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# THE CrossFit JOURNAL

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## Fran to Teach Phys. Ed.

Charter school with CrossFit as its physical-education program receives conditional approval.

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By Staff

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All photos: Demi Brown

On Dec. 3, the San Diego Unified Board of Education voted 6-1 in favor of granting conditional approval to Empower Charter School, making it the first school to name CrossFit as a foundation in its petition for charter.

Empower is scheduled to open in fall 2014 and serve students in kindergarten to Grade 6, and the vote was the last step in a lengthy process that involves budget and enrollment forecasts and a host of other legal elements. The school will offer an innovative, inquiry-based academic program focusing on academics as well as fitness and health, with CrossFit at its core. About 40 green-clad supporters, including CrossFit originals Greg Amundson and Josh Everett, were in attendance.

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***The vote was the last step in a lengthy process and with a 6-1 vote by the San Diego Unified Board of Education, Empower Charter School will open in fall 2014.***

After lead petitioner Demi Brown spoke, Trustee Scott Barnett suggested delaying a vote while Empower addressed conditions involving methods of student assessment, governance issues and other technical details. When he made a motion to push the hearing back until the conditions were met, it was defeated, and the board voted on conditional approval.

With Empower's supporters on their feet, the vote was taken. Supporters reported that the faces of several board members changed when the group rose in a show of solidarity, and when the results were tabulated, six green lights stood against one red. The room was filled with cheering and applause.

Lead petitioner Demi Brown credited the approval to the amazing support of the CrossFit community, particularly the members of CrossFit Mission Gorge and CrossFit Elysium.

"We were standing up for something we believe in," she said. "The tune of the evening immediately shifted once everyone stood. It is a moment that will be alive in my memory for a long time."

Brown said CrossFit provided the inspiration to start a school, and CrossFit Kids will be the focus of the school's physical-education program.

"Our school's educational philosophy uses a holistic approach to learning to build strong minds, strong bodies and strong characters in our students. The CrossFit Kids P.E. program will equip and empower our students for all areas of life," she said.

With conditional approval granted, Brown will now be working to meet all conditions in order to begin operation in fall of the New Year.

