



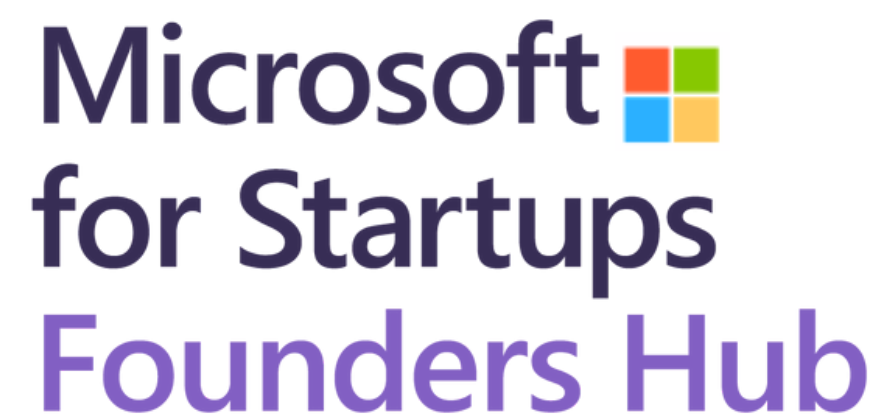
PICKLEBALL PATHWAYS

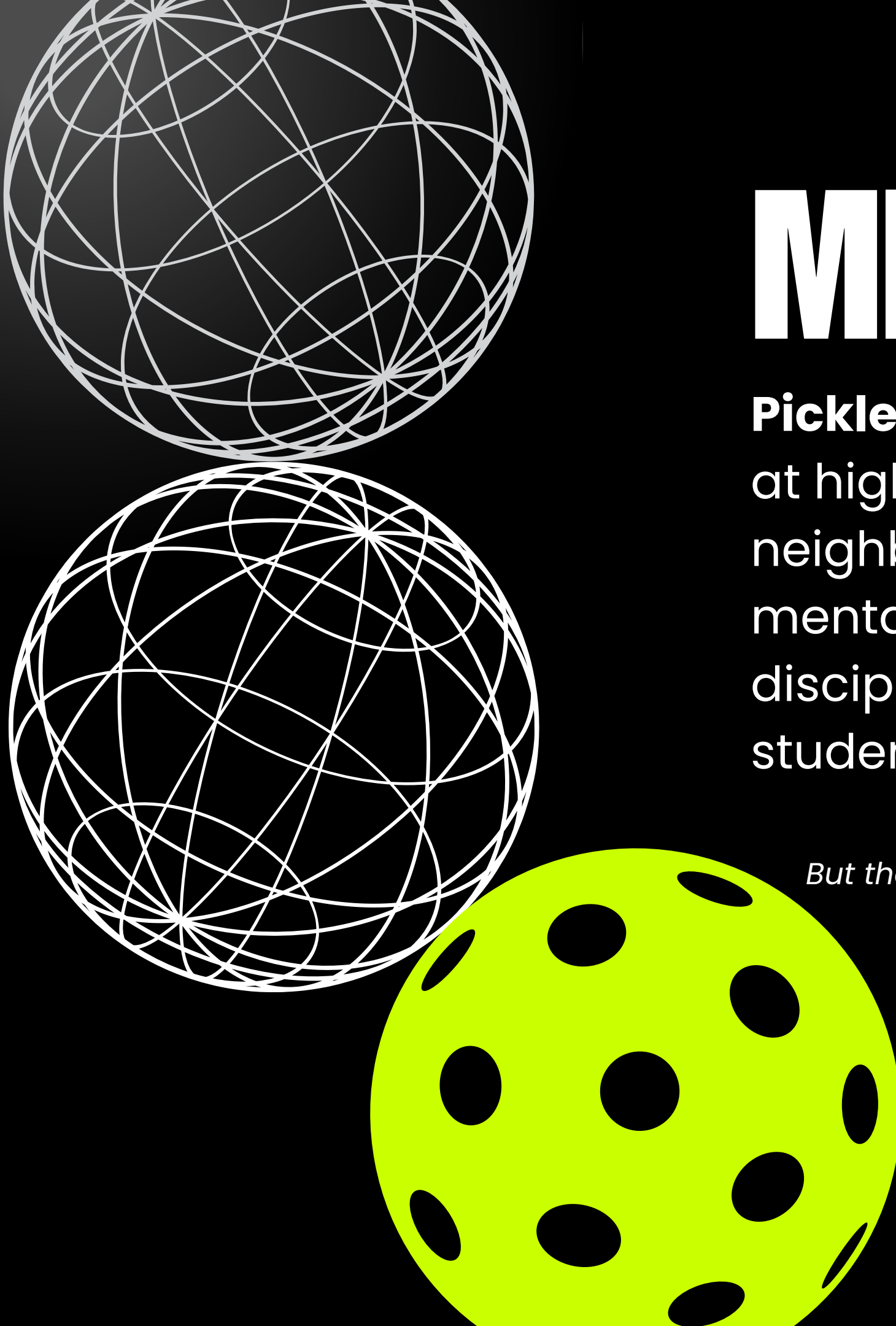
MOVEMENT. MENTORSHIP. MENTAL FITNESS.

A TOGETHERNESS PROJECT INITIATIVE



BOOST



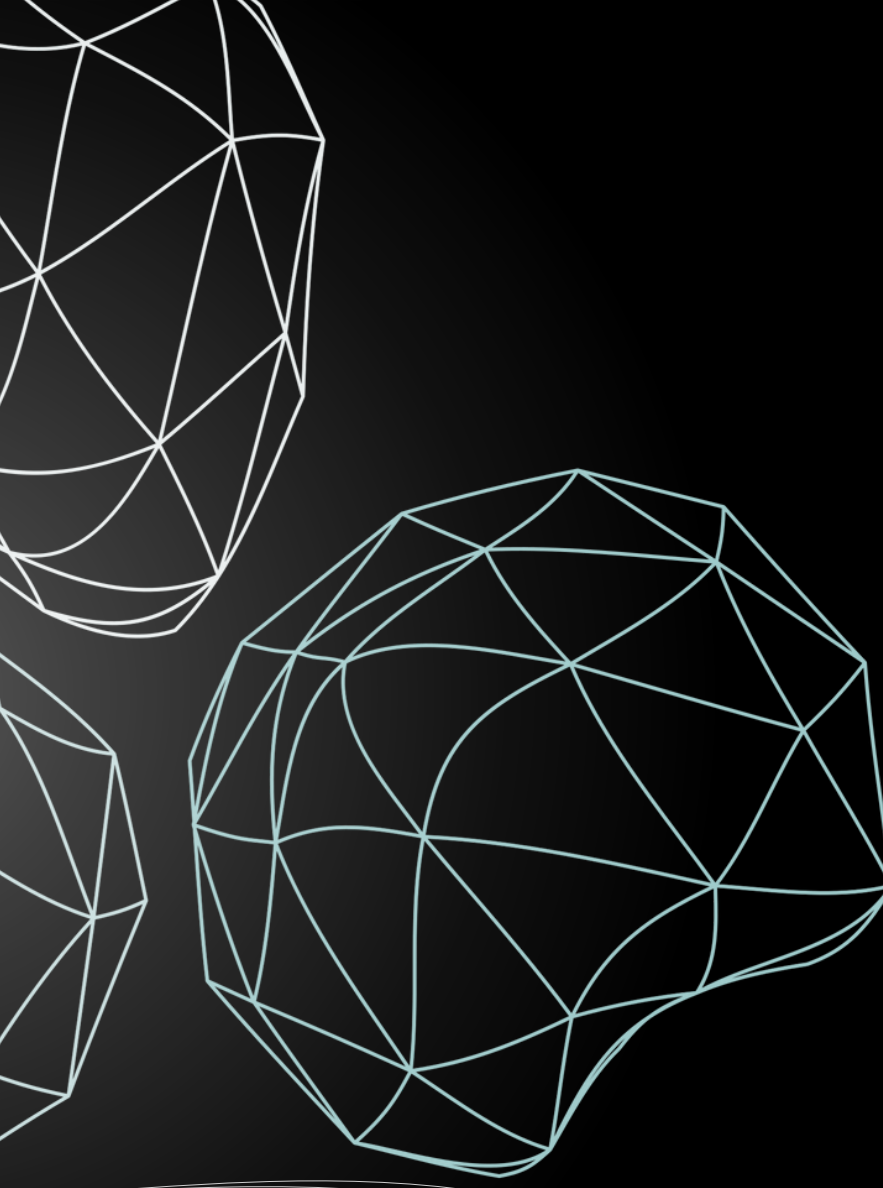


MISSION

Pickleball Pathways is a community-based initiative aimed at high school and college students in Birmingham neighborhoods. Our approach combines active recreation, mental health education, mentorship, and Gospel-centered discipleship—providing a safe, empowering space for students to find connection, growth, and renewed purpose.

