



NEHEMIAH
BUILDS



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NehemiahBuilds.com



NEHEMIAH
BUILDS

Promote positive growth in the mental, physical, spiritual, and social-emotional health of young people in our community.



Annual Expenses

PERSONEL

Salary & Personnel Costs \$75,000

CLOTHING & GEAR

Shoes \$495

Singlets \$2,640

Sweats \$660

Asics Headgear \$726

Suplay Headgear \$237

EQUIPMENT

Wall Mats \$1,925

USA Cards \$1,320

USA Coaching Cards \$198

TRAVEL EXPENSES

Airfare \$11,550

Bus Rental \$1,727

Car Rental \$2,310

Gas \$138

Lodging Expense \$4,318

MEALS

Local Tournaments \$5,500

Travel Tournaments \$5,500

Practice Night Dinners \$3,850

TOURNAMENT FEES

Local Tournament Entry Fees \$4,538

Travel Tournament Entry Fees \$7,838

TOTAL EXPENSES \$130,468

Operations

WRESTLING TEAM

- Wrestling is the mechanism for training the Domains of Development.
- Serves as the entry point into the ministry.
- Teaches:
 - Work ethic
 - Mental & physical determination and stamina
 - Sense of belonging

PARENT INVOLVEMENT

- Reaching one person in a family can positively impact the whole family.
- Contract with students and parents.
- Model a loving and disciplined family environment.
- Mentor parents along with students.

BASIC LIFE NEEDS

- Partner with Mission Arlington to help essential needs:
 - Food
 - Clothing
 - Health care
 - Bible studies



Vision

Nehemiah Builds is devoted to engaging youth in a way that empowers them to realize their full potential, to positively influence their local culture, and to graduate high school with a meaningful plan for successfully managing life.



Methods

We use the Mission Arlington Youth Wrestling Ministry as a mechanism to provide safe relationships, community, and a true sense of belonging.

Through training and mentoring, participants improve their work ethic, and increase their capacity to understand and manage emotions, reactions, and relationships.

We encourage parent participation and provide mentoring, counseling, training, and resources intended to improve family life.

Domains of Student Development

MENTAL DEVELOPMENT

Academic proficiency, problem-solving, skills acquisition, creativity.

PHYSICAL DEVELOPMENT

Fitness and health, athletic skills, teamwork, nutrition and wellbeing.

SPIRITUAL DEVELOPMENT

Internalizing values, character, and the meaning and purpose of life; building the capacity for love, compassion, forgiveness, altruism, joy, and fulfillment.

SOCIAL & EMOTIONAL DEVELOPMENT

Increasing capacity to understand and manage emotions, reactions, and relationships.

Desired End-State

Continual improvement in all Domains of Development during each year of the ministry.

By senior year in high school, develop a meaningful, **achievable follow-on plan** for college or entrance into a professional trade pathway.

100% College and Career Placement upon high school graduation.

Participant becomes a **positive influence** to their family, the community, and the ministry.

