WASH THE COMMANDERS FOUNDATION 2024 IMPACT REPORT



A NOTE FROM OUR EXECUTIVE DIRECTOR

This season was historic in so many ways. Watching each game unfold was like watching magic happen. Even more amazing is the fact that it was not magic—but hard work, grit, determination, and leadership guiding a team to come together to create something bigger than themselves. And it inspired us all.

The season was historic in other ways. As we saw after the "Hail Mary", and as people swapped stories about where were you for the moment the ball was caught, something clicked in the nation's capital.

As we visited schools after that moment and throughout our historic post-season run, we saw kids begin to ask themselves – why not us? But also, why not me? As we carried the banner of our football team into schools, rec centers, parks and everywhere in between, a true and lasting message of hope was taking hold.

What better backdrop to inspire and empower the kids, families and fans of the DMV with. We brought forth the message of hope, resilience, and unfiltered joy into the spaces we visited this year.

While our Community team was busy with over 100+ events creating moments of joy and new memories for cancer fighters and survivors, honoring Medal of Honor recipients, sponsoring service dogs, surprising Changemakers with Super Bowl tickets and bringing Youth Football programming back to life in the DMV—we saw time and again, the power of football to bring the hope.

On a personal note, earlier this spring, my son, Hudson, his cousin, Adrian, and their friends showed up to the Flag Football fields in their Washington Commanders jerseys. For the past four seasons that they've played, they've typically been the only group to represent the local team. This year was very different. This year, across seven different fields, it was a sea of Burgundy and Gold.

We're so grateful to be doing this work for and with all of you. We're so grateful for this team and this time. We're so grateful for all the hope and opportunity we get to bring to our communities every day of the week.

And the best part—Is that the best is yet to come.









2024 SEASON HIGHLIGHTS



600+ HOPE KITS

packed to date and distributed to individuals facing critical challenges.



2,500+ BOOKS

donated through the "Commanders Read" literacy program in partnership with First Book



10,000+ MEALS

served to families in need through community outreach programs



5,000+ YOUTH

participated in Commanders-sponsored sports clinics and mentorship programs



\$750K+ DONATED

to local nonprofits supporting education, health, and economic development.



100+ COMMUNITY EVENTS

community events hosted, engaging fans, players, and partners across the DMV.



\$23,735 OF FOOTBALL GEAR

donated to local programs this year.



\$1,192,687.87 OF ALL GEAR

collected this year.



156 YOUTH FOOTBALL PROGRAMS

impacted from Football donations



ROOKIE COMMUNITY CLUB

The Washington Commanders Rookie Symposium is a vital program designed to help new players acclimate to the team, the organization, and the community they now represent. As part of this year's symposium, rookies took part in the annual D.C. bus tour to learn about the city's history, helped build a community garden to promote sustainability and food access, and visited a local hospital to uplift patients and staff. These experiences not only introduced our players to the region but also reinforced the importance of using their platform to make a meaningful impact.



















COMMUNITY DAY OF SERVICE

On Wednesday, May 29th, the Washington Commanders and Marjorie Harris, Chair of the Washington Commanders Foundation, hosted a Day of Service at three locations across Washington, D.C. The team supported causes such as youth sports, STEM, and education. The day began with a Skills and Drills Youth Football Clinic at H.D. Woodson High School run by Washington Legends. The team also unveiled a new toddler playspace, "Commanders Little Combine" at the National Children's Museum, which was followed by a Garden Build and mural painting event at Rocketship Rise Academy Public Charter School. Marjorie Harris and Commanders front office staff were joined by the Commanders 2024 Rookie Class for their first-ever community event.





ROOKIE GARDEN BUILD

As part of our Community Day of Service, we worked with Out Teach to build a garden and outdoor learning lab at Rocketship Rise in DC. The garden involved volunteers working on smaller projects such as garden beds and painting murals, with less emphasis on heavy lifting. The project kick-started a larger project that would continue throughout the season with the completion of the garden and the addition of an outdoor learning lab. We collaborated with schools in the area (Wards 7 and 8) inviting them to the finished garden for programming around healthy eating.



















