



2013 Annual Report

From the Executive Director

We here at Wave Academy remain deeply grateful for the generosity of our Boards, practitioners, donors and those who have helped our organization grow. I'm thrilled to take this opportunity to update you on our progress in 2013 as we look forward to the remainder of 2014, and most importantly on the significant ways Wave Academy touches lives.

In just three short years, what began as a desire to offer the healing and transformative power of Aquatic Bodywork Therapy (ABT), has evolved into a remarkable institution. Our participants who suffer from various physical and mental ailments are experiencing the long-lasting benefits of ABT. In turn, they are welcoming their days with less stress, fewer triggers and with eyes set on a productive future. Wave Academy is able to offer them the security of a safe space where they can let go and trust their practitioner in the water. Over time, this translates to them trusting the moment in their daily environments and experiencing a healthier, more full life.

In February 2014 the U.S. Department of Veterans Affairs (VA) reported approximately 22 veterans are committing suicide each day – an increase of 20% since 2007. Many suffer from invisible wounds, including Post Traumatic Stress (PTS). As has been reported by numerous news outlets over the past several years, the VA is struggling to meet all the needs of their returning veterans in a timely fashion.

Understanding the dire need for treatment, in early 2013 Wave Academy committed to focusing our efforts on treating PTS-diagnosed Iraq and Afghanistan veterans, their families and caregivers. We now offer no/low cost therapy sessions to those who have sacrificed so much.

We believe treating our veterans is in line with our mission of being dedicated to the “healing and advancement of individuals, communities and the human condition.” We recognize ABT is a powerful tool for treating PTS as a complementary alternative medicine. To support this, in early-2013 we launched a groundbreaking, first-of-its-kind evidence-based study to determine the effects of ABT on those suffering from PTS. We have partnered with Johns Hopkins University to compile and analyze the data, and expect the full report in 2014.

We vow to continue our mission for treating and healing individuals. It is with deep appreciation for our past supporters and enthusiasm for what lies ahead that we invite you to stay connected to Wave Academy as we, together, advance our efforts in this shared experience.

Sincerely,



Dave Towe
Founder & Executive Director



Mission

The Wave Academy is dedicated to expanding the role of Aquatic Bodywork Therapy as a powerful tool in the healing and advancement of individuals, communities and the human condition.

Objectives

Wave Academy fulfills its mission by providing:

1. **Aquatic Bodywork Services** – Individuals in critical need of therapeutic treatment may apply for sessions on a reduced fee basis. Focused populations include military members with PTSD and their care providers, as well as hospice patients and their care givers.
2. **Aquatic Education Services** – Wave Academy actively conducts outreach and educational programs among institutions and service organizations whose populations validate the effectiveness of Aquatic Bodywork Therapy. Scholarships are available to qualified, committed individuals who are living in and a resident of the State of California and are seeking a career in Aquatic Bodywork Therapy.
3. **Research Programs** – Data collection through ongoing commissioned research studies provides scientific substantiation of the restorative and transformative benefits of Aquatic Bodywork Therapy.

2013 Highlights

- Total Reach
 - Twelve trained practitioners provided 200+ Aquatic Bodywork Therapy sessions to veterans suffering from PTS, their families and caregivers
 - Documented 360+ lives benefited-by-extension from our services – including PTS veterans' communities, families, and support systems
 - Raised more than \$150,000 in donations
- Q1
 - The Academy fully committed to serving veterans suffering from PTS, their families and caregivers
 - The Academy launched a groundbreaking, first-of-its-kind evidence-based study to determine the effects of Aquatic Bodywork Therapy for those suffering from PTS

- Q2
 - The Academy connected with veteran support communities that serve those suffering from PTS, their families and caregivers, including:
 - San Diego Veterans Coalition
 - Military Musters
 - Wounded Warriors
 - Courage to Call
- Q3
 - The Academy hosted its first annual strategic planning event in August
 - The Academy identified needs and vision for a state-of-the-art, multi-pool *Wave Academy International Research, Education and Treatment Center*
- Q4
 - Concluded groundbreaking PTS study on the effects of Aquatic Bodywork Therapy
 - Partnered with Johns Hopkins University to dissect, weigh and roll up the results of the study



Bill York, 2013 Chairman of the Board, San Diego Veterans Coalition (left) with Dave Towe, Wave Academy's Executive Director (right).

