



## *Moving Further into 2022!*

A LETTER FROM THE EXECUTIVE DIRECTOR

When I reflect on the year past and the aspirations for 2022, what comes to mind first is a sense of pride. **I AM SO DARN PROUD OF THIS COMMUNITY!** From our dedicated teaching artists and the behind the scenes administrators, to the incredible students and parents that hold this community up, everyone is amazing in their own right, and as a community, stellar.

With the continued turmoil caused by the pandemic it has been hard to plan or predict. Our typical forecasting models are all but useless given the constantly changing financial and programmatic realities. That said, we are pleased to share our 2022 strategic aspirations.

### **IN 2022, WE AIM TO:**

- Renegotiate a new lease at our beloved facility
- Embark on a new 3-year strategic planning process
- Recruit 1-2 new Board of Directors members
- Support, retain, and grow our amazing artist and administrative staff
- Implement retirement plans for senior staff
- Establish the endowment fund
- Increase enrollment across all programs by 10% (average of +4 people /class daily)
- Host education seminars focused on amplifying gender equity and eradicating harassment in Capoeira; as well as inclusion and diversity training
- Lay the foundation for an advanced artist professional development course
- Begin research for the the Hewlett 50 – CIGARRA project

We are hopeful and excited for the year ahead, and invite your continued involvement.

A handwritten signature in black ink, appearing to read 'Jennifer Walsh'.

Jennifer Walsh  
Executive Director



*Thank you so very much to everyone who contributed!*

## INDIVIDUAL DONOR CAMPAIGN

With help from the community the 30/40 Year End Fundraising campaign– initiated in honor of ACSF’s 30-year anniversary and Mestre Márcia’s 40-year Capoeira legacy– **RAISED \$56,969 FROM A TOTAL OF 72 UNIQUE DONORS.** This was our highest dollar amount and largest pool of donors to date!

ACSF will use \$30,000 of the funds to establish an endowment fund–reserves held long term designed to strengthen the organization’s financial stability and future. The remaining funds will be used to support artist fees for our dedicated teaching staff.

If you have not yet had a chance to contribute, there is no time better than right now. Please consider making a tax-deductible contribution today. In 2022, we aim to grow our community of donors from 72 people to well over 100! No donation is too small, and every contribution is deeply appreciated.





# HEALTH & NUTRITION

## for Capoeira Athletes

Join Professora Sereia for a 21-day, coach-led and group-supported nutrition **RESET!**

Together we will clean up our nutrition, incorporate zero waste strategies, learn to fuel physical performance, and implement habits aimed at improving training recovery.

**SATURDAYS**

**MARCH 5 - 26**

10AM - 10:50 PST

VIA ZOOM

March 5 | Orientation Meeting

March 7 | Reset 21-Days Begins

March 12, 19, 26 | Follow-Up Sessions

PAY \$50-\$100

SIGN UP BY MARCH 1



In addition to being the founding executive director of ABADA-Capoeira SF, Jennifer is a certified health and nutrition coach; longtime Capoeira martial artist; lover of movement, nature, and outdoor adventures; broth maven; and a modern pioneer living off-grid in the Sierrita Mountains of Arizona with her dog Churro.



eat • move • sleep • think • breathe • live

REGISTER AT [WWW.ABADA.ORG](http://WWW.ABADA.ORG)

# ACSF'S GOVERNING BODY | ACKNOWLEDGMENTS AND GROWTH

## » A Note from Artistic Director, Márcia Treidler



SARA BRESELOR



RHODORA DERPO



MICHAEL FRIEDMAN



MICHELLE SIELING



IAN MCLACHLAN



ANA MORAGA



JANE STAFFORD



MARCIA TREIDLER



JENNIFER WALSH

**IT IS WONDERFUL TO SEE THE WORK AND COMMUNITY WE'VE BUILT OVER THE PAST 30 YEARS. I FEEL BLESSED AND THANKFUL.**

The past two years have proven the power of Capoeira to uplift, strengthen, and support the community. Witnessing how important ACSF is to the community, particularly during times of hardship, motivates me, and us, to continue to offer quality programs that bring together—virtually and in-person—people of various generations, backgrounds, and ethnicities to learn, heal, celebrate, and grow.

