



NATIONAL GYMNASTICS DAY



National Gymnastics Day celebrates the sport and its athletes, providing an opportunity to raise awareness about gymnastics, promote its physical and mental benefits, and showcase the skills and talents of all gymnasts.

In honor of National Gymnastics Day on September 16, **we wanted to recognize the people, organizations, and resources that uplift the gymnastics community.**

[VIEW OUR GYMNASTICS DAY SERIES ON SOCIAL MEDIA](#)



AT THE HEART OF GOLD

INSIDE THE USA GYMNASTICS SCANDAL

[WATCH AT THE HEART
OF GOLD ON HBO](#)

SEPTEMBER IS

National Suicide Prevention Month

Observed every September, National Suicide Prevention Month is a time dedicated to **raising awareness** about suicide, **promoting suicide prevention**, and **providing support and resources** for individuals who may be struggling.




Courage First
Athlete Helpline

The Courage First Athlete Helpline is designed to assist **athletes, parents, coaches, and allies** interested in ensuring **physical and mental safety** in sports, by offering confidential emotional support, informational resources, and guidance.

[CONTACT A SPECIALIZED SPORTS CRISIS COUNSELOR](#)

WATERMAN

Celebrating Duke's Birthday and Legacy

Last month we celebrated the **legendary Duke Kahanamoku** with over **9,500 seventh graders in 58 intermediate schools across Hawai'i** by screening *Waterman* on August 24th, the 133rd anniversary of his birth. We thank the State of Hawai'i Department of Education, and all those who helped bring Duke's story to the students, for helping his legacy live on.



The Foundation for Global Sports Development | 333 S Hope St Fl 48, Los Angeles, CA 90071

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