ROOKIE HOLIDAY HOSPITAL VISIT

The Washington Commanders hosted their first Rookie holiday hospital visit, where players dressed in festive holiday outfits to spread cheer and brighten the day of patients and staff at Children's National Hospital in D.C. The rookies brought smiles and laughter as they interacted with the young patients, signed autographs, and took photos, creating memorable moments for those facing health challenges during the holiday season. The visit emphasized the team's commitment to giving back and making a positive impact in the community, bringing joy and holiday spirit to the hospital and showing the power of kindness during this special time of year.









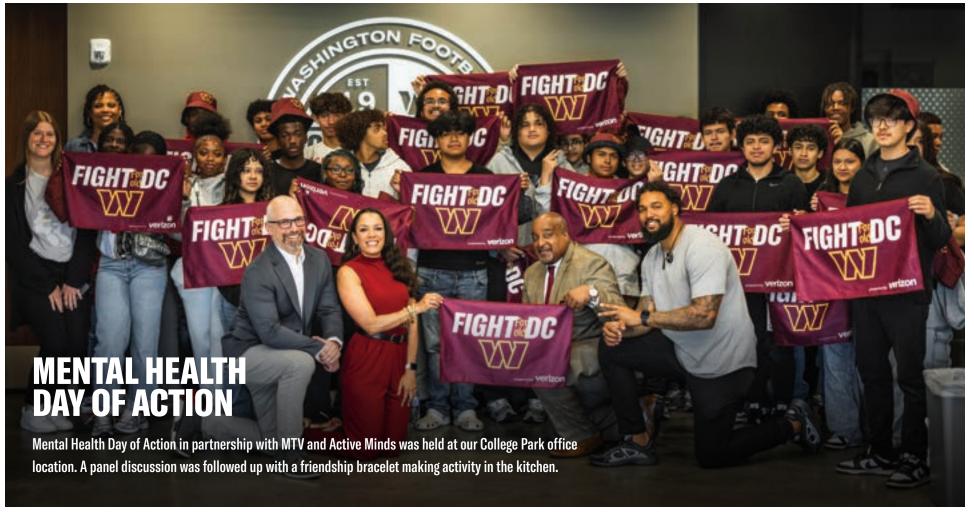


COMMUNITY PROGRAMMING

Community programming remains a cornerstone of the Washington Commanders' commitment to meaningful community engagement. Throughout the year, players, coaches, staff, and alumni collectively dedicated their time and energy to support local causes, contributing hundreds of service hours across the DMV. From packing meals and hosting youth clinics to revitalizing schools and mentoring students, the Commanders' volunteer efforts reflect a deep-rooted dedication to uplifting the region. These initiatives not only strengthen community bonds but also empower employees to live out the team's mission of making a lasting, positive impact both on and off the field.













SOCIAL MEDIA MENTAL HEALTH PANEL DISCUSSION WITH EVERFI

The Washington Commanders teamed up with Everfi to host 60 high school students for a mental health panel discussion. During this event students heard mental health experts discuss how social media has an impact on their own mental wellbeing and share some tips on how to best use social media in ways that will positively impact their mental health. After the panel discussion students broke out into their preassigned groups for their small group discussion time and completed a social media personal assessment to help guide the conversations.





TRAINING CAMP: BACK TOGETHER WEEKEND

The team kicked off Training Camp by taking part in the NFL's annual "Back Together Weekend" celebration on Sunday, July 28. The event featured a series of family-friendly activations, including a Commanders Kid Zone, a Washington Legends meet-and-greet, and more.









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BACK TO SCHOOL YOUTH SPORTS DAY

The Washington Commanders supported Fight for Children's Youth Sports Day. Youth Sports Day is a fun-filled, community event that showcased sports-based youth development organizations and informed families about affordable, after-school programs that focus on mental and physical health, educational achievements, and mentoring. School supplies, haircuts, health screenings and eye exams were provided for all 2,500 students. The Washington Commanders provided students in attendance with School Supply Kits and Backpacks.



