



Lauren's First and Goal Foundation

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Newsletter

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Founded in 2004, LFG is a 501c3 charitable organization. Donations are tax deductible to the fullest extent of the law.

120,000 in Grant Award This Year

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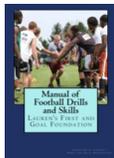
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Join
Lauren's First and Goal



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Lauren's First and Goal Foundation announced more than \$120,000 in grant awards to pediatric brain tumor research, patient services and families impacted by the disease. LFG has now awarded more than \$1.46 million in grants as part of the fight against pediatric cancer since 2004.

LFG is focusing the largest amount of its grants on pediatric brain tumor research, with two projects receiving \$35,000 each. The research projects include:

- Dana Farber's Pediatric Low-Grade Astrocytoma (PGLA) program
- Johns Hopkins' Pilocytic/Pilomyxoid Research program

Each of these projects has received a foundation grant in previous years as well.

Along with their dedication to funding pediatric cancer research, Lauren's First and Goal continues its focus on supporting patient services that ease the burden on families. Four different programs have received a total of \$31,000.

The first award recipient is Camp Can Do, a week-long camp for children who are receiving treatment that provides a normal, active and safe camp experience. Camp Can Do attendees explore the outdoors, swim, fish, boat, work with arts and crafts, and spend a day at Hersheypark among other activities. Lauren, as well as numerous patients from the Lehigh Valley Oncology Clinic, has attended Camp Can Do, which now partners with Gretna Glen Retreat Center. LFG has awarded \$15,000 to Camp Can Do this year.

Additionally, the foundation is awarding \$10,000 to Camp Sunshine this year for families to attend camp the

Low Grade Pediatric Brain Tumor week. Camp Sunshine is a year-round program that provides respite, support, joy and hope to children with life-threatening illnesses and their immediate families through various stages of a child's illness.

The Pediatric Cancer Foundation of the Lehigh Valley has had a long relationship with the foundation. This year, LFG has awarded \$4,000 in support of their Chemo Circus activities at the Pediatric Hematology/Oncology Clinic and in-patient pediatrics.

Another returning grant recipient is the Kyle D. Kerpan Foundation. LFG is providing \$2,000 in support of patient and family programming and clinic visits and comfort measures at Children's Hospital of Pennsylvania's pediatric brain tumor clinic. Kyle was 2 when he was diagnosed with his tumor, and lost his battle at age 11, but this foundation continues in his honor to help support other families.

The final piece of LFG's mission is family support, recognizing the financial strain of a cancer diagnosis. So far this year, the foundation has provided nearly \$20,000 to 42 families.

For further information and links to programs and services that Lauren's First and Goal supports, visit our website and click the Pediatric Brain Tumor Resources tab.



Lauren, ready to launch her wish boat, at Camp Sunshine in Casco, Maine.

Save the Dates
LFG PA June 7, 2015 LFG OH June 14, 2015
PLEASE register early ONLINE at www.lfgf.org

What is LFG Football Camp?

Lauren's First and Goal presents two, one day, instructional football clinics that serve as the main source of fundraising for the Foundation each year. Lauren's First and Goal Football Camp will be held in both PA at Lafayette College on June 7, 2015 and OH at Otterbein University on June 14, 2015. Both camps are taught by volunteer college coaches from across the country and all divisions. In 2014, 399 college coaches donated their time and talents and 2,288 players from 19 different states participated.

Players are grouped by position and class year, and alternate between offensive and defensive drills and skills throughout the day. Players at the PA camp may also elect to work with the kicking specialist coaches for the day, or alternate between kicking and another position. The camp provides an opportunity to learn, improve skills, showcase talents, experience being coached by college coaches and be exposed to the opportunities to continue one's career as a student athlete at the college level.

Please understand, the camp is not a combine - there is no height/weight measurement, no timed run, etc. Players who are CURRENTLY in 8th through 12th grade are eligible to attend each year. This reflects a change in the NCAA eligibility rules, allowing student athletes who are currently in 12th grade to participate.

A minimum donation of \$40 per camper (\$45 after May 15, 2015) is requested and all proceeds from the camp benefit pediatric brain tumor research and cancer services. Campers can register online at www.lfgf.org.

Parents and high school coaches are welcome to attend the camp to observe for the day, and to bring items such as camp chairs, sun shelter, coolers, etc. to make themselves comfortable. Concessions are available for your convenience with all proceeds from sales benefitting the foundation. Please visit our website at www.lfgf.org for travel information and suggestions for activities in the area.

Sample Schedule for Camp Day

7:30 - 9:00	Registration and Check-In
9:00 - 9:30	Welcome, Introduction of college coaches, Review of camp objectives
9:30 - 9:35	Players report to assigned fields
9:35 - 9:50	Stretch by position
9:50 - 10:45	Session I: Seniors Defense, Underclassmen Offense
10:45 - 10:55	Break
10:55 - 11:50	Session II: Seniors Offense, Underclassmen Defense
11:50 - 12:35	Lunch
12:35 - 1:00	Guest Speaker
1:00 - 1:05	Announcements and afternoon schedule
1:05 - 1:10	Players report to assigned fields
1:10 - 1:20	Stretch by position
1:20 - 2:05	Session III: Seniors Offense, Underclassmen Defense
2:05 - 2:15	Break
2:15 - 3:00	Session IV: Seniors Defense, Underclassmen Offense
3:00	End of camp, players released from fields



Players working hard on skills at the LFG Football Camp in PA. (M. Garner, photography)

The Five W's of LFG Football Camps

Who? 8th –12th Grade Football Players

What? Lauren's First and Goal Football Camp

Where? PA: Lafayette College's Metzgar Athletic Complex is 3414 Sullivan Trail, Easton, PA 18040

OH: Otterbein University, 1 South Grove Street, Westerville, OH 43081

When? PA: June 7, 2015; OH: June 14, 2015

Why? To support pediatric brain tumor research and cancer services, learn & improve skills, showcase talents, be coached by the best, explore opportunities to continue your academic and athletic career!

