



2018 STFT Champions!

Upcoming Events

Beers for a Cause!

On Tuesday, May 29th, you have the opportunity to [turn beer into money](#) with the help of our friendly neighbors, Lagunitas Brewing Company. On Monday and Tuesday evenings, Lagunitas is kind



enough to open their doors to nonprofits hosting events, free of charge. Additionally, they then [donate all proceeds from beer sales](#) (less liquor tax) back to said nonprofit (in this case us!). So extend your Memorial Day weekend, buy a beer for yourself or a friend, and support S.U.S. while playing games (there will be prizes...), socializing, and listening to the beats of **SAC Pro and DJ extraordinaire... DJ NUDE!!**



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info@seattlesquash.com

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5th Annual Summer Dinner & Auction

We are one month away from our biggest event of the year! Don't miss the 5th Annual S.U.S. Summer Dinner & Auction. [Register](#) today and join us at the Rainier Club on Friday, June 1st! We are excited to celebrate our 5th birthday with our biggest event yet. And to make the celebration that much more fun, we are adding a silent auction this year. From bottles and flights of wine to private yoga lessons, an orchid arrangement, and a deluxe espresso gift box, there is sure to be something for everyone! Prefer a trip to Tuscany, Bali, or South Africa?

A cruise on Lake Washington with a private homemade Cuban feast (mojitos included)? We've got you covered!

[Sign up today](#) and pass the word along to friends or family who would be interested in supporting our cause!

Down the Road

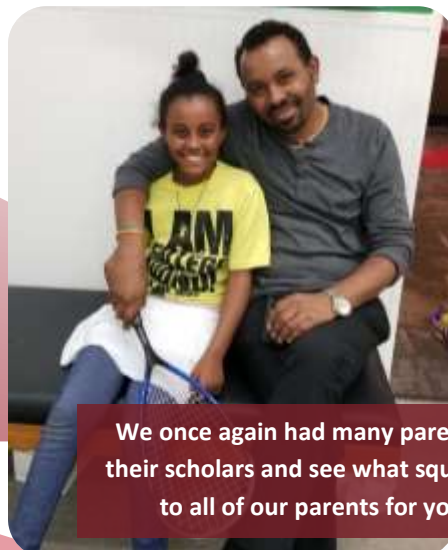
First in the line of our "Down the Road" events is our **2nd Annual Bake Sale**. Stay tuned to hear when you can head over to Green Lake to buy your baked goods from our summer scholars!

And back by popular demand is our **Golf Event**, coming this fall. We are excited to once again spend a day with you on the green, rather than the court. We will be looking for sponsors-including a title sponsor for this event, so reach out if you or your company are interested.

Pre-registration will be available soon! Get in touch with [Kate Frost](#) or [Dar Khalighi](#) if you would like to attend this year's Golf Event and save money on your registration!

Last, but far from least is our *new and improved fall team fundraising tournament!* This year's fall tournament has transformed into...

The SUS Knockabout- the same great day in a new format, with even more excitement to look forward to! This year we will have teams competing not only on the court, but also in their fundraising endeavors. Who will take home the first ever **SUS Knockabout Team Fundraising Trophy?**



We once again had many parents coming out to support their scholars and see what squash is all about. Thank you to all of our parents for your continued support!



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Our 2018 Spring Graduates. Bryan Reyes Melgarejo, Zaaivae Smith, Elliot Burwell, and Nuhamin Samson all graduated from Level 1 to Level 2 of the S.U.S. Squash Levels, receiving their High School Squash Diplomas.

2017-18 Thus Far

More Tournaments, More Fun

In the 2017-2018 season, our students attended more tournaments than ever before! Students attended both Silver and Bronze tournaments at the PRO Club in Bellevue this season, as well as the 2018 Seattle Open at the Seattle Athletic Club. They also played in both S.U.S. team fundraising tournaments. Students are getting more and more comfortable at tournaments, learning the drill, and starting to win some matches! We are looking forward to attending the Silver at the SAC this summer and even more tournaments next year.



International Encounters

Our students had international encounters with India, Ethiopia, and Tukey this year. We continued our international book club through UNESCO's [The Globe Reads](#), expanding our conversations to include a school in Addis Ababa, Ethiopia (pictured, pg. 3). Students discussed Rabindranath Tagore's *Where the Mind is Without Fear* with students in Ethiopia and Maya Angelou's *I Know Why the Caged Bird Sings* with students in India. Scholars discussed similarities and differences between how these texts relate to the United States, countries where some of our scholars were born, and those countries with whom we were speaking. In addition to eating Indian and Ethiopian food (kindly

donated for our sessions with The Globe Reads), students tasted Turkish Delights, baklava, and helva brought back for them from Istanbul (pictured below).



Continuing to Grow

Eleven new scholars joined us this season, and we could not be happier about it! We were joined by one 3rd grader, six 4th graders, two 5th graders and two 8th graders.

In Partnership with the



WHAT'S AHEAD?

As our students grow both in age and in number, so must we grow. As we look ahead to the 2018-2019 school year, we are excited to launch new aspects of our program. We will be starting a new College Preparatory Program, as well as adding a Mentorship Program.

COLLEGE BOUND

Our oldest cohort is just three years away from high school graduation, which means just about two years away from college applications! In order to make sure that our scholars are adequately prepared for the college application process, we must both ensure that their transcripts reflect their best work and are setting them up to attend their first choice school, as well as help them educate themselves about their options. *How do we plan to do that?*

In addition to continuing with our Classroom Connections (strengthening relationships and increasing communication and collaboration with teachers across our scholars' schools), we are rolling out an enrichment curriculum next

Your Money ; All the Difference.

year. This curriculum is based off of those from other successful urban squash programs around the country. This curriculum will include Study Skill Development, Social Emotional Skill Building and Post-Secondary & Career Preparation. The latter will include topics such as college knowledge, SAT & ACT prep, résumé building, and financial literacy.

Lastly, we plan to provide all high schools students with access to S.U.S. Chromebooks. Students will be able to use these for college research and the college application process. We will also offer students, who have earned it, the chance to check these Chromebooks out and bring them home. This access to S.U.S. Chromebooks will allow students to write essays or work on projects on a computer at home instead of on their cellphones where many students are currently writing their essays. We are well over halfway to our goal of \$1,800 to provide our students with Chromebooks beginning this fall.



Students discussing Tagore's poem *Where the Mind is Without Fear* with peers in Addis Ababa, Ethiopia.



MENTORING COMES TO S.U.S.

While mentorship has always been an unofficial aspect of our programming, we are making it official this fall! Spearheaded by Chris Jung of our Young Professionals Board, S.U.S. will be launching a mentoring program this fall for our high school scholars. We have chosen to launch this program because of the overwhelming research that indicates the increased likelihood for a child to be successful if they have one or more caring adults in their lives. We believe that supplementing the care that our students receive at home from their parents and guardians can only help. Some key findings from research done by [Dr. David Murphey et al.](#) (2013) are that:

- “Children and adolescents who have a formal or informal “mentor-like” relationship with someone outside their home are less likely to have externalizing behavior problems (bullying) and internalizing problems (depression).
- This group is also more likely to complete tasks they start, remain calm in the face of challenges, show interest in learning new things, volunteer in the community, engage in physical activities, participate in out-of-school time activities, and be engaged in school.
- Additionally, those who have a caring adult outside the home are more likely to talk with their parents about “things that really matter.”

We are very excited to begin this new program at S.U.S. and thank those individuals who have already stepped up to mentor! Stay tuned for more details.



Opportunity Through Squash.



Volunteer Sean working with 4th grade scholars at Northgate Elementary School

WHO WE ARE

S.U.S. proudly serves students who have come to Seattle from all over the globe. The following flags represent countries where our students and their families are from. How many of them do you recognize? Not sure about one, look it up and don't be shy about stopping by a practice to talk with our students about what they know about these countries. Speak one of the official languages of any of these countries? Our students would be thrilled to talk with you.



@SUSfdn



Seattle Urban Squash



seattleurban

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

Volunteering with S.U.S.!

This quarter we would like to recognize **Sean** (pictured above). Sean joined us this spring as a volunteer, and we are lucky enough to have him with us every Tuesday, Wednesday, and Thursday to help tutor our scholars. Sean has jumped into S.U.S. feet first and it feels as though he's been with us for years. The students love him and look forward to seeing him each week. Thank you for your time and positivity, Sean!

S.U.S. SUMMER CAMP

This summer, the S.U.S. Summer Camp will be focusing on STEAM (Science, Math, Engineering, Arts & Technology). We will be taking STEAM themed field trips and are also looking to venture to a place of employment in a related field. **Do you work in a STEAM related field? Can we tour your company on a Wednesday?** If so, please e-mail Kate at kate.frost@seattlesquash.org. We'd love to come visit!

Volunteer Opportunities

Academic Tutoring	Squash Coaching
@ Northgate Elementary Tues - Thurs: 5:15 – 6:30 PM	@ the SAC Northgate Tues: 3:00 – 4:00PM
@ the SAC Downtown Sat: 11:30 AM – 12:30 PM	@ the SAC Downtown Wed & Thurs: 3:30 – 4:30 PM Saturdays: 10:30 – 11:30 AM

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

