

## Tiger Coaching & Personal Training gives back to the Community

In the past year Tiger Coaching & Personal Training has given back to the community of Lincoln over \$7500 of free services and donations. At the top of the list Tiger Coaching has been working with the **YMCA Community Services Branch** to offer free sports conditioning to middle school children at Lefler Junior High school twice a week during the school year for the YMCA after school service program.

Some of the donations or in-kind services during the past year include:

- Pius X High school post prom night
- Sheridan grade school auction
- American Cancer Society
- Red Cross
- YMCA Strong Kids Campaign
- Lincoln Track Club
- Fitness Presentations to:
  - Students of the University of Nebraska and Southeast Community College
  - Hy-Vee Fitness Presentations
  - Calvert grade school PTO