Register online now @ www.lfgf.org



CALLING ALL RUNNERS!

The Philly Love Run will be held on 3/29/15, and long time LFG volunteers, Amy and Curt Wilson have organized an official Lauren's First and Goal team for the run. Check out the registration link and join in the fun here: www.cgiracing.com/theoverun/

COS Profile - Shea Costantino

Lauren's Circle of Strength was conceived more than 10 years ago, through the bonding of a network of family, friends, and strangers, who were inspired by Lauren's example of unrelenting spirit and courage. A bright, motivated, talented young lady named Shea Costantino, from Bedminster, NJ, was among those who volunteered her skills to serve the mission of LFG from its infancy.

Shea began her volunteer work with LFG as a preteen, alongside her mother and aunts, who are a driving force behind the camp set up, registration and organization. Shea quickly mastered the ins and outs of data input, volunteer organization, tent management, and number running. Whatever needed to be done, Shea was the perpetual team player, ready and able to complete the task at hand.

Shea served on LFG's original Junior Board of Directors from 2004-2010, acting as a good will ambassador for the Foundation, obtaining in-kind and monetary donations for the camps, and addressing her normal camp duties of setup, organization, registration, food and beverage distribution and sales. Shea's camp day responsibilities expanded to overseeing and confirming the input of over 500 camper registrations and finalizing all camper registrations during that time period.

Shea went on to take a leadership role during her basketball career on the Franklin & Marshall Varsity Women's Basketball team, leading the Lady Diplomats as Team Captain during the 2013-2014 season. In 2013, Shea was nominated for the Allstate National Association of Basketball Coaches

Good Works Team and was the Vice-President of the Athletic Leadership Committee/Student Athletic Advisory Committee. She also served on various service committees during her time at F & M. Shea earned honors in 2014 on the Centennial Conference All-Sportsmanship Team, and received the Franklin & Marshall College Athletic Leadership/SAAC Sportsmanship award.

Shea is a 2014 graduate of Franklin & Marshall College, with a Major in Sociology and Minor in Women & Gender Studies. She recently accepted a position as a Coordinator at the East Central Division of the American Cancer Society in Bethlehem, PA. Her intelligence, her leadership skills, and the passion she has for her work will benefit this very fortunate non-profit organization. LFG is grateful for a very special COS member and wishes Shea much luck in her future!



Shea at F&M



The F&M Concession Crew at LFG PA, with Shea to the far left in maroon.

The Nish Family - Building the COS

On camp day, if anyone is in need of an able body to haul equipment, lead the tent crews, organize coaches or volunteers, pick up garbage, solve a problem, resolve an issue or take charge of a project, Tim Nish is the first one to be called on to complete the task at hand.

Nish, a 2006 Lafayette College graduate and design engineer, played four years of varsity football as a defensive lineman. In 2004 and 2005, Nish was named the scout team defensive co-MVP. In his final season, the Lafayette coaching staff honored Nish with the Unsung Hero Award. Nish served as a volunteer coach at Lafayette for seven years, working with the defensive line and preparing the offensive scout team in practice.

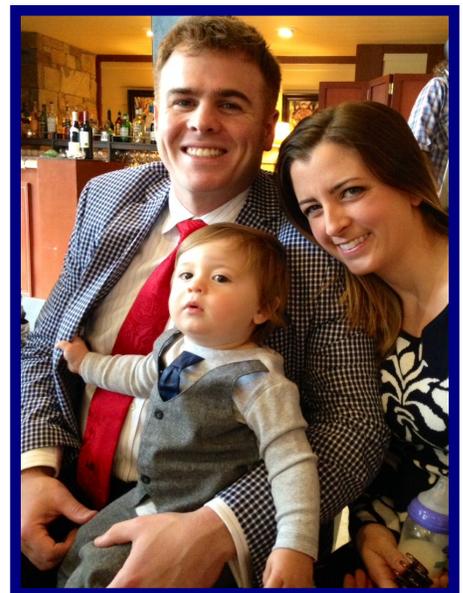
Nish is a LFG "All Star and Chief Engineer" who has volunteered at every PA camp, and camps in FL and OH, making him an 11 year veteran.

More than six years ago, then Tiffany Muir joined the Athletic Training staff at Lafayette College after completing her Master's Degree in Kinesiology and Health Promotions at the University of Kentucky. Tiffany completed her undergraduate work at the University of North Carolina at Chapel Hill, where she worked with the baseball, football, women's soccer and track and field teams. Just a few months after joining the staff at Lafayette, Tiff became an integral part of the sports medicine staff at the camp. She spends countless hours helping with registration and pitching in wherever needed. She also is returning to LFG as a 6 year volunteer veteran. But that is only part of the Nish Story.

Tim and Tiffany married in the summer of 2012. In December 2013, they were blessed with their son Jameson. At the tender age of 6 months, Jameson volunteered at LFG PA for the first time in 2014, entertaining and charming all of the volunteers in the 'war room' and children in the Family and Friends Fun

Tent area. The Nishs are truly an example of a family helping to build and better Lauren's Circle of Strength!

The Nish Family: Tim, Jameson, and Tiffany, in 2014.





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LFG PA June 7, 2015

LFG OH June 14, 2015

Thank you to our major sponsors:



Otterbein University

Mr. Michael Johnson
Coaches on the Go
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The official registration and financial information of LFG Foundation, Inc., may be obtained from the PA Department of State by calling toll free, within PA, 1-800-732-0999. Registration does not imply endorsement.
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