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## Upcoming Events

### Get to Know SUS

Despite it being our 5<sup>th</sup> year of partnership with the Seattle Athletic Club, we have not formally introduced ourselves to many of the SAC members. That is all changing this winter! We will be holding a Get to Know SUS event at the SAC downtown this winter. This evening will be an opportunity for you to ask us questions about who we are, what our mission is, and anything else you may be wondering as you see us around. Please stay tuned for more details about this event early in the new year! We can't wait to meet you.

### Silver & Bronze Junior Tournaments

This year SUS plans to attend more tournaments than we have in past years, giving our scholars the opportunities to both watch and play more competitive squash. We started this year off with many of our scholars joining us in the 4<sup>th</sup> Annual Fall Fundraising Team Tournament. Next up, some of our top players will also be invited to venture over to Bellevue to attend the Junior Silver Tournament at the Pro Club! We then hope to send even more scholar-athletes to the Bronze Junior tournament in Bellevue this spring.

### Take a Scholar Under Your Wing

As the colder months approach, we want to ensure that all of our scholar-athletes stay warm and dry. Want to help make this winter season cozier for an SUS scholar? Please consider Taking a Scholar Under Your Wing. We will share with you a scholar's wish list that would ensure

they can have a warm holiday season, and you can help make that happen!

Last season, we had kind donors from all over the country. We had individuals from New Hampshire to Illinois to Seattle reaching out to Take a Scholar under Their Wing.

Below: Former SUS scholar, Ackayisha, wearing her new matching hat, scarf and gloves and pink jacket!



Above: Jeffrey wearing his new winter hat! Not picture: The remote control helicopter that a very kind gentleman included with his winter clothes!



Email Kate at [kate.frost@seattlesquash.org](mailto:kate.frost@seattlesquash.org) if you are interested in Taking a Scholar Under Your Wing!

Thank You!



Members of our community at the 4<sup>th</sup> Annual SUS Fall Fundraising Team Tournament

## Quarter 2 Highlights & News

### Inaugural Golf Event

A big Thank You to everyone who made our Inaugural Golf Event a huge success! As we have said many times, Seattle Urban Squash is not all about squash. While we do love the sport, we are here to help our scholar-athletes successfully enroll in college. And in order to continue doing the work we do, we need your continued support, so thank you! This year's event raised over \$15,000.



A big shout out to **Corie Hou** and all of our sponsors of this year's event: **Servco Pacific**, American Seafoods, VirtuStream, Dell, Loughrin & Co. CPA, NLP CORE, Washington State Kitchen and Bath, Accu-Tech, Johnson & Johnson, E2Optics, Microsoft, and Slalom.

### 4<sup>th</sup> Annual Fall Fundraising Team Tournament

First, let's start with a huge CONGRATULATIONS to our first place team at this year's Fall Fundraising Team Tournament. Congratulations to Phil Lydeard, Therese Tuppeny, Nuhamin Mariam, Andrew Jung, Jeremy Nava, and Spencer Jacobs (pictured below).



While it was of course not intentional, it was very fun to have this year's champions reflect the breadth of the SUS community- **Team M and Ns** included SUS staff and students, as well as a member from both our Board of Directors and Young Professionals Board, and a SAC community member and SUS supporter!

### New Van

As last school year came to a close, it became clear that our trusty old van needed to be replaced. This fall we were lucky enough to be the recipients of a \$10,000 grant from the Movement Foundation at Movement Mortgage. This grant started us on the journey to replace our van, and with additional help from contributors at the Inaugural Golf Event, Jan-Pro Cleaning Services, and support through donors on Crowdrise.com, we were able to purchase a beautiful 2011 Chevrolet! Keep your eye out for our new ride.



And thank you once again to **Movement Mortgage** and the **Movement Foundation!**

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[info@seattlesquash.org](mailto:info@seattlesquash.org)

## NEW SCHOLAR-ATHLETES

We are very excited to be starting our new season with a full team of returners and new squash scholars. This season, we have seven new students and are still in the process of recruiting more. Please don't be shy about saying hello to our new scholars when you see them around!