CRUCIAL CATCH MONTH

Crucial Catch Month is an essential NFL initiative dedicated to raising awareness and supporting early detection and risk reduction for multiple types of cancer. Throughout the month, teams, players, and fans united to highlight the importance of cancer screenings and prevention. The Washington Commanders participated through community outreach, special events, and collaborations with local healthcare organizations to provide resources and support to those affected. This initiative reinforced the NFL's commitment to the fight against cancer, emphasizing the power of education, early detection, and community support in saving lives.



TEAM DOG BARNEY MEETS BARNEY

The Washington Commanders welcomed their third team dog, Barney, in partnership with Warrior Canine Connection, an organization dedicated to supporting veterans through the healing power of service dogs. This partnership honors the legacy of those who have served, ensuring their names and sacrifices are never forgotten. Barney was named after Medal of Honor recipient Colonel Harvey C. Barnum, recognizing his bravery and service to our country. Through this initiative, the Commanders continue to support and uplift the veteran community while providing a future service dog with a meaningful purpose.



NFL VOTES & THE WASHINGTON COMMANDERS

In the 2024 NFL season, the Washington Commanders were actively involved in the NFL Votes initiative, a league-wide, nonpartisan program established in 2020 to promote civic engagement among players, personnel, and fans. The initiative focuses on voter education, registration, and activation, encouraging the NFL community to participate in the electoral process.





HALLOWEEN SUITE TRICK OR TREAT

The Washington Commanders, in partnership with Northwest Federal Credit Union, hosted a thrilling trick-or-treat event at Northwest Stadium on October 31st, welcoming 500 students from Cora Rice Elementary and Gholson Middle School for a day of Halloween festivities. Suites throughout the stadium were transformed with festive Halloween decorations.