2013 Statement of Income and Expenses

INCOME

Individual Contributions	\$103,563.33
Foundations & Trusts	\$20,000.00
Gifts In-Kind	\$24,992.25
Program Income	\$1,896.26
TOTAL INCOME	\$150,451.84

EXPENSES

Operations & Administration

Executive Director	\$12,041.59
Accounting	\$5,188.50
Administrative Services	\$11,650.50
Professional & Legal Fees	\$5,550.00
Banking	\$260.57
Director's Meetings	\$700.00
Marketing & Web Design	\$14,522.23
Office Supplies	\$2,585.22
Postage & Delivery	\$1,268.97
Rent	\$4,061.00
Subtotal	\$57,828.58

Fundraising

Fundraising Administration	\$11,873.64
Fundraising-Other	\$1,387.39
Sub-Total	\$13,261.03

Programs

Aquatic Therapy	\$23,409.16
Pool Rental	\$829.28
Research Program	\$8,041.63
Scholarships Education	\$6,150.00
Case Manager & Outreach	\$15,278.00
Executive Director	\$42,145.57
ED Health Care	\$6,548.00
Insurance	\$2,592.00
Travel & Meetings	\$5,506.76
Payroll Taxes	\$4,850.91
Sub-Total	\$115,351.31

TOTAL EXPENSES **\$186,440.92**

Change in unrestricted assets **-\$35,989.08**



"Now I feel stronger in the water & more connected – I had a gentle awakening and I feel alive again ... I'm being inspired and revitalized – most progress I've made in three years."
Samantha, US Veteran



"The therapy has helped me drastically. I feel an inner peace ... I can calmly think more rationally. I can look at my wife and kids and be more supportive because ... I'm not as sequestered in my own thoughts and worries. Wave Academy is priceless."

Bruce, U.S. Veteran

Look Ahead to 2014

- In 2013 Wave Academy provided 200+ Aquatic Bodywork Therapy sessions . Currently, we are on track to ***triple that number in 2014!*** By April 2014, we surpassed 160 sessions with over 60 unique individuals. This clearly indicates that the therapy's benefits are tapping into a greater need, and we are excited to provide the necessary infrastructure to help it grow on a grander scale.
- Johns Hopkins University will conclude its findings of the Academy's PTS study that measured our hypothesis stating: Aquatic Bodywork Therapy, over an eight-week period, reduces PTS symptoms.
- We contracted with a public relations agency to manage press and messaging as we prepare for increased need and pool accessibility. In the months ahead we will be rolling out a new website that offers resourceful information, including the full evaluation study.
- On the development front, the Academy has vigorously ramped up its pace for identifying and applying for grants. These grants will support scholarships for Aquatic Bodywork practitioners in training, as well as therapy sessions for our specific needs population. This represents a major step forward in ensuring the Academy's financial viability for continued growth over the long term.
- With an eye toward organizational improvements, the Academy has expanded both the Board of Directors and Advisory Team to offer greater expertise and leadership as we continue to increase our effectiveness.

Existing Needs

We are quickly approaching capacity – meaning the number of currently trained practitioners and available pools are reaching their maximum. As we continue to expand, and demand grows for treating our veterans, their families and caregivers there are several very essential needs that must be met, including:

- more trained Aquatic Bodywork Therapy practitioners
- more saltwater pools in quiet locations dedicated to treatment several days a week
- funding for increase of training scholarships and pool rentals

**Wave Academy's
Trained Aquatic Bodywork Practitioners**



Lives are being transformed.

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Staff

Dave Towe, Founder & Executive Director

Brody Tucker, Program Manager

Practitioners

Keith Anderson · Kim Hartz · Aubrey Kelly · Kit Kuhlman

Marcia Le Monte · Erin O'Rourke · Sharon Plaché · Gal Rahimi · Sebastian Skinner

Mary Theri Thomas · Dave Towe · Brody Tucker · Pete Voggenthaler

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Brian Ruiz, Secretary · Dan Becker, Treasurer

Advisory Board

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Theri Thomas · Monica Traystman · Cameron West · William York

Wave Academy Contributors

Our continued impact on the lives of those diagnosed with PTS is largely made possible by the growing family of philanthropists – a number of whom provided significant contributions over the past year. We are deeply appreciative for all of their support and recognize the following for their generosity in 2013:

Benefactors Circle

\$25,000+

Donna O'Rourke · Erin O'Rourke

Heroes

\$10,001 – \$24,999

Anonymous · Christy Walton

Diamonds

\$1001 – \$10,000

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Jim & Maike O'Rourke · Brian Ruiz

Platinum

\$501 – \$1000

Pat McQuillan · Deborah Szekely
The Fischer Family Fund of the Jewish Community Foundation, San Diego
Doris & Samuel Young

Friends of Wave Academy

\$1 – \$500

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