



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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The Cover 3 Football Organization Donates Meals and Snacks to the Suffolk Family YMCA Summer Camp Program

PORTSMOUTH/SUFFOLK – The Cover 3 Football Organization is a non-profit, 501c3 organization, founded by former NFL Defensive Lineman Greg Scott. After retiring from the NFL, Greg decided to return to his hometown and give back to the community. In 2009, Greg started Cover 3 Football, taking his passion and love of football and children and creating an organization that strives to inspire and motivate youth to achieve their goals and conquer adversity through positive, personal and passionate coaching, mentoring and community service.

In 2010 C3F implemented “Feeding the Children Program”, which provides free, healthy and nutritious snacks and meals to children in after-school programs and daycares that are in an at-risk, low income environment. Throughout the year the Suffolk Family YMCA participates in C3F’s At Risk After-School Snack Program. This Summer, C3F will be participating in the Summer Feeding Service Program and providing 2 meals a day at the Suffolk Family YMCA. Meals will be provided to all eligible children free of charge. (To be eligible to receive free meals at the Suffolk YMCA, children must meet the income guidelines for reduced price meals in the National School Lunch Program or be fed a site that is located in a qualifying schools zone).

Currently C3F feeds over 4,000 children daily at 36 locations in the cities of Franklin, Suffolk, Smithfield, Emporia, Portsmouth and Winchester and the counties of Southampton, Greensville and Sussex. For more information about Cover 3 Football, visit www.cover3football.com.

ABOUT THE YMCA OF SOUTH HAMPTON ROADS

The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 205,000 children and families each year. More than 23% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA’s doors are open to people of all ages, backgrounds, abilities and incomes.

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