



Dear CJP Athletes,

May this email find you, your friends and family healthy! There has been so much unrest in these unprecedented times in a visibly difficult season of life. COVID19 is a global pandemic that has taken many of our freedoms and loved ones. Followed by the unjust and vivid killings of Black Americans. Our hearts are burdened and overwhelmed with all the hurt and trauma.

On #BlackOutTuesday, we shared *"You can lead the transformative change that our generation so desperately needs to experience right now. I believe in YOU! In heart and soul, we are in this together."* This is a crucial time where every city is looking to bring awareness about injustice long embedded in this country. We pray that we are all on the right side of history where we take a stand and say it ends with us.

Shockingly in the last 24 hours, CrossFit CEO Greg Glassman has made offensive towards a gym owner for calling him out on his lack of support towards the Black community. Then, somehow Greg found himself coining the term 'Floyd-19'. As a community, we don't know what exactly could have made Greg express himself this way. The truth here is that **we do not share** the same views. Our house is a safe, positive and encouraging house. We love and serve all. There is no place for hate, ill-spirited words, attitudes and behaviours in our community.

As a community, we've donated to the NAACP to help further their mission to ensure equality of rights of all persons and to eliminate racial hatred and discrimination. To donate:

<https://secure.actblue.com/donate/naacp-1> Please join us on Tuesday for the Big Floyd workout!

Please guard your hearts and know that we are all navigating so much. We truly do need to care for one another. If you need anything, please reach out to us.

In Spirit and Truth,
Sandy and Javy Caraballo