency and authorship over our lives when the rest of the world feels out of control.”

Dear Friends of Parkour Visions,

When I look back at the year 2020, what stands out the most to me is the importance of community. When Covid hit, PKV was not certain we were going to make it. With the help of our donors, the PPP loan, parents, and students, we were able to create both outdoor and online classes. We even managed an executive transition from Caitlin Pontrella to myself, Cordelia. Because of the support of you, our community, we are still here.

Some of you got involved for the first time, looking for movement and play in safer outdoor spaces. Some of you enrolled your kids in parkour to give them an hour of freedom after the exhaustion of online school. Some of you came back to parkour and reconnected with your training after a long hiatus in quarantine. And many of us simply endured, happy to find moments of joy in our movement whenever we could.

The pandemic fractured our communities. Parkour, movement, and play gives us a place where we can experience

agency and authorship over our lives when the rest of the world feels out of control.

I look forward to 2021. With your support, we will continue to expand parkour as a vehicle for community building. Being outdoors in our city connects us more deeply to it, from meeting our neighbors more often (both housed and unhoused), to stewarding our public spaces, to inter-generational play between teens, adults, and seniors.

We will continue to share the experiences of those who are often marginalized, with events like the Obsidian Gathering. We will continue our quest to train the best coaches. And we will work towards creating more safe, accessible spaces to practice parkour.

Your partner in play,

Cordelia Hollingsworth
Executive Director

OUR IMPACT

1 | We increase access and opportunity to participate in play, parkour, and movement.



1,300

Youth and adult students participating across all programs



2,000

Hours of instruction and learning content



150+

Free classes offered in 2 dozen parks

FREE CLASSES

In summer, PKV began adding free weekly adult classes back to our schedule. **Our Free Classes are funded by our donors and aimed at reducing the barriers to entry.** Over the year we ramped up to offering 10 classes per week including Parkour Fundamentals, Low Impact Parkour, conditioning, Speed and Obstacle Coursing, and Freerunning. Our Women's Meetup morphed into a Wednesday Womxn's Sesh for women and nonbinary folks. **We found our free adult classes provided a safe way to connect, move, and play with others, elements of our community that were often missing during the pandemic.**



YOUTH PROGRAMS

When community centers and schools closed, we offered open registration outdoor classes for kids. With excellent Covid safety protocols, **we were able to give hundreds of kids access to the freedom and joy of parkour.**

Our Leap to Lead curriculum teaches kids crucial physical, social, and emotional skills. In the youngest classes, we structure learning around games and informal play. Even the youngest students enjoy learning to fall safely, move creatively, assess risk, and overcome fears. Older students begin to focus more on our Four E's: **Movement Education, Civic Empowerment, Community Engagement, and Self Expression.** Through Leap to Lead, students engage more deeply in directing their own lives and finding their value within their communities.

Throughout the pandemic, we offered weekly parkour classes and summer camps to Learning Pods, which let groups of friends gather safely to play, connect, and express themselves through movement.



350
Students

20+

Locations, including 9 schools, 2 community centers, and local parks.

STEAM+M CAMPS

During the summer, our all-day Adventure Parkour Camps combine parkour with arts and STEM subjects, showing students different ways to explore, learn about, and **connect movement with their environment, science, technology, and the arts.** This year we offered four weeks of camp (taught by our Expert Coach Exchange instructors): Playground Design, Video Media, Theatre in the Park(our), and The Way of the Ninja.

27
Learning
Pods

4

STEAM+M
Camps



PKV MOVES ONLINE

In April 2020, we faced a major dilemma after our governor issued the first stay-at-home order for Washington state: **how could we move together when we couldn't be together?**

Almost overnight, we built an online platform, PKV Moves. We offered live classes, tutorials, movement snacks, articles, and weekly conditioning programs to support our community throughout the year.



199
Online
Learners

100+
Hours of live
and recorded
instruction



10
Teen
Leaders



TEEN LEADERSHIP

We started the PKV Teen Team in 2019 to support teens in pushing their physical practice of parkour while also developing leadership skills. The team meets outdoors weekly for a two-hour session. They train parkour and discuss topics like personal values and conflict management. Each teen is encouraged to discover and pursue their personal passion in parkour through a community project.