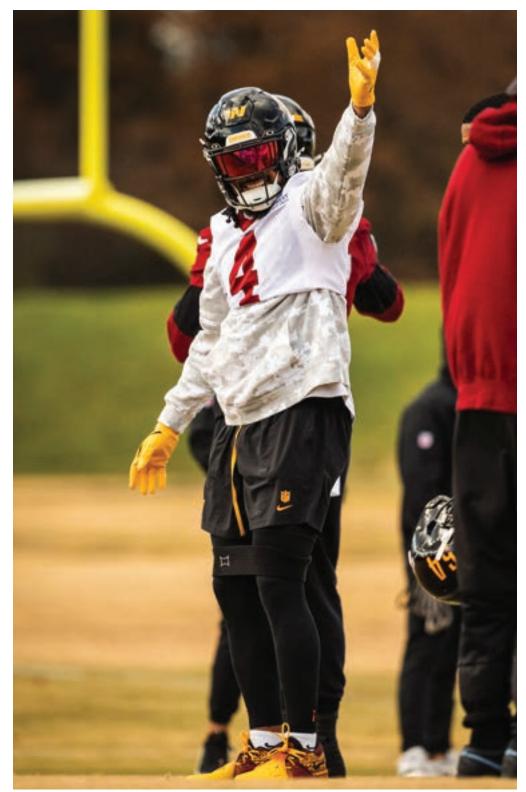






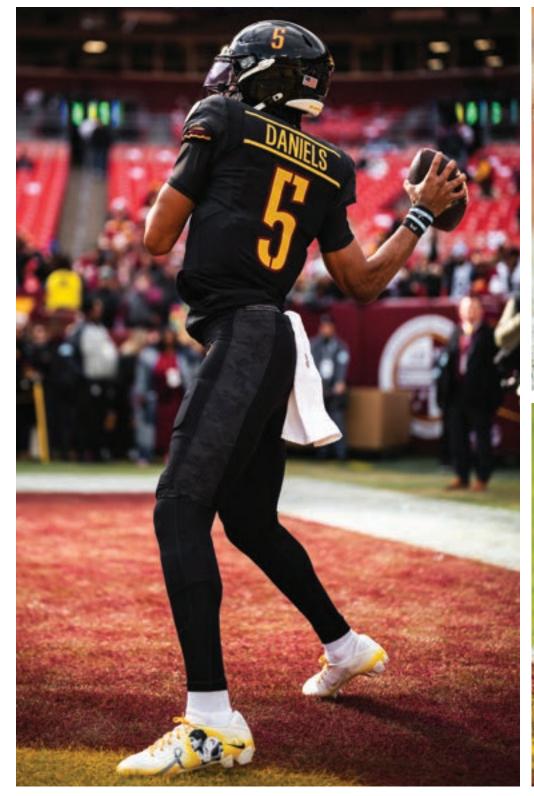
































G-UNITY TRAILBLAZER DINNER PRESENTED BY G-UNITY FOUNDATION

In support of the NFL Inspire Change Initiative, the Commanders honored trailblazers in the Washington DC area for their outstanding community work. This year's Trailblazer Award went to Marcus Ellis from Peace for DC, who received a \$5,000 grant for his organization. Beyond his impactful career serving vulnerable residents, Marcus is also the Founder and CEO of Giving with a Purpose, dedicating his time to giving back to the community.

INSPIRE CHANGE CHANGEMAKER: PAULA THOMPSON

This year's changemaker winner, Paula Thompson, is a dedicated leader and advocate in Washington DC, with a passion for supporting individuals impacted by the criminal justice system. As a prominent figure at Voices for a Second Chance, a nonprofit organization committed to helping formerly incarcerated individuals reintegrate into society, Paula has devoted over a decade to empowering vulnerable populations through comprehensive service delivery and community engagement. Her journey into cause work began with a deep commitment to social justice and a belief in the power of second chances. She witnessed the significant challenges people face when re-entering society – such as accessing housing, securing employment, and obtaining essential social services – which inspired her to take action. Paula has since become a driving force in the community, creating programs that address both the immediate needs and the underlying systemic barriers that affect reentry. Paula was awarded a \$10,000 grant for Voices for a Second Chance as well as two tickets to Super Bowl LIX in New Orleans.







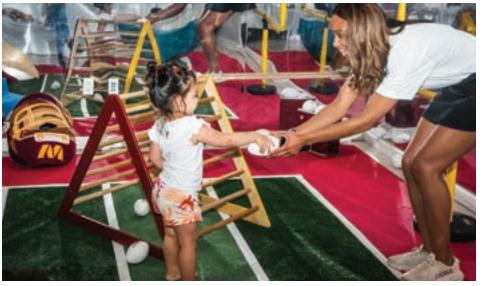


COACH KNAPP STAIR CLIMB

On Sunday, December 29th, the Coach Knapp Memorial Fund concluded its fall awareness program, with the Atlanta Falcons and Washington Commanders taking to the stairs of Northwest Stadium in Landover, Maryland, for the third joint stair climb of the NFL season. The climb, now in its third year and named in honor of veteran NFL assistant coach Greg Knapp, focused on educating drivers about the dangers of distracted driving, reducing distracted driving-related deaths, and promoting awareness reform. Over 500 coaches, players, and staff participated in various forms on game days, including a \$10,000 donation from the Harris Family Foundation, surpassing the goal of 20+ participating teams and raising over \$250,000 to date.













HOPE KITS PACKING EVENT

The Washington Commanders proudly hosted our Second Annual Hope Kit Packing Event in partnership with VHC for women undergoing chemotherapy, recognizing the impact even a small gesture of hope can have during their journey. Chemotherapy is both physically and emotionally draining, and our hope kits provided comfort and support. Each kit included practical items like cozy blankets and skincare essentials to ease discomfort, along with a heartfelt message: "You are not alone in this fight." These kits symbolized our commitment to standing with these brave women, offering encouragement and reminding them that a community of care was behind them. To date, we have packed 600 Hope Kits, bringing positivity and strength to those who needed it most.



HABITAT FOR HUMANITY VOLUNTEER EVENT

The Washington Commanders and Bank of America partnered with Habitat for Humanity Metro Maryland for a volunteer build day on April 17. Volunteers supported projects like Allium Place, a new affordable housing community, and neighborhood initiatives at Montgomery County Public Schools. This effort reflected both organizations' commitment to community impact and affordable housing.