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles;
they will run and not grow weary, they will walk and not be faint.*

Isaiah 40:31



VISION

With America's fastest-growing sport—pickleball—we want to mentor students and young adults in development, mental resilience, identity and faith.

The Need:

- Rising youth anxiety, isolation, and identity confusion
- Lack of grounded, values-based mentorship
- Overcoming poverty
- Lack of free access, safe spaces, and healing resources to communities that often lack recreational outlets and mental health support.

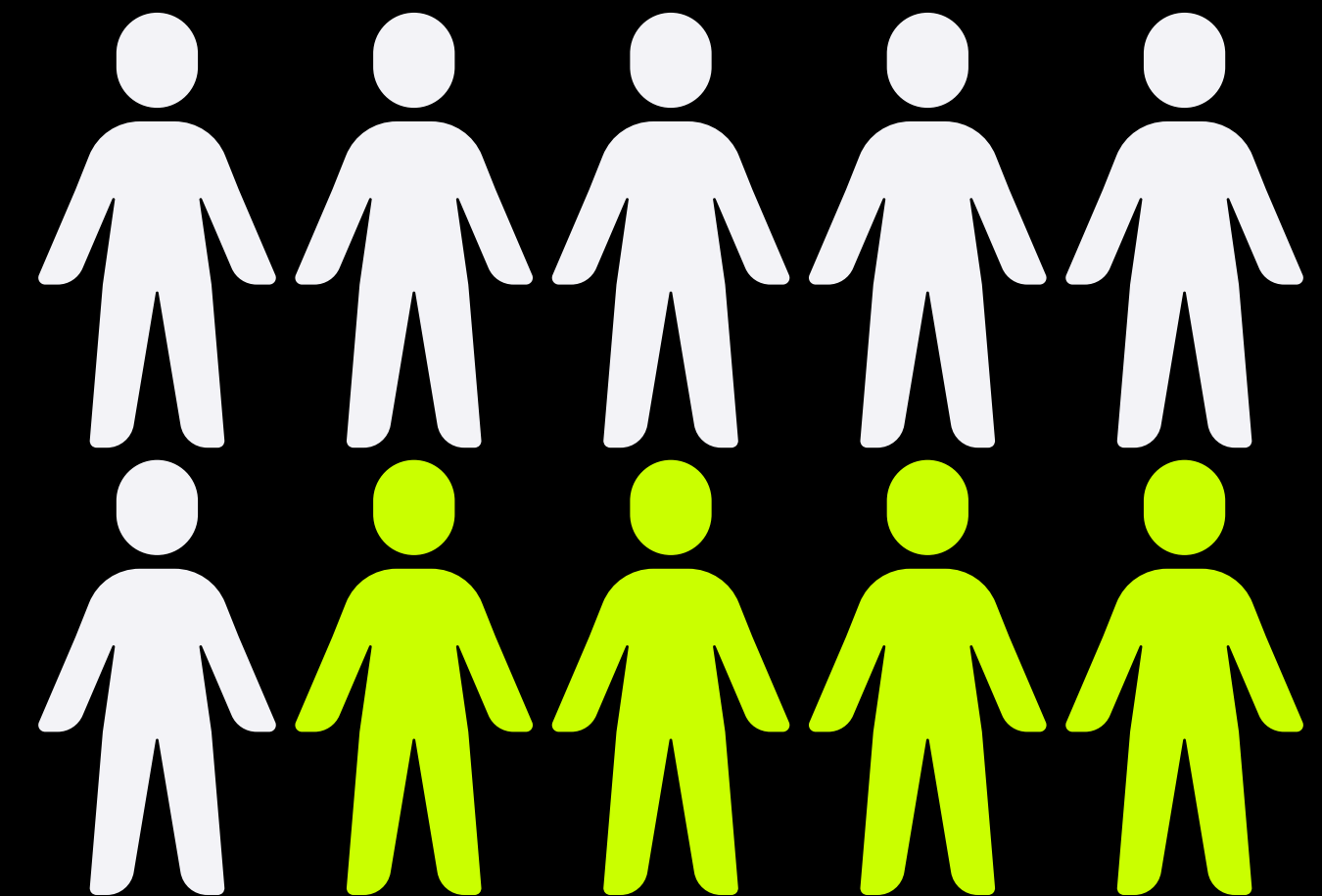
See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland. Isaiah 43:19



STATS



- 1 in 3 high school students in the U.S. report experiencing persistent feelings of sadness or hopelessness, and anxiety continues to rise.
- 1 in 3 young adults in the U.S. reports feeling persistent loneliness and emotional distress—yet most say they have no trusted mentor to turn to. (CDC, 2023 Youth Risk Behavior Survey)
- Alabama ranks 43rd in the nation for youth mental health access—while emotional distress and suicide ideation are rising. (Mental Health America, 2024)
- Less than 30% of young adults who were raised in church still attend regularly by age 25. (Barna Research)
- Research consistently shows that play, physical activity, and trusted connection are essential for reducing stress, improving mood, and building resilience in young people.





SOLUTION

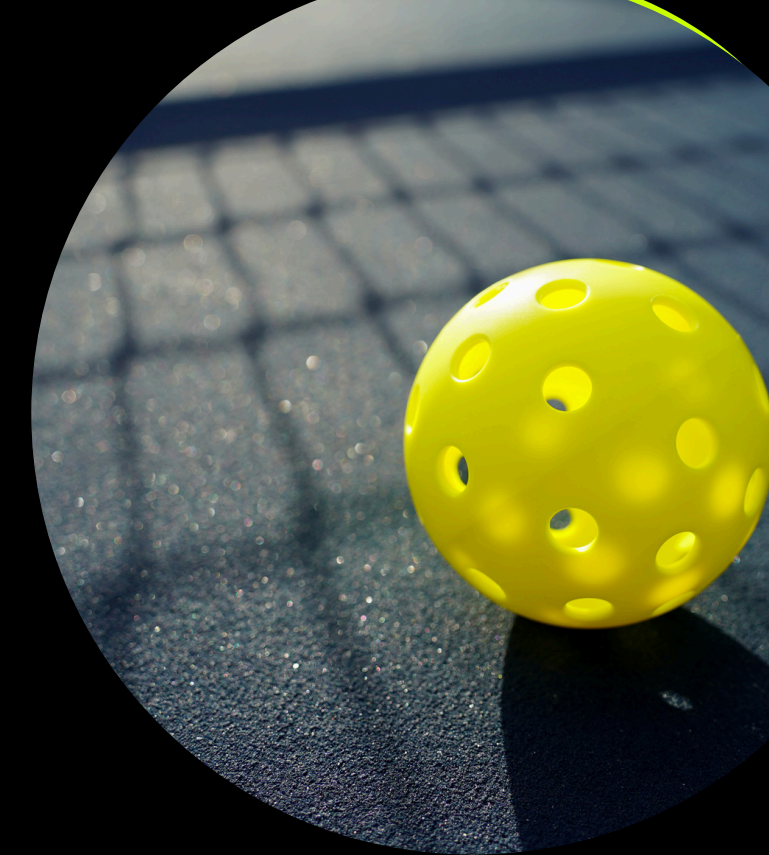
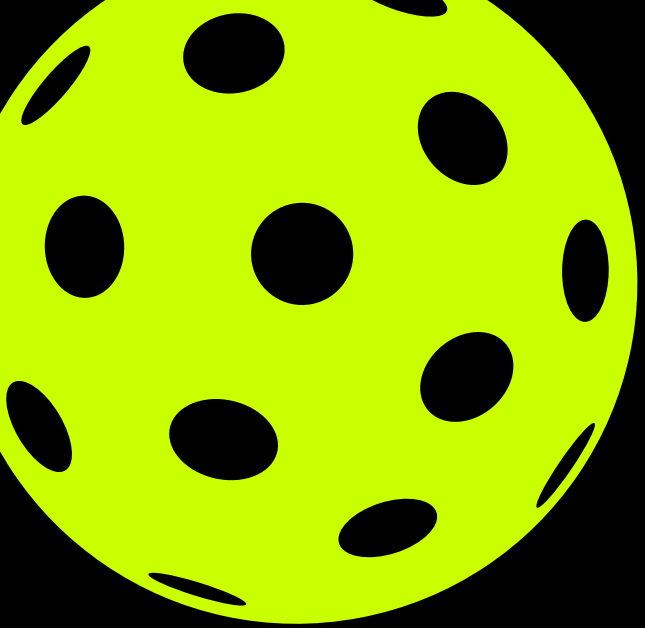
Strategy:

We use pickleball as a fun, relational bridge to build trust—then introduce meaningful conversations around emotional and mental wellness, and purpose. Our approach blends weekly meetups, trained peer mentors, and the use of **Eva**, a digital mental fitness platform that provides ongoing decision making and mental wellness support both on and off the court.

We will:

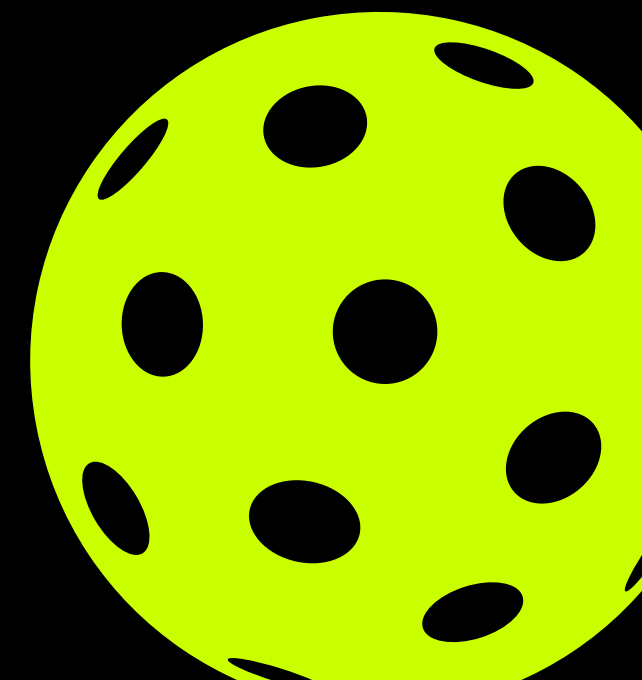
- Share the gospel with students and young adults in schools, neighborhoods, and on the court/field.
- Disciple and mentor youth to grow in their faith, identity, and calling.
- Equip the next generation of leaders who will carry the hope of Jesus into their families, communities, and workplaces.
- Provide safe spaces for play, physical activity, and trusted connection that reduce stress, improve mood, and build resilience in young people.





WHY PICKLEBALL?

It's America's fastest-growing sport with over 50 million people playing in 2024. Pickleball is social, performance-driven, and emotionally engaging, with its low barrier to entry and wide appeal, it is uniquely accessible to all ages, backgrounds, and skill levels, from first-time players to elite athletes, making it the perfect sport for impact and connection.





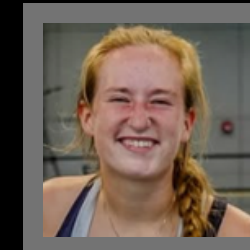
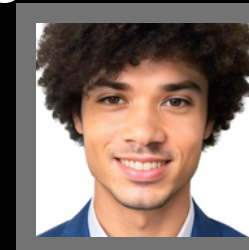
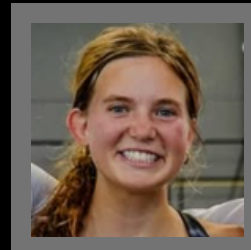
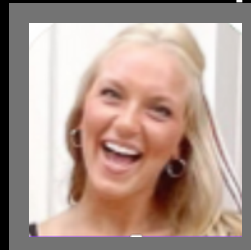
WHY PICKLEBALL PATHWAYS?

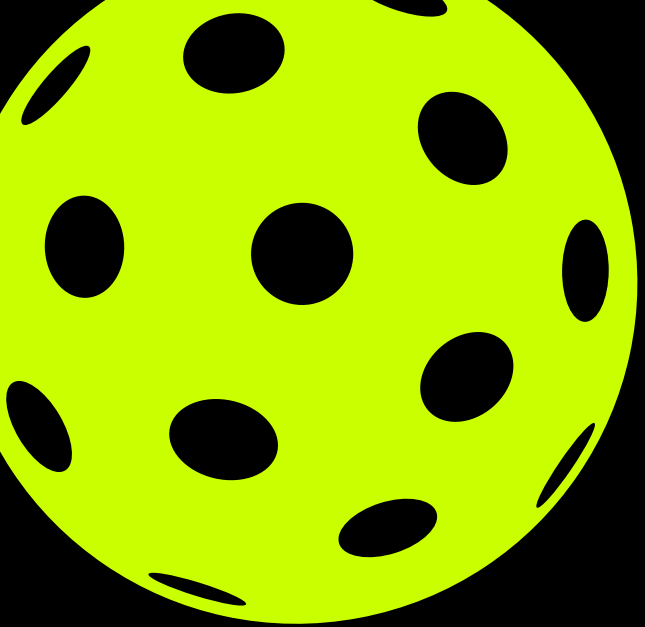


Togetherness Project values family, leadership, and opportunity and invests in youth success, wellness, and equity as well as understands that relationships change lives. **Pickleball Pathways** is a youth development initiative in the city of Birmingham that combines movement, mentorship and mental fitness with pickleball. We have tennis and pickleball elite athletes that want to give back and invest in the youth in this city!

- **Activate** pickleball courts as hubs for connection, leadership, and growth
- **Expand** mentorship through sport to build resilience and purpose
- **Empower** youth through play to transform communities from the inside out with the help of Eva AI

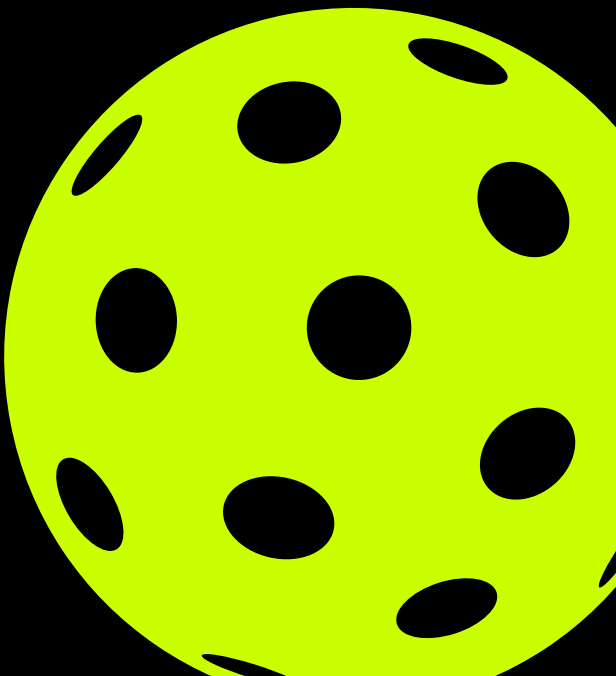
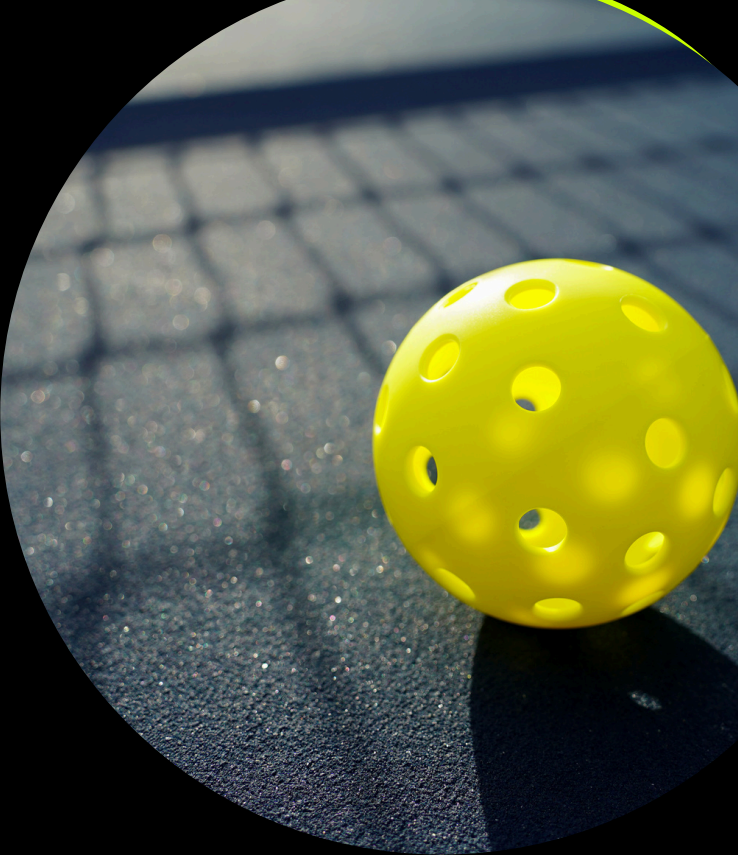
Let's equip the next generation—on the court and beyond!

