

parkour visions 2015 yearly report



pkv teach. build. share.



In 2015 we strengthened our mission of "Teach, Build, Share" with parks projects, a new apprenticeship program, and a new initiative called PKVpedia where we share our best practices with the broader community. And classes are thriving—it's so much

fun to watch students, week by week, overcome fear and build mental and physical strength.

- Laura Silverstein, Board President

We teach **50 classes per week** at PKV, to people ages 3-65. Our team of skilled coaches make this possible, and we couldn't do it without them. Thanks,

Graham Baran-Mickle
Oliver Cazier
Jimmy Davidson
Padraic Decimo
Paul Graves
Curt Jordan
Abraham McBride
Nicholas Muth
Chris Pascual

Alice Popejoy
Ian Schwartz
Peter Silverstein
Justin Sweeney
Ox "Brian" Tracey
Nathan Weston
Ben Wilder
Aristoteli Zherdi



We made real progress on our parks initiatives in 2015. We created resources for parkour builders, developed new techniques, and designed public parkour spaces. Next year I'll be able to train in a parkour park that I helped to design!

- Colin MacDonald, Design



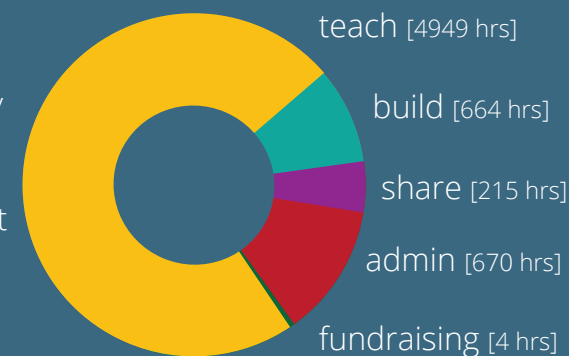
2015 has been a great year for us here at PKV. We are reaching more people than ever through the gym, and we've been able to expand our outreach, design, and education programs in new ways.

- Tyson Cecka, Executive Director

Total revenue for 2015:

\$560,000+

Senior staff worked approximately **6501** hours in 2015 on many different projects. Here's how it breaks down:



2015 saw the development and launch of Parkour Visions' apprenticeship certification program. It's the culmination of decades of experience from many different parkour coaches and athletes and I can't wait to see where it goes from here!

- Brandee Laird, Head Coach

teach

27,045 total attendance
for kids and adult classes in 2015



We expanded our **outreach** programs in new ways in 2015. We worked with the YMCA to offer after school parkour programs at schools like Eckstein, Jane Addams, and Hamilton Middle. We used parkour as an introduction to physical science at the Center School and to teach film theory to students from The Overlake School. In the summer, we expanded our outreach with programs including sessions for Aspergers and Autism Spectrum Kids at Aspiring Youth, which we held outdoors at Ravenna Park, sessions at PKV for kids whose parents are in cancer treatment at the Fred Hutch Cancer Research Center, and an outdoor workshop at Jefferson Park for at-risk youth in the SOS Outreach program.

In 2015, we formalized our **apprenticeship** program and opened up applications to the public. Certification consists of a rigorous, 12 week program that includes classroom instruction, reading and homework, and hands-on teaching experience. All qualified applicants receive a complete scholarship for this \$3000 program. The first cohort will graduate in January with the next cycle beginning soon after.

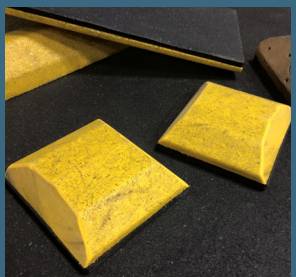
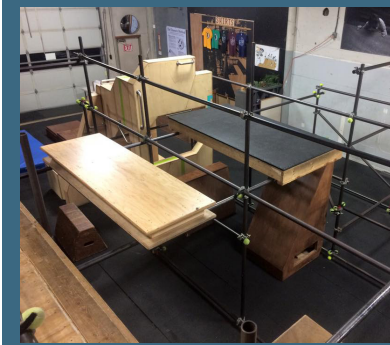
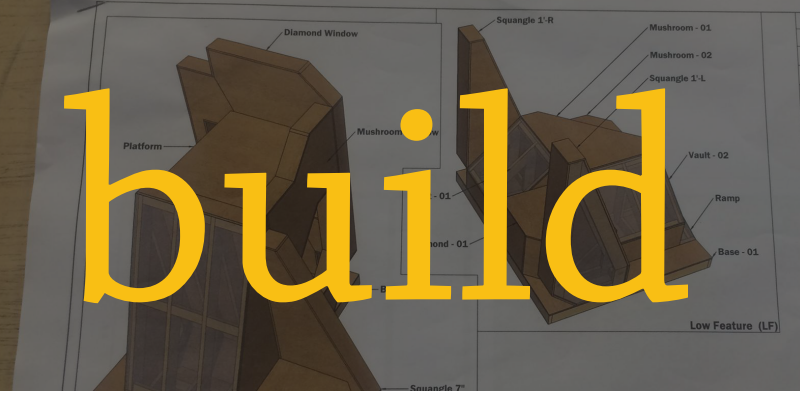


In 2015, we started a new program to give **free unlimited memberships** to K-12 teachers, police, fire, and military personnel. We gave out 28 memberships and the program will continue in 2016.