WASHINGTON SALUTE

Washington Salute supports those who have courageously fought for our freedom and is an opportunity to thank our military for their continued selfless efforts to serve our country. A first of its kind in the NFL with year-round benefits, Washington Salute creates experiences for service members to connect with the team and with each other as part of the team's commitment to 365-day programming and support. Mission: Honoring, Empowering, & Connecting Service Members, Veterans, and their Families to the Largest Military Community in the Country. Setting a League- Wide Standard for Military Programs & Events Throughout the NFL.



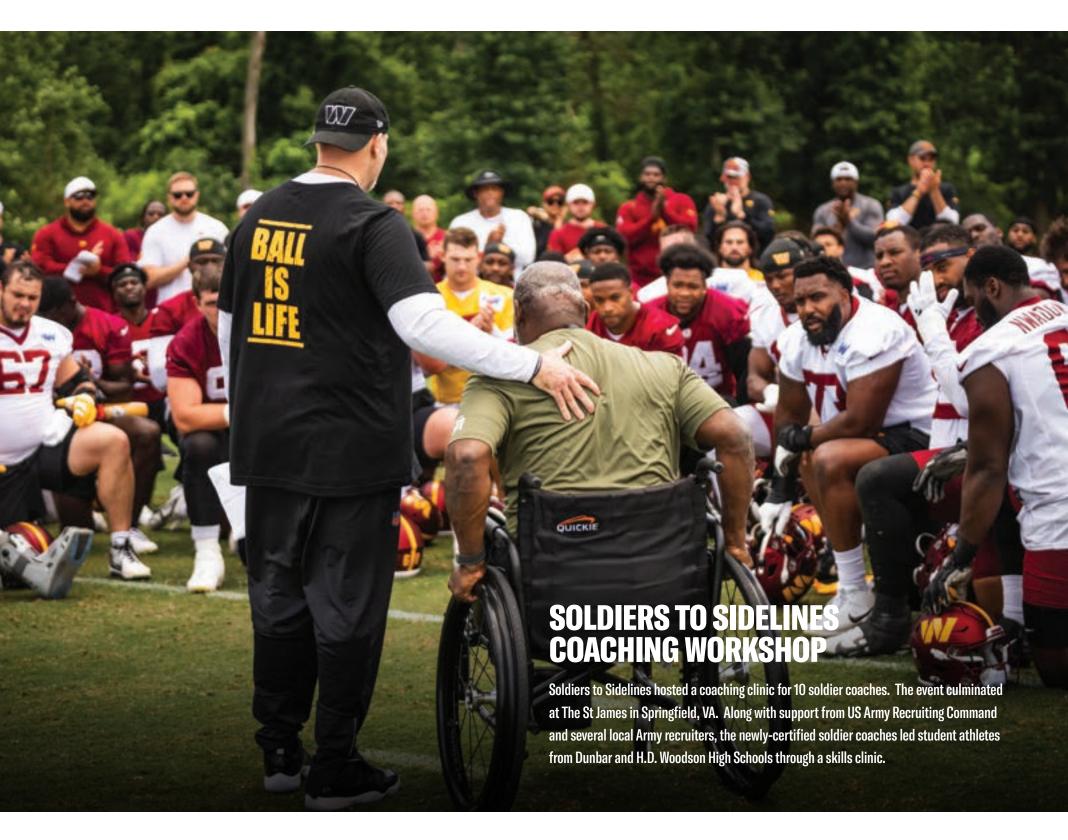




112TH FIGHTER SQUADRON EXCHANGE

On June 18th and 20th, flight equipment technicians from the DC Air National Guard's 121st Fighter Squadron visited the practice facility and were given a behind the scenes tour of the Commanders' equipment room by our equipment staff. Then on June 21st, our equipment staff was given a similar behind the scenes tour by those same Airmen at the squadron on Joint Base Andrews. Commanders don't take the field without the hard work and professionalism of our equipment staff, just like the fighter pilots of the 121st can't take off without the critical flight equipment that's maintained and managed by these Airmen.









TRAINING CAMP: SALUTE DAY

Washington Salute, the Official Military Appreciation Club of the Washington Commanders, hosted a few hundred local military members, veterans, and their families for a practice experience with players and coaches and a special recognition for service to our nation. This year's Military Appreciation Day was presented by USAA, the official Salute to Service partner of the Washington Commanders. USAA also hosted their annual combine-style skills competition for 50 attending service members from the DMV.













USO PACK4TROOPS EVENT

The Washington Commanders upheld their annual partnership with the USO for the Pack4Troops event, assembling care packages for deploying military personnel. This initiative served as a meaningful gesture of gratitude, ensuring service members felt supported and valued while stationed abroad. Volunteers worked together to pack 2,000 essential-item kits, which would be distributed to outbound service members at USO airport centers across the DMV. Head Coach Dan Quinn addressed the group before the event began, emphasizing the importance of community and service, while several current players joined in packing the care packages. This year's event was made possible through the support of partner ManTech, further reinforcing the Commanders' ongoing commitment to honoring those who serve.









Five surviving families from TAPS attended the team's pregame walkthrough practice, where they were welcomed by players and coaches. Each family received autographed helmets and custom jerseys honoring their fallen heroes. After practice, Coach Quinn and the entire roster spent meaningful time connecting with the families. The following day, the group attended the Salute to Service game against Pittsburgh, where they were recognized on the field during a special in-game tribute, honoring their loved ones' sacrifices.

















OPERATION BABY SHOWER

PepsiCo partnered with the Washington Commanders and Operation Shower to host a group baby shower for 25 military moms and moms-to-be on November 12. Held at Northwest Stadium, the event celebrated active-duty military members and their families with a "Groovy Baby"-themed gathering, featuring lunch, raffles, and contests. The moms received Showers in a Box, filled with donated products from PepsiCo, the Commanders, and other generous companies. Emceed by WUSA9 anchor Simone De Alba, the event offered both practical gifts and the invaluable experience of bonding with fellow military mothers.









recovering. The event reinforced the Commanders' commitment to honoring and uplifting the men and women who have served our country, creating lasting memories and

meaningful connections. Three current players, Major Tuddy, Command Force and team dog Barney from Warrior Canine Connection all made the trip.



YOUTH FOOTBALL

Youth football is at the heart of the Washington Commanders' efforts to inspire the next generation of athletes and leaders. Through camps, clinics, equipment donations, and player-led mentorship, the Commanders supported thousands of young athletes across the region this year. By partnering with local schools and community organizations, the team provided safe, accessible opportunities for youth to learn the fundamentals of the game, develop teamwork skills, and build confidence both on and off the field. These programs not only foster a love for football but also reinforce the Commanders' commitment to empowering youth through sport.





LOUDOUN NFL FLAG GIRLS KICKOFF EVENT

The Washington Commanders supported the Loudoun County NFL Flag Girls Flag Football team as they kicked off their 2024 season. The team was joined by Washington Legends and each teammate received a Paisano's personal pizza and a giveaway from the team.







DCIAA GIRLS FLAG CHAMPIONSHIP GAME

The Washington Commanders supported the DC Girls Flag Football League for their championship game. All participants received Commanders branded giveaways. The winner of the game was invited to our NFL Draft Day party on April 27th at the National Harbor. Our Command Force cheerleaders, Major Tuddy, Washington Legends and DC Divas have continued to build our relationship with DC Flag teams.







RAVENS x COMMANDERS GIRLS FLAG PLAYER CLINICS

Demonstrating our commitment to growing the sport in Maryland, the Washington Commanders teamed up with the Baltimore Ravens to host a series of clinics across Montgomery County. These sessions provided young athletes with expert coaching, hands-on training, and opportunities to deepen their passion for the game. Over three days, the Girls Flag Player Development clinics empowered more than 600 high school girls, equipping them with the skills and knowledge to elevate their flag football journey.

NIKE 11-ON GIRLS FLAG COMPETITION

The Washington Commanders, joined by Washington Legend Leonard Stephens, hosted a Girls Flag Competition to continue growing and advancing girls' flag football. High school athletes from Loudoun County competed in a round-robin pool play tournament, each team guided by a professional coach—either a former NFL or college football player or a current member of the DC Divas. The event provided an exciting platform for young athletes to showcase their skills, compete at a high level, and learn from seasoned football professionals.