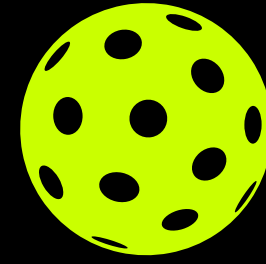
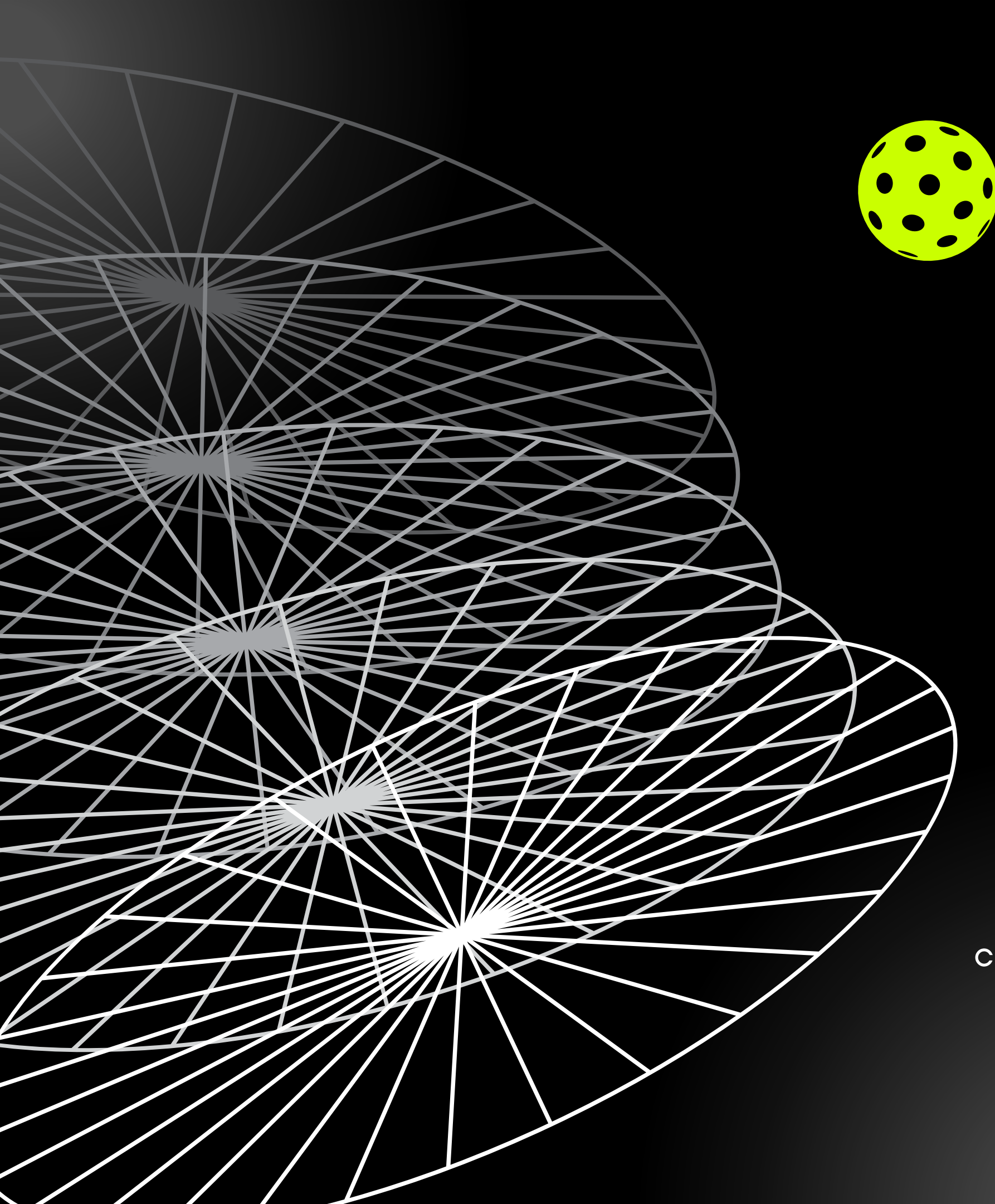




