



SOX HOP DISCO PARTY

WHEN

Saturday November 5th, 8pm to late

WHERE

Seattle Athletic Club Downtown
2020 Western Avenue
Seattle, WA 98121

Sign Up

More Info: Erica Helsel / Kate Frost
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Seattle Urban Squash, a 501(C)3 Public Charity in association with Seattle Athletic Clubs, provides a comprehensive after-school education, athletics and community service program for kids from low income families, creating pathways for higher education and lifetime of opportunities.

**Ages 21
and over
only!**

**Come join us
for dancing
and fun**

Light Buffet
Beer, Wine &
Non-alcoholic
Beverages
provided

Tickets are:
\$30
Includes 1 drink

**No hard soled or No
heeled shoes
please!**

All donations to
Seattle Urban
Squash, including
raffle tickets, are fully
tax-deductible

SEATTLE URBAN SQUASH 2016 SOX HOP DISCO PARTY

I would like to register for the SUS Sox Hop
Disco Party

1 Ticket \$30 x ___ = \$ ___

I would also like to purchase:

1 Raffle Ticket* \$20 x ___ = \$ ___

5 Raffle Tickets* \$50 x ___ = \$ ___

20 Raffle Tickets* \$100 x ___ = \$ ___

Bought from: _____

SAC Employee Name

Donation to SUS (Thank you!)* \$ _____

Total \$ _____

I prefer to use ___ Visa ___ MC ___ AmEx -or-

Charge to SAC Account # _____

Card
number: _____

Exp. Date _____ CVV _____

Name _____

Mailing Address: _____

Signature: _____

Email: _____

Phone Number: _____

Please consider partnering with us to afford
those who are underserved in their school and
communities. If you would like to know more,
please contact us at info@seattlesquash.org or
contact Erica Helsel, Executive Director at
Erica.Helsel@seattlesquash.org



Seattle Urban Squash is a non-profit 501(C)3 Public Charity that aims to combat inequality in education and narrow the achievement gap between poor and wealthy schools. Our donors and volunteers provide free academic tutoring, squash training, and service learning to a select group of youth from underserved communities in the Seattle area, with the goal of ensuring high school graduation and creating pathways to college. These programs help our students develop confidence, study habits, discipline, work ethic, athletic skills, fitness expertise, and positive social connections.

SOX HOP DISCO PARTY



Seattle Urban Squash
921 N. 82nd Street
Seattle, Washington 98103
info@seattlesquash.org

Working closely with Seattle Athletic Clubs, we aim to reduce obesity in children and teens by promoting healthy diet and frequent exercise. We are proud to be part of the burgeoning sports-based youth development movement in the US, and are unique in that movement due to our dual focus on academic development through both tutoring and sports training.

Our Mission: “To offer a group of underprivileged students year-round intense squash instruction, academic tutoring and community service so that they recognize and fulfill their potential in life as students, athletes and citizens.”

Our Vision: “Impact the lifelong health and wellness of students through commitment, diligence, resilience, integrity and team-work.”

Our Goals: Aim for 100% high school graduation and create pathways to 4-year college.

Thanks to our donors:

In 2013-14 season...

- ❖ SUS achieved an increase **from 12% to 63%** of students who exceed grade level in reading;
- ❖ **78%** of our students met or exceeded typical growth in math;
- ❖ We averaged **95%** attendance over 250 hours of practice, 3 community service projects, and 4 field trips.

In our 2014-15 season...

- ❖ All 3 SUS 6th graders achieved above a 3.0 core GPA at the end of their first year of middle school;
- ❖ Increase from 1.4 and 2.2 in the first semester

In our 2015-16 season

- ❖ All SUS middle school participants raised their math average by 37%
- ❖ All SUS students achieved a 3.0 or higher in specific areas of struggle
- ❖ We averaged 98% attendance over 250 hours of practice, community service projects and 3 field trips.