UNDER THE LIGHTS (UNRIVALED SPORTS) YOUTH FLAG FOOTBALL

The Commanders proudly supported the Under the Lights Flag
Football Championship in partnership with Unrivaled Sports on
Friday, June 7th. The event featured exciting giveaways, along
with appearances from Major Tuddy and the Command Force,
bringing extra energy and excitement to the day. Unrivaled
Sports, co-founded by Josh Harris, played a key role in creating a
memorable experience for the young athletes, helping to elevate
the event and inspire the next generation of flag football players.



NFL FLAG SUMMER CHAMPIONSHIPS

Last summer, the NFL introduced a NEW, elevated Championship Tournament format to celebrate the best of the best across the youth Flag Football world, domestically and globally. The NFL FLAG Championships, a first-of-its-kind tournament hosted by the NFL, ESPN, RCX Sports and Omaha Productions took place in Canton, Ohio at the Pro Football Hall of Fame on July 19-21 and featured the very best of girls' and boys' youth flag talent.









NIKE BOYS 11-ON

The Washington Commanders hosted the 2024 Nike 11-On event, featuring over 200 athletes and 10 participating schools. Washington Legend Leonard Stephens lead on the field and joined by additional Legends Rocky McIntosh, Josh Wilson, and Lynden Trail Sr. The event included a 7v7 competition and a Big Man Challenge.















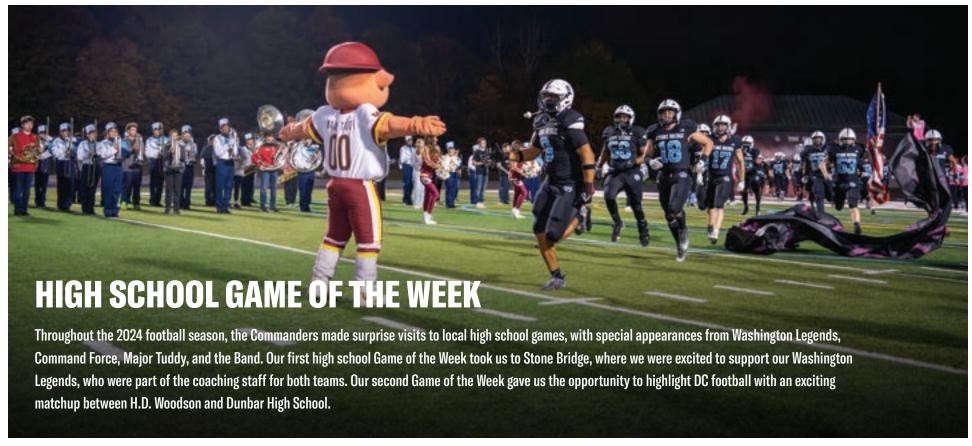


DARRELL GREEN YOUTH FOOTBALL CLINIC

Washington Legend Darrell Green hosted two inspiring youth football camps for 100 young participants, each from the greater Washington, DC area. This special event, organized in collaboration with the DC Housing Authority, offered a unique opportunity for youth members to engage in a day of athletic development and mentorship – with a heavy focus on competition. Darrell Green, renowned for his illustrious career with the Washington Commanders and his commitment to community service, led the camp, providing invaluable guidance and support to the young athletes. This free football camp aimed to foster physical fitness, teamwork, and confidence among the participants, ensuring a memorable and impactful experience for all involved.











NFL FLAG REGIONAL CHAMPIONSHIPS

On Saturday, November 2nd, NFL Flag teams from across the region came to RFK Fields for the annual Commanders Regional tournament, with the top team from each age group advancing to the NFL Flag National Tournament. A total of 760 athletes participated in this event, which featured special appearances from Legends, Major Tuddy, and Command Force. Every participant received giveaway items and a Commanders Flag jersey, while the tournament itself was expertly coordinated and executed, providing top-level competition and memorable experiences for all involved.







