

Iron Cross Foundation



17 October 2009

Supporting Boys Gymnastics Dreams

Second Annual Dinner and Auction

- >Doors & Bar open 6:00 PM
- >Silent Auction Begins 6:00 PM
- >Dinner 7:00 PM
- >Live Auction Immediately Following Dinner

Auctioneer:

Marcus Walker



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Our Mission:

The Iron Cross Foundation (ICF) is dedicated to helping young men of all socio-economic backgrounds participate in the sport of gymnastics by providing financial aid, social support, and educational resources.

Board:

Founder:	Logan E.S.Z. Melander
President:	Karen Zediker, PhD
Vice President:	Duston A. Roark, MSW
Members:	Norma Irish, MSW
	Timothy J. Melander
	Jyl Backman
	Gregg Braunton

Why I started the Iron Cross Foundation:

I started ICF when I got hurt (I messed up my wrists training jams) and at one point in my recovery the doctors weren't sure if I would ever be able to do gymnastics again. That was scary! I always imagined that I would be able to do gymnastics through college and maybe someday I would even go to the Olympics and then I could give back to my sport. When they said I might not be able to do gymnastics anymore, I still wanted to give back. My parents said I didn't have to wait to give back and that I could do it now, so I started thinking about this foundation. Honestly, I didn't think that as a kid I could really make a big difference, but I could.

The way I decided to give back to my sport was to make sure that other guys had the chance that I did to get to train and go to meets. Gymnastics is expensive and so the foundation I created with the help of adults I knew who were committed to boy's gymnastics raises money to give scholarships to help pay for competition fees, uniforms, and training costs. Scholarship information is on website and we take applications two times a year (in Spring and Fall). We also have a cool Forum that is on our website. Members of ICF can chat in the Forum about almost anything. We talk about gymnastics, but we also talk about movies, girls, and school. The parents talk about what it is like to be parents of gymnast and about the places they have traveled with us. We have links to all sorts of different gymnastics resources on the site as well. People can donate directly to ICF on the website if they want to support our cause.

Gymnastics is an inspirational sport. When I get a new move it motivates me to learn more and keep going with the sport. It makes me want to do more and new things to the best of my ability. Gymnastics doesn't just inspire me in the gym, but helps me outside of the gym, like at school. It boosts my confidence for other things – so I am ready for anything that comes my way. If you stick with gymnastics it will help you in many ways in everyday life. Maybe it will even help you start your own foundation someday!

-Logan Melander

Item #1



Zune Package

The new 120GB Zune allows you to not only take your music with you wherever you go but also movies. Have a long road trip or a meet that is taking way too long, entertain yourself or your kids with music/movies. This also comes with an alarm clock you can dock your Zune on for even more options and so you can wake-up to the music you want to listen to.

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Item #2



No Cabbages Bed, Breakfast & Labyrinth

This rustic bed and breakfast. . . is filled with antiques & art. The hosts are friendly and gourmet cooks. The sign on the house as you enter sums up the atmosphere "Not for the terminally uptight!"

All of the rooms have views into the magnificent forest that surrounds the property. Tall firs, maples and alders are your guardians for a most restful sleep. Good dreaming encouraged.

Company Website: <http://www.nocabbages.com>

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Item #3



Snow Board Package

Work with the owner of Woodinville Ski and Bike to create your own custom package to include specially fitted Board, boots and bindings. This is a personal setup so everything is specifically fit to you.

Company Website: <http://www.wood-ski.com>

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Item #4

Autographed Mitch Gaylord Poster

Team Member of the 1984 Olympic team and Gold Medalist. Mitch Gaylord has ___ gymnastics tricks named after him and now you can have this autographed 20x30 poster of him and on the reverse read about some of his accomplishments.

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Item #5

ICF Poster
Autographed
By Senior
National Team

This 11x17 poster is autographed by Senior National Team Members:

- Justin Spring

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Item #6

Lighthouse
Collection

I am not exactly sure what this is yet.

Item #7

Pamper Me The Right Way

Begin the pampering at home with a selection of Brocato hair products.
Continue with a salon treatment at [Laura's Work](#).

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Item #8

Experience Seattle

Enjoy some of what the city has to offer with ___ tickets to the Experience Music Project,

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