

From: Desert Foothills Family YMCA [desertfoothillsymca@vosymca.org]
Sent: Tuesday, July 19, 2016 9:02 AM
Subject: July Newsletter - The Sports Edition



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

July Newsletter

Desert Foothills Family YMCA

Events

48th Annual Y Race
(10-8-16)

**Fitness Sampler
Class**
(7-21-16)

**Back to School-
Program Fair**
(7-23-16)

Nutritional Tidbits
(7-27-16)

Parent's Night Out
(8-5-16)

Family Fun Night
(8-6-16)

**Family Sunday
Funday**
(8-7-16)

Fun Days at the Y
(8-8,8-9,8-10)



Ten Benefits of Youth Sports

There is no doubt that sports can help young people with their health and wellness, but did you know that they also provide countless other benefits that can contribute to positive youth development? The Valley of the Sun YMCA is committed to nurturing the potential of every child, and we offer sports programs for youth of all ages. Beginning with Itty Bitty, or Short Sports, for the youngest athletes, to our Jr. Suns/Mercury Recreational or Competitive Coed Programs for kids in 3rd through 12th grade, we have something every member of your family can enjoy.

Teen Overnight Lock In
(8-12-16)

New Moves, New Music Group Fitness
(8-14-16)



Registration for our sports programs begins **July 9** and as we get ready to kick off another busy season, here are ten reasons why you should consider signing your child or teen up for team today.

1. **Participating in sports can improve academic achievement.** [Research](#) shows that athletes have higher grade point averages, higher standardized test scores, better attendance, lower dropout rates, and a better chance of going to college than those who don't participate in sports. Sports have also been found to improve a child's sense of concentration from an early age. In fact, a recent study that tracked children from kindergarten to fourth grade found that organized sports helped them develop and improve their cognitive skills. While being a part of a sports team may not be the cure-all to improving academic performance, it can certainly enhance your child's focus, and get them motivated for classroom success.
2. **Being a part of a team can build your child's confidence and self-esteem.** There is no better confidence builder than working hard to achieve a goal, and when children take part in a team effort, it can help build their self-esteem in many ways. While physical activity and sports can positively affect aspects of personal development among young people, studies suggest that the quality of coaching plays a key role in maximizing these effects. The coaches at YMCA are committed to nurturing the potential of every child by creating a supportive environment where they can thrive. Our coaches want children to experience that sense of achievement that comes from playing the game to the best of their abilities, and they focus on building youth's confidence while making them more aware of the unique talents that only they possess.

[Read More](#)

Poolside at the Y: July 23



The Valley of the Sun YMCA invites everybody to take a break from the heat and come cool down in our pools. Each of our branches will be hosting a free event for the public that features pool fun, free work-outs and lots of other great family activities. While you visit our branches, you can take tours of our facilities and see all that we have to offer.

[Read More](#)

Youth Development - Summer Day Camp



Our Summer Day Camps are still enrolling. Click the READ MORE button to fill out our form to have a camp specialist call you today or to download one of our camp guides. The Valley of the Sun YMCA's day camps for youth offer children positive developmental experiences and encourage them to forge bonds with each other and with staff, building confidence through skill-building activities suited to their age. Children experience a sense of achievement through opportunities in the outdoors and are welcomed to safe and stimulating environments, whether it's in a Y facility, a day camp site or a park.

[Read More](#)



Find all of your
Summer Family Fun
[Click Here](#) to Get the Summer Program Guide

Guide to Summer Family Fun at the Y

Our guide to your summer family fun is in! Click below to view all the great programs and activities going on at your Y this summer.

[Read More](#)

Produce on Wheels - With Out Waste Program

Public is Invited to Visit the Y to Get 60 LBS of Produce for \$10



This summer, the Borderlands Food Bank is partnering with the Valley of the Sun YMCA to take excess food and provide it to the community at an affordable cost. The organization will be selling nutritional rescued produce at various Y locations throughout the Valley. The cost will be \$10 for up to 60 lbs, and everyone is welcome to take part in these events for no additional fee. Visit our website to find out more about when and where you can purchase produce.

[Read More](#)



**My Y Story:
Jason Wilson**



**Employee Spotlight:
Darian Townsend
Southwest Valley Family YMCA**

As the YMCA Westside Silver Fins summer season heats up, the team will be prepared to do their best and succeed in their endeavors. After all, they are fortunate to have strong leader who is guiding them to victory! Olympic gold medalist Darian Townsend is coaching the team, and sharing his expertise and best practices with the next generation of professional swimmers. The team is lucky to have Darian on their side, as he is not only helping them refine their skills, but he is also motivating them to win through his own inspirational story.

Darian has accomplished many great achievements throughout his 20-year competitive swimming career. When he was just 19, he not only won a gold medal at the 2004 Athens Olympics as a member of South African's 400-meter freestyle relay, but he also set a world record in the event. In 2005, he represented the University of Florida at the NCAA level and helped them win the 800 freestyle relay at the 2005 NCAA championships. He later transferred to the University of Arizona, where he won numerous individual national titles and was part of the Wildcats' only National Championship Team effort in 2008.

[Read More](#)

**Member Spotlight:
Jason Wilson
Ross Farnsworth - East Valley Family
YMCA Member and Board Volunteer**

Jason Wilson is a technology manager by profession but a health fanatic by nature. He has been into health and fitness since he was old enough to know what it was. And now, he is sharing his love of physical activity with his two children and beautiful wife. They enjoy being active together as a family, whether it be playing volleyball, hiking, swimming, jumping on the trampoline, relaxing with movies or exercising.

He loves working out with his kids at the Y, and watching them overcome their fear of the fitness equipment and embrace the challenge of getting stronger in all their endeavors has made him extremely proud. One of his favorite moments was doing a modified CrossFit class with them and watching them excitedly beat him through the workout as they showed him how strong they were. It's these special moments that Jason appreciates and values, and the Y has provided him with opportunities to not only make lasting memories with this family, but to also contribute to their health and wellness.

[Read More](#)

Stay Connected



Copyright © 2016. All Rights Reserved.

Desert Foothills Family YMCA, 34250 N. 60th St., Scottsdale, AZ 85266

Sent by desertfoothillsymca@vosymca.org in collaboration with



Try it free today