MARYLAND GIRLS FLAG CHAMPIONSHIPS

As girls flag football continues to grow in the DMV, the Commanders are dedicated to supporting and celebrating the game. We brought our activations to the Montgomery County Championships, Maryland State Championships, and Loudoun County Championships, impacting nearly 1,000 female flag football players. At each of these events, Washington Legends made appearances, delivering pump-up talks, serving as Honorary Captains, and acting as Guest Coaches. Major Tuddy and Command Force were also onsite, creating fun photo opportunities and engaging with fans. In addition, participants received various promotional items, and the events were supported with video and social media coverage, helping to amplify the excitement around the sport.









POST-SEASON PEP RALLIES

As the Washington Commanders prepared for the playoffs, the team hosted pep rallies at schools across the DMV. Students enjoyed an unforgettable experience filled with games, activities, and giveaways, all hosted by Major Tuddy, Command Force, and Washington Legends!

In celebration of the Washington Commanders heading to the NFC Championship & Clarksburg High School winning the 2024 MD State Girls Flag Championships, the Washington Commanders brought a playoff pep rally to Clarksburg to congratulate their championship team and build excitement for the Burgundy and Gold's playoff run.

















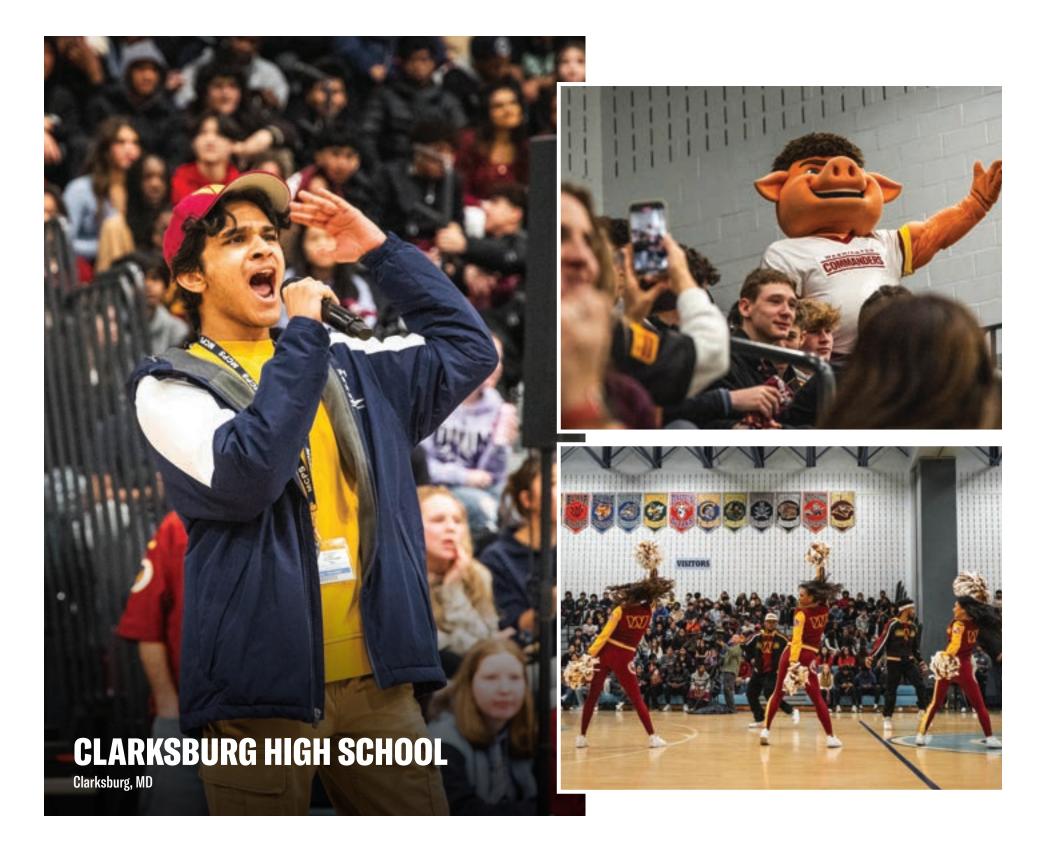


















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