Critical to ACSF's capacity to share its work and mission is its leadership. ACSF's Board of Directors is a diverse group of individuals who bring their unique personal and professional experience to their role on the board. Collectively they govern the organization and protect its future development through oversight, guidance, and support. Board members keep things in check, and ensure investments and decisions align with ACSF's mission and what is best for the organization and community.

Recently, Sara Breselor, was nominated and accepted the position of Board Chair. We are grateful for her

commitment and acceptance of the obligations that come with the Chair position. Thank you Sara! Muito obrigada.

This year we are looking to expand the Board of Directors. We are looking for individuals with a background in finances, local government, business development, community outreach, and/or cultural arts who represent the diverse communities we serve including Mission District residents, youth, people of color, members of immigrant and LGBTQAI+ populations.

Would you or someone you know be interested in getting more involved, helping to ensure ACSF is stable and here for future generations? Please spread the word and reach out to Executive Director, Jennifer Walsh or myself in person or via email.

Once again, my sincere gratitude for being a part of ACSF's story, and consequently a part of my life's journey.

*Muito Obrigada,*

**Márcia Treidler, Mestra Cigarra**



# ACSF Schedule

## TEEN/ADULT CLASSES

### MONDAY

» Online Teen/Adult Capoeira

11am-noon

» In Person Teen/Adult Capoeira

6pm-7:30pm

### TUESDAY & THURSDAY

» Hybrid Teen/Adult Capoeira

6pm-7:30pm

### WEDNESDAY

» Online Teen/Adult Capoeira

7am-8am

» Online Teen/Adult Capoeira

11am-Noon

» In-Person Teen/Adult Basic Capoeira

*\*First Time Student Credit Available*

6pm-7:30pm

### SATURDAY

» Saturday Special

*\*see website for class details*

10am-10:50

» Hybrid Teen/Adult Capoeira

11am-12:30pm

### SUNDAY

» In Person Teen/Adult Community Capoeira

11:30am-1pm

## KID'S CLASSES

### TUESDAY & THURSDAY

4pm - 4:45pm (ages 5-7)

5pm - 5:45pm (ages 8-12)

### SATURDAY

1pm-1:45pm (ages 5-7)

2pm- 2:45pm (ages 8-12)

**PRE-REGISTER AT**  
**WWW.ABADA.ORG/  
SCHEDULE**

ENROLLMENT IS  
OPEN FOR 2022!

Space is limited!  
EARLY BIRD, SIBLING  
& MULTIPLE CAMP  
discounts available!

# YOUTH SUMMER CAMP



JUNE 6-10 | JUNE 13-17 | JUNE 20-24 |  
JULY 11-15 | JULY 18-22 | JULY 25-29 | AUGUST 1-5

[WWW.ABADA.ORG/SUMMER-CAMP](http://WWW.ABADA.ORG/SUMMER-CAMP)



# Save the Date!

## ACSF EVENTS

FRIDAY, MAY 27 | YOUTH BATIZADO

SUNDAY, MAY 29 | CARNAVAL PARADE

JUNE-AUGUST | KID'S SUMMER CAMP

OCTOBER 19 – 24 | ADULT BATIZADO WORKSHOPS + GRADUATION CEREMONY

DECEMBER 2 – 3 | SPIRIT OF BRAZIL PERFORMANCE

DECEMBER 17 | FRIENDS & FAMILY DAY

## COMMUNITY EDUCATIONAL SERIES

(DATES TO BE ANNOUNCED)

- » ANTI-HARASSMENT — APRIL
- » DIVERSITY + INCLUSION — JULY
- » AMPLIFYING GENDER EQUITY — OCTOBER





# SPECIAL THANKS TO OUR FUNDERS!





