## whY the Y

Dear friend of the Athens YMCA,

Looking back at his college experience at the University of Georgia, Hunter, affectionately known as "Coach George" drew the challenges and lessons he used in his commencement speech from coaching 1st- 2nd grade basketball at the Athens YMCA!



It was such a joy to watch Coach George lead everywhere from cross country to soccer. And I just love hearing how his 3 years with us at the Y taught *him* a few lessons, too!

Coach George and I have both found that everything is a life lesson, and it shows in the way we operate. Swimming lessons also teach kids to not be afraid. Low impact

classes teach active seniors confidence. Child watch teaches parents to lean on their community.

<u>So why the Athens Y?</u> Because we're not just about healthy bodies, we want to help create a healthy community!

I want to leave you with Coach George's advice to his team & classmates:

- Don't just stand there, dribble
- Pass the ball
- Rebound!

Gratefully,

Shae Wilson

CEO