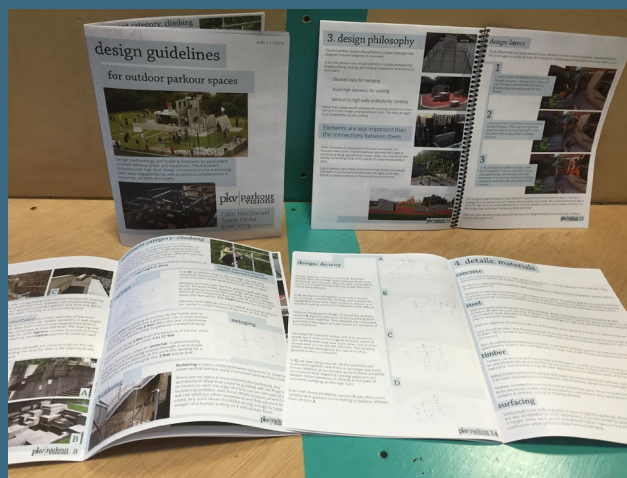
3,266 new students reached
through free introductory classes



build



New obstacles and combinations!



We wrote and published the first set of **design guidelines** for outdoor parkour spaces. This is a crucial step towards getting more parkour parks built in the United States.

We also presented on this topic at the 2015 American Landscape Architecture Assn. conferences in Washington State and Idaho.

parkour visions | standard vault box

This is Parkour Visions' 36" high vault box, our preferred size for adults. When built properly, it is heavy, stable, and rigid. The framing and sheeting give it protection against shear forces and allow it to be tipped on its side to act as a gentle tac surface.

You will need 2 sheets of plywood, 50' of 2x4, boxes of 2" and 3" decking screws, and polyurethane adhesive. 3/4" rubber is optional.

- All studs are 2x4 dimensional lumber
- Vertical studs have 18.8 degree parallel cuts
- Bottom plate is joined with 45 degree cuts
- Sheeting is 3/4" structural plywood
- Cut end pieces last to avoid gaps
- Large handle hole + shelves for adding weights

assembly instructions

Use 2, 3" decking screws to fasten lumber at joints, and 2" screws every 6 inches to attach plywood to each framing member. Adding a bead of polyurethane adhesive before sheeting will increase lifespan.

Round over all exposed plywood edges with a router or sander to prevent dangerous splinters. After assembly, sand all exposed surfaces smooth and paint or finish with a clear-coat such as PolyWhey.

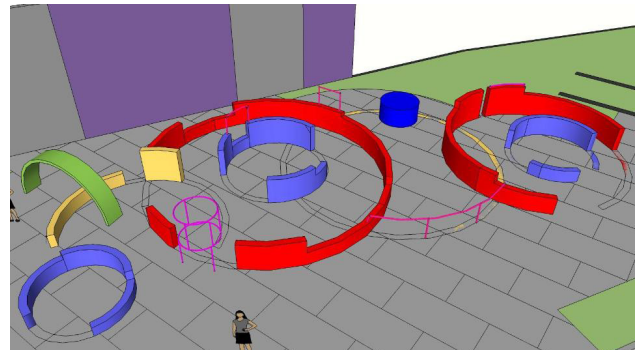
Consider adding rubber floor matting to the base of the box with polyurethane adhesive and/or screws. This will protect the exposed plywood edges on the bottom and decrease sliding substantially.

free 3D model available at: wiki.parkourvisions.org/build/models

These plans licensed:



Vault box blueprints



Parkour Visions was hired by Seattle architecture firm GGLO to design a **parkour area** for the renovation of Rhodes Park in Boise, ID. We worked with GGLO to create two adjacent spaces that encourage different types of parkour movement and integrate visually with the rest of the park.

When construction is completed in 2016, the Rhodes Park project will be the second (and by far the largest) dedicated parkour park in the US.

3,377 Members of **STURDYmade**

STURDYmade is our online resource and discussion group for parkour construction and design. It's become the largest resource of its kind and an invaluable source of information for gym owners and backyard builders alike.

www.facebook.com/groups/sturdymade

share

wiki.parkourvisions.org

The new PKV wiki is our attempt to make Parkour Visions into an "open source" model for other parkour gyms. It holds all the policies, procedures, teaching materials, and other resources that make our gym run.

Like the gym, the wiki is **always changing**.

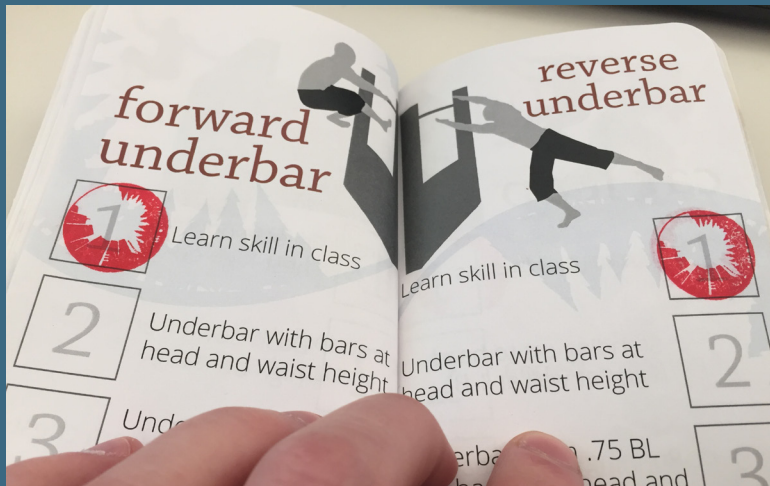


We launched a new **video series** focused on teaching instructors to break down complex parkour movements in a class setting.



2015 pkv classic

Three days of games, jamming, and parkour in the Seattle sunshine!



The **Parkour Visions Passbook** is a free resource for our class members. It works like a passport that students can use to track their progression with different core parkour techniques.



We got to host the **2015 North American Women's Jam**. Women from parkour communities all over North America (and beyond!) spent a long weekend exploring the city and jamming at PKV and other Seattle hot-spots. Next year is in Denver!