CITY COURTS

Location	Number of Courts	Notes
Crestwood Park	4	Public Facility no restrooms
Heardmont Park	4	Dedicated courts; lighting
City Walk BHAM	10	Public Access; open play format
Veterans Park	8	Permanent nets; lighting restrooms
George Ward	4	taped pickleball lines; small fee
Gardendale Civic Center	12	Permanent nets; lighting restrooms
Shades Mtn. Baptist Church	2	Outdoor Facility: limited access





CHURCH SPONSORSHIP

Year	Focus	Monthly Support
1	3 Pilot Regions (campus + church + rec center hubs), 200+ youth, gospel centric curriculum, ambassador training, discipleship, train 15 mentors	\$1,000
2	Expand to 8-10 regions, train 40+ mentors, reach 1,200+ students/young adults, host state-wide gathering	\$2,000

God has called me into a new season upstream from families in crisis to serve as a local missionary in our city, focusing on youth and the next generation. Recreation creates connection, communication and opportunities to share the gospel, to the young people in the city.

I would like Shades to partner in sponsoring me monthly in this Togetherness Project Initiative to “Live Sent”.

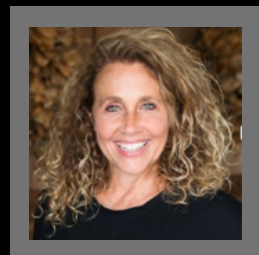
TEAM



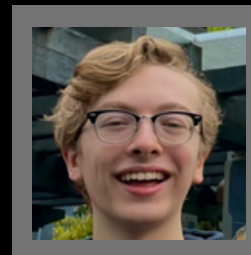
Q: Who's behind Eva AI?

A 15-year trauma recovery coach, behavior design experts, a mental health advisory board, decision intelligence scientist, and computer science developers. We're backed by years of resilience research and digital health insight, AI and LLMs.

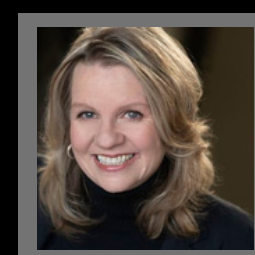
Our team is passionate about seeing Eva AI become a decision making and mental well being support platform starting with pickleball. With over 50 million people playing in 2024, and Decision Intelligence built into our technology (with the co-inventor on our team) the time is now to help young people process life experiences with decision support available 24/7.



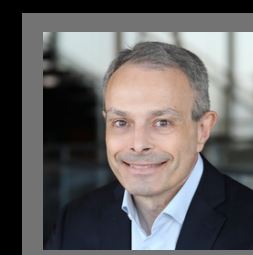
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Co-Inventor of
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Jeff Polluck
Artificial Intelligence &
Decision Intelligent
Consultant

Led by Togetherness Project

Pickleball Pathways next steps are to purchase pickleball equipment and schedule time on the local city courts. We have an incredible team of college and young adult elite athletes to mentor and invest in students, and are working to secure a van we can carry equipment, snacks and water to the courts for students. Join us in turning local courts into launchpads for growth, leadership, and hope.

CONTACT US

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