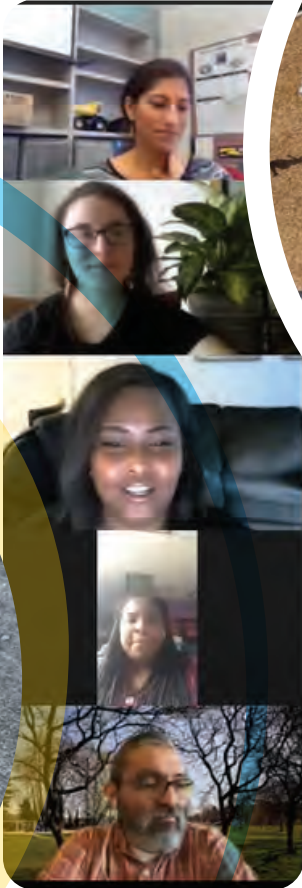
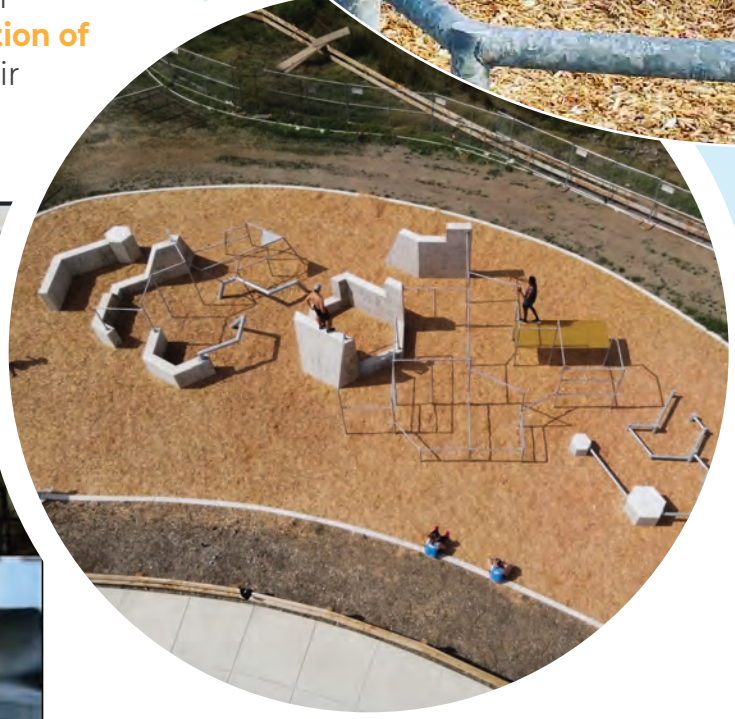
During a summer when our camps were especially popular and in need of more support, **our teens stepped up to the challenge.** After receiving a 2-hour training, ten teens assisted our summer camps over multiple weeks. They played games, supervised campers, and assisted coaches.

2 | We raise awareness and create spaces for inter-generational play

In 2020, our design arm reached an important milestone: **construction finished on our very first parkour park in Washington state!**

Cordata Park in Bellingham, WA, was designed by PKV design director Colin MacDonald. It provides 2,650 square feet of play space for all ages and abilities. The parkour section sits adjacent to a playground, pump track, and grassy wetlands to explore.

In addition to our direct design work, PKV also spent over **75 hours** in 2020 providing support to city officials and citizens in the early stages of researching or **advocating for the construction of new parks** and alternative play spaces in their cities.



ADVOCACY

Our Board President, Caitlin, delivered a talk in partnership with the King County Play Equity Coalition on the importance of play in November, reaching a diverse audience of community leaders. She also shared about the benefits of parkour on a local podcast called "Hopefully Somebody Knows!"



3 | We connect and build diverse community

2020 saw almost all of our national events put on hold. These included the North American Women's Parkour Gathering, the Pacific Northwest Parkour Gathering, the Art of Retreat, plus Obsidian Gathering and Jumpfest, events newly under our fiscal sponsorship. Despite this, **Parkour Visions continued to create connection, care, and community despite Covid.**

RAIL BALANCE MARATHON

Balancing on a rail is symbolic of the physical struggles that we face in our day-to-day lives. It is a call to action for the parkour community to question the ethos of "être fort pour être utile," meaning "being strong to be useful." **How do we bring strength into our practice? And how do we share our strength in contributing to the world?**

In May, Parkour Visions participated in a world wide rail balance marathon, represented by our board president Caitlin. Together 32 practitioners balanced 32 miles and raised \$2800 to help provide parkour programming for mental health and specialized support.

