



Daily team warm ups

2018 Highlights

High School Mentorship Program Launches Successfully

We could not be more thrilled to tell you that our new mentor program is off to a fantastic start! All of our high school students have been matched with a mentor from our community, based on interests and career ambitions. Thus far we have held two mentor events this school year, with mentors meeting independently with their mentees outside of those gatherings. We believe fully that caring relationships with a trusting adult outside of the home increase an individual's chances of a successful future, and we are excited to help foster such important relationships!

The Inaugural Knockabout

Four teams. Twenty-eight players. Thirty-six teammates. One hundred ninety-six supporters. And together you raised \$43,899- ten times more than any tournament in WESA history has raised before! And as if that were not enough, over half of these generous supporters are new to WESA. Thanks to you we were able to raise awareness of the work we are doing, while raising funds. We could not ask for a better gift! Thank you to all who participated.

If you did not participate this year, but want to make sure you don't miss out again, fear not! Simply email Kate at kate.frost@seattlesquash.org with the subject line "WESA Knockabout." She will send you everything you need to know about being a 2019 WESA Knockabout

participant. **Don't play squash?! No problem! Join a team and Compete in funds raised** - this year's competition is going to be vivacious, valiant, and vengeful. Trust us, you won't want to miss it.

And one more big thank you to the 2018 team captains: Anne Shaughnessy, Chris Jung, Ross Elkin, and Therese Tuppeny for all of their hard work and efforts!

Competitive Play

What motivated you to practice as a kid? Throughout life we are constantly being asked to practice a certain skill, whether it is dribbling a basketball, writing neatly, or playing the clarinet. Practicing is what we have to do in order to receive the payoff. That payoff may be getting to play in the game, receive a good grade in school, or perform in the recital. And it is often those events and experiences that keep us motivated. Last year, we realized that our scholars were not getting ample time to put the skill they were practicing to use. They were working hard week after week, but not often enough getting that fun opportunity to compete and show what they'd learned.

In addition to participating in local and out-of-state (one, so far!) tournaments this year and last, we have more recently added monthly WESA tournaments into our schedule. These tournaments will allow all our scholars, from elementary through high school, to compete against those students playing at their same level, and allow for other SAC juniors to join our group, with all students able to learn and improve from playing one another. We are looking forward to our second WESA tournament in February.



WESA Mentors and Mentees visit Seattle's Underground

Stay current:
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info@seattlesquash.org



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Front Page News

Upcoming Events

As we've mentioned, 2019 promises fewer events and clearer fundraising asks. Make sure to mark your calendars for this year's events so that you don't miss out!

★ **Lagunitas Happy Hour & Game Night**
 Tuesday, February 26, 2019

★ **Annual Dinner & Auction**
 Friday, April 26, 2019

★ **WESA Knockabout**
 Fall 2019

Check back soon for more information at:

<https://wesacademy.org/events>.



Donor Spotlight

Cathy Siegismund was introduced to WESA through the Seattle Athletic Club and Kate Frost. After inspiring the SAC with her quick return from a double knee replacement, she is now ready to inspire others to support WESA by telling us more about why she has chosen to give: "I have been very impressed with WESA's long-term commitment and holistic approach to helping kids in underserved communities in Seattle. Working with children from 3rd to 12th grade with a combination of tutoring to achieve academic success, a commitment to community service, and participation in squash to build fitness, teamwork skills, and self-confidence WESA can have a dramatic positive impact on children's lives. Education and the self-esteem that comes with involvement with sports is a wonderful gift that I was fortunate to have and one that is my pleasure to help give to others though WESA." Thank you Cathy for your continued support!

Lifelong Learners

The benefits of mentoring have been proven again and again and at WESA we believe that providing our students with an additional trusting adult in their lives will have a positive impact for both parties. In "I didn't know you could just ask: Empowering underrepresented college-bound students to recruit academic and career mentors," Schwartz et al. study the impact of helping adolescents develop their own ability to seek out and engage with mentors. While we were lucky enough this year to get a group of enthusiastic and caring mentors for all of our high school students, we are always eager to learn about effective strategies to teach our scholars as they get closer to entering the adult world where they will need to advocate for themselves effectively.

In Partnership with



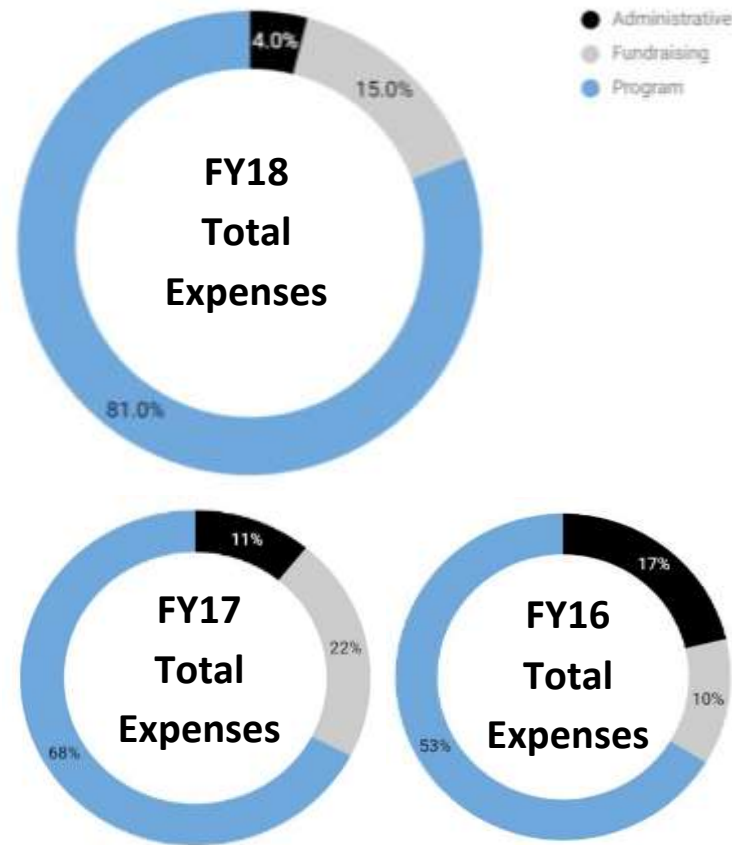
and Harbor Square

2018 In Review

MOVIN' ON UP

We are thrilled to tell you that 2018 was another year of growth at WESA. We increased the number of students we serve and added a second full time staff member (Welcome, Scott!). With your help, we raised more funds than ever before, while increasing our spending only marginally. A larger net revenue this year was important for us, as we are planning for the 2019-20 school year to be one of our biggest years of growth yet!

As always, we are working hard to increase the percentage of our budget that goes directly to our programming each year. This past year, only 4% of our budget was used for administrative purposes, with 81% going directly toward our programs.



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- Microsoft
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- Jan-Pro Cleaning Services
- Movement Foundation
- Lagunitas Brewing Company
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Opportunity Through Squash.



Aggie, Ask Not fellow helps Yerusalem (left) and Jeffry (right) with their homework.

Volunteering at WESA!

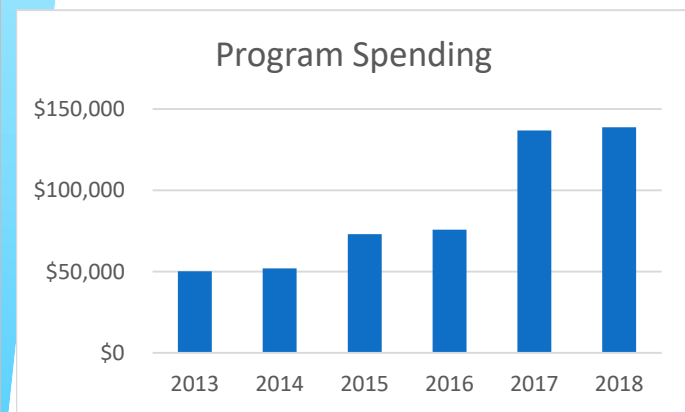
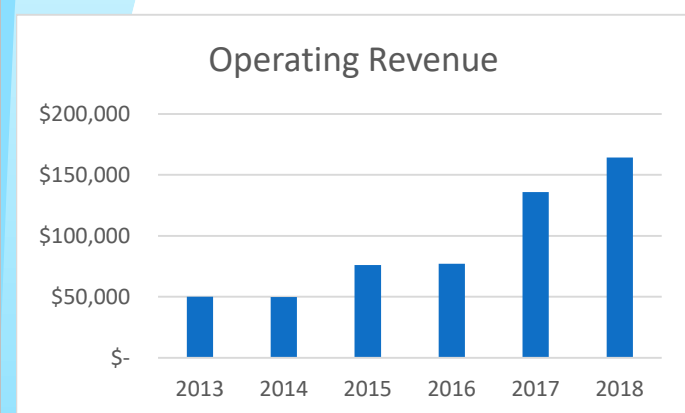
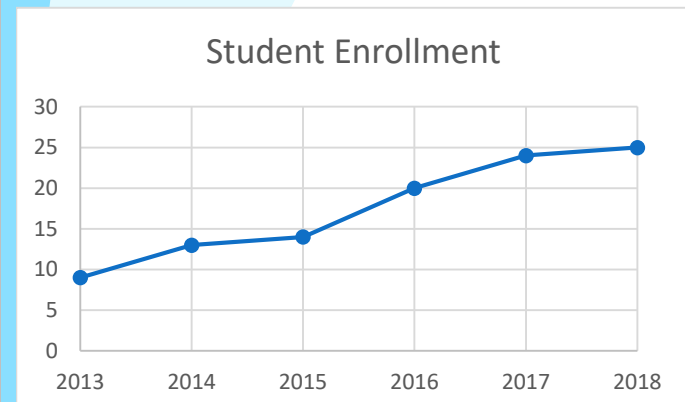
This quarter we would like to recognize **Aggie Tan** (pictured above) for her volunteering efforts. Aggie joins us every Wednesday at the Harbor Square Athletic Club in Edmonds and Thursdays at Northgate Elementary to help tutor our elementary, middle, and high school students. A high school senior herself, Aggie has been balancing her school work, college applications, and volunteering time with the rest of her obligations outside of school. In addition to helping our scholars with their homework, Aggie has spent time outside of practices helping WESA prepare for our 2019 fundraising shifts. Thank you for all of your help this fall, Aggie!

“If children feel safe, they can take risks, ask questions, make mistakes, learn to trust, share their feelings, and grow.”
~ Alfie Kohn

Volunteer Opportunities

<p>Academic Tutoring @ Northgate Elementary Thurs: 5:15 – 6:30 PM Fri: 4:30-5:45 PM @ the SAC Downtown Sat: 11:30 AM – 1:00 PM @ Harbor Square AC Wed: 4-6 PM</p>
<p>Squash Coaching @ the SAC Northgate Tues: 3:00 – 4:00 PM @ the SAC Downtown Thurs: 3:30 – 4:30 PM Sat: 10:30 – 11:30 AM @ Harbor Square AC Wed: 4-6 PM</p>

Visit <http://www.wesacademy.org/volunteer/> to sign up!



As always, please feel free to reach out to us with any questions or comments at info@seattlesquash.org. We love hearing from you!

