

BY: Senator RHOADS

COMMEMORATING the 10th Anniversary of CrossFit Strong Island and recognizing its outstanding contributions to the health, wellness, and vitality of the Merrick community

WHEREAS, It is the sense of this Legislative Body to recognize and commend those organizations whose commitment to service, philanthropy, and community engagement has significantly enriched the quality of life of the citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to commemorate the 10th Anniversary of CrossFit Strong Island under its current ownership and to recognize its enduring contributions to the Merrick community and the residents of Nassau County; and

WHEREAS, CrossFit Strong Island has been a fixture in the Merrick community for more than 12 years, serving as far more than a fitness facility; it has become a gathering place dedicated to fostering health, resilience, personal growth, and meaningful community connections among individuals of all ages and backgrounds; and

WHEREAS, Throughout the past decade, the owners, coaches, and members of CrossFit Strong Island have demonstrated an unwavering commitment to improving the lives of others through service, philanthropy, and community outreach; and

WHEREAS, CrossFit Strong Island proudly serves more than 200 community members ranging in age from 4 to 75 years old, creating an inclusive environment where individuals can pursue health and wellness while building lasting relationships and mutual support; and

WHEREAS, The organization is led by six dedicated owners and supported by more than six local coaches, all of whom share a common mission of strengthening the physical, mental, and emotional well-being of the community they serve; and

WHEREAS, CrossFit Strong Island has raised more than \$20,000 through charitable fundraising events benefiting breast cancer awareness organizations, bringing together community members in support of an important cause while promoting education, advocacy, and hope for those affected by breast cancer; and

WHEREAS, The organization has consistently demonstrated its commitment to service through a variety of no-cost community initiatives supporting breast cancer awareness, active military personnel, first responders, 9/11 remembrance, mental health awareness, and other worthy causes; and

WHEREAS, As a proud supporter of Project Patriot, CrossFit Strong

Island provides complimentary and discounted memberships to active military personnel and first responders in recognition of their selfless service and sacrifice; and

WHEREAS, Each year, CrossFit Strong Island hosts a public Memorial Day Murph Challenge in partnership with the Murph Foundation, honoring the memory and sacrifice of fallen Navy SEAL Lieutenant Michael Murphy while bringing together community members in a spirit of remembrance, gratitude, and unity; and

WHEREAS, The organization further honors the legacy of those lost on September 11, 2001, through annual commemorative events and programming dedicated to remembrance, reflection, and the promotion of mental health awareness; and

WHEREAS, CrossFit Strong Island is a consistent supporter of local youth athletics, sponsoring multiple little leagues and kick lines throughout Nassau County and helping to foster teamwork, discipline, confidence, and healthy lifestyles among young people; and

WHEREAS, Through its steadfast dedication to charitable giving, community engagement, public service, and the promotion of health and wellness, CrossFit Strong Island has earned the admiration and gratitude of countless residents and has made a lasting and positive impact upon the community it serves; and

WHEREAS, It is fitting and proper that this Legislative Body recognize organizations whose achievements exemplify the highest ideals of civic responsibility, volunteerism, and community spirit; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to commemorate the 10th Anniversary of CrossFit Strong Island under its current ownership and to honor its exceptional contributions to the health, wellness, and quality of life of the residents of Merrick, Nassau County, and the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to CrossFit Strong Island.