ART OF RETREAT LIVES

Art of Retreat, led by John 'Hedge' Hall of Access Parkour, went digital. In three months, **18 podcast episodes were produced, totalling over 21 hours of content** and sharing insights and perspectives from practitioners and leaders all over the world. You can tune in on Spotify or your favorite listening platform!

EXPERT COACH EXCHANGE

We started the Expert Coach Exchange program in 2018 to support the growth of our community leaders and bring diverse perspectives to our students. This past year we brought in **four visiting coaches** from Massachusetts, New York, and Colorado. They led summer camps and shared their expertise in topics like playground design and theater. Thank you to Lauren Messeck, Isabel Andrews, Vinnie Coryell, and Makaila Quinn!



Letter from the Board

For Parkour Visions, 2020 has been a year of perseverance and creativity. We worked together as an organization to ensure the community stayed connected, healthy, and moving in a time of social distancing, isolation, and slowness.

Our financial sustainability is critically important to our ability to deliver high-quality programs and services to our community. The Board is pleased to report that PKV was not only able to finish in a positive financial position despite the challenges, but well-positioned to grow and sustain for years to come!

When Covid first hit and closures rolled in, PKV faced a total loss of revenue and stoppage of programs for our spring quarter, leading to a major budget shortfall! However, all of you, our supporters and champions of movement and play, helped us raise \$11,500 during the initial closures, keeping programs alive and teachers supported.

We received two PPP grants from the federal government, totalling over \$70,000, as well as \$12,500 from Washington State and \$10,000 from School's Out Washington and the Washington State Department of Commerce's Youth Development Relief Fund. We then paired creative new programming with this relief funding, including online learning and small group learning pods, helping close the gap, serving the community, and putting us in a strong position entering 2021.

Finally, I am sad to announce that Zachary Cohn and Joe McSwiney, two of our longest standing board members, have retired from our Board and moved on to new endeavours. They have been with the organization over the last decade, providing invaluable guidance as we navigated seemingly impossible challenge. As they depart, we are pleased to welcome several new members to our board, including Mazvita Maraire, Scott Finholm, Isaac Waring, and Laura Murillo.

As we look to 2021, we will be working to expand the board, establish a sizeable reserve fund or endowment, and provide advocacy and support to the Parkour Visions team.

Caitlin Pontrella
Board President

OUR TEAM

Cordelia Hollingsworth, Executive Director
Rebecca Brightly, Communications Director
Colin MacDonald, Design Director
Niko Pal, Portland Program Director
Brian Prince, Community Facilitator

Brandee Laird, Senior Instructor
Catlyn Griswell, Instructor
Charlie Jones, Instructor
Harmony Jovet, Instructor
Matthew Radak, Instructor
Finn Larsen, Instructor
Brennen Stahl, Instructor
Gwen Peterson, Instructor
Emilie Naughten, Instructor

OUR BOARD

Caitlin Pontrella, President
Mazvita Maraire, Vice President
Jason Bay, Secretary
Scott Finholm, Treasurer
Brian Ox Tracey
Laura Murillo
Isaac Waring



GRATITUDE & GOOD-BYES

The impact of Parkour Visions is only possible with its people.

We are sad to say good-bye to core staff members **Bryan Riggins** and **Ari Zherdi**, and wish to recognize them for their years of service and commitment to PKV. Both in the classroom and behind the desk, they supported thousands of students as they discovered and fell in love with parkour.

We also thank **Joe McSwiney**, **Zachary Cohn**, and **Eric Jusino** for their dedication and leadership on the Parkour Visions board, guiding the organization through some of the most difficult challenges we have faced to date.

Finally, we wish to extend gratitude to our rotating team of coaches, including **Jake Smith**, **Justin Seyfried**, **Haley Richardson**, **Kyle Koch**, **Elizabeth Cunningham**, **Lance Barnes**, **Steffi**, and **Zora Seboulisa**.