## SQUASH GRADUATIONS

This year at Seattle Urban Squash we are stepping up our level of competition. Last year students had an SUS ladder and worked hard to earn their spot as high on the ladder as they could. This year we have decided to take another step in that direction. All SUS students now have profiles with US Squash and are working to increase their ratings. Additionally, students are working their way up the seven SUS Levels of Achievement which have been adapted from the US Squash Rating Criteria. At SUS these levels are termed: *High School Diploma, Associate's Degree, Bachelor's*

## What's New?

*Degree, Master's Degree, Doctorate Degree, Professor, and Nobel Laureate.* Talk with Mr. Phil, our Program Manager, to learn more about these Levels of Achievement and to find out what the graduation requirements are for each!

### NUTRITION

The aim of the food program at SUS is to provide a substantial snack to our students in order to fuel their bodies and minds to help achieve their potential both on the court and in the classroom.

What that looks like on a day to day basis is a designated snack time during our after school program where there is a plentiful supply of sandwiches and fruit. The fruit is an easy way for the students to receive the carbohydrates they need for exercise and essential nutrients and vitamins. Our sandwiches will be lean protein heavy, to help fill our students and aid muscle recovery, and include vegetables to provide students with valuable fiber and nutrients. The hope is to be able to provide students with more of a balanced meal than just a snack and as such we will have plenty of food for everyone and account for the teenage appetite.

The aim is to achieve this at a budget of \$1.50 per student per session; at current enrollment that requires \$57 a week. Our Program Manager, Phil Lydeard, who is a trained chef and has completed the food safety requirements of Washington State, will prepare all food.



"OUR SANDWICHES WILL BE LEAN PROTEIN HEAVY, TO HELP FILL OUR STUDENTS AND AID MUSCLE RECOVERY..."

### EXTRACURRICULAR WORK

As our scholars grow, so must our program. With our first class of high school freshman, we at SUS are working hard to build our college preparatory curriculum as well as our extracurricular studies for our high school scholars, a program which will include skills such as: public speaking, mock interviews and resume building, as well as social emotional skill building. We will also discuss topics such as: identity, relationships and social media and cyberbullying. We look forward to implementing this over the next year.

### Thank You!

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## Volunteering with sUS!

This quarter we would like to recognize **Barry Stuck**. Barry has been a member of the SUS community for many years and we cannot begin to express how happy we are to have



him join our scholars on the court. What all the kids seem to love about Barry is how much fun he is on the court. He is able to keep the work focused, while helping our athletes to have fun and find enjoyment in the sport! He consistently gives students positive reinforcement and helps to empower our scholars. This sort of enthusiasm and positivity is invaluable. Thank you, Barry!

Our volunteers allow us to do what we do. Without our committed team of volunteers, we would not be able to fulfill our promise of *individualized* academic tutoring, *intensive* squash instruction, and regular service learning opportunities. Consider getting involved with SUS in a capacity today!

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



## Volunteer Opportunities

### Academic Tutoring

(Northgate Elementary School)

Tuesdays thru Thursdays: 5:15 – 6:30 PM

(SAC Downtown)

Saturdays: 11:40 AM – 12:40 PM

### Squash Coaching

(SAC Northgate)

Tuesdays: 3:00 – 4:00 PM

(SAC Downtown)

Wednesdays & Thursdays: 3:45 – 4:30 PM

Saturdays: 10:30 – 11:30 AM

### Driving

We are looking for a volunteer to help with **30 minutes** of driving one day a week in the Shoreline area. Please email Ms. Kate at [kate.frost@seattlesquash.org](mailto:kate.frost@seattlesquash.org) if you are interested in helping or know someone who might be. Visit <http://www.seattlesquash.org/volunteer/> to sign up!

## STAY IN TOUCH!



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