BRINGING OUR COMMUNITY TOGETHER

CONCORD FAMILY YMCA COMMUNITY IMPACT REPORT 2017
Dear Members, Volunteers, Donors, Supporters, and Staff:

Our country today seems to be as polarized as anyone can remember. What we often times see and hear on TV and in social media is anger and frustration between Americans who are unable to find common ground. And while its ferocity appears to have recently escalated dramatically, it is likely that the root causes have developed over an extended period of time. It is deeply concerning because it is so damaging, and because there does not seem to be any broad scale solutions.

In our struggle to understand the responsibilities the Y has to our communities; to find answers and solutions that will help to bring Americans together, we have come to the realization that while our Y alone may not be able to have a national impact we can make a positive difference in the local communities we serve. We have resolved that the best way for us to make this difference is to fully live up to our Mission of “...being there for all” our Mission Promise “... to help strengthen the foundation of community” and on a daily basis to live by our Core Values of caring, honesty, respect, and responsibility.

The newest edition of our strategic plan moves us to broaden our impact by helping individuals and families of all backgrounds and stages of life to learn, thrive, and improve our community. We will be redoubling our efforts to address critical social issues including early childhood development; providing more support for New Americans, low-income populations, and other underserved groups; battling chronic diseases such as obesity and diabetes; and leveraging linkages to community partners supporting substance abuse prevention and mental health. And although we believe that our Y offers an intentional, welcoming, relationship-rich environment that promotes accessibility, diversity, and inclusion of all ages, capabilities, and socioeconomic backgrounds, we will deepen our commitment to the principles of diversity.
and inclusion by updating our policies and increasing our training.

The stories we have included in this report represent a microcosm of the mission work we have done and hope to expand upon:

The Sailfish Swim Team that rallied around their coach and not only swam to major successes, but in the process became the quintessential team.

The Move Well program that provides knowledge and opportunity to help people of all ages make better choices for a healthier future.

The number of New American kids who attended summer camp more than doubled this past year. In addition to providing a natural, fun-filled experience, these kids were fully immersed within our culture learning new skills, making new friends, and better acclimating to our society.

Most importantly, our Y always will be a place where one and all are welcome, cherished, and respected. Where everyone can be safe and forge new relationships and bonds of friendship, families can flourish, adults can find comradery and fellowship, and where children can learn and thrive.

As we celebrate our 165th year, we will continue to strive to strengthen our community by being there for all and bringing people together. Thank you.
We truly feel that the entire team has embraced Coach John’s simple mantra: “There is no I in Team.” —Mette Moffett

What is a team? Webster’s dictionary defines it as a group of persons associated together in a common activity. Some groups bear the name “team,” but are merely a bunch of independent parts operating within a common realm concerned only with their own individual success. Other groups are made up of members who support one another and help build each other up resulting in success for the individuals as well as for the group as a whole. This the true essence of “team,” and the Concord Family YMCA Sailfish Swim Team is one such team.

This year’s Sailfish can boast a long list of accomplishments to take pride in. Emma set a new team record for the girls 12 & under breaststroke on her way to becoming the fastest breaststroke swimmer in the region. Sarah joined the “under one minute club” for the 100 freestyle. Anthony broke a six-year old record for the boys 11-12 100-yard breaststroke by more than a second. In addition many swimmers were able to set their own personal records growing stronger and improving throughout the season.* While these individual efforts and results are certainly something to be proud of and celebrated, the Sailfish know that it was due to the support and sense of belonging to something greater fostered within their team by Coach John and Coach Liz.

Like the way the Sailfish embraced a new family moving from another country and made them feel at home. Mette and her two children moved from Denmark to Concord to be closer to family. Despite their relatively limited English, the kids quickly found common ground with their Sailfish teammates. Both children felt welcome and comfortable with Coaches John and Liz, as well as with the other swim team families, and quickly came to feel that they were part of something special. The positive and welcoming environment of the Sailfish helped make the transition much easier for Mette and her children. “For both the kids and I, the swim team as well as the Y has been a wonderful place to connect with the local community and like-minded people who care about the importance of health and exercise, but at the same time value social relations and community.”

Even more remarkable is the way the Sailfish and their families rallied around Coach John when he was diagnosed with cancer last year. The team held a fundraiser as a show of support for Coach John, with all proceeds donated to the Dana Farber Cancer institute on his behalf. On the few occasions throughout the season when Coach John was feeling well enough to attend practice, the team was excited and supportive, yet had to send their well-wishes from afar so as not to interfere with John’s recovery procedure. Belonging to such a caring community was and is very important to John during his battle and healing process. The Sailfish truly exemplified the Y’s four core values of caring, honesty, respect and responsibility. These four values are central to all of our youth programs, helping to develop confident kids today and engaged adults tomorrow.

Note: Both Sailfish coaches John and Liz are cancer survivors and highly encourage preventative screening for cancer.

* A full list of the Sailfish records for the 2016-2017 season are on the back of this brochure.
MIKE’S STORY

“The Y improves endurance for everyday living and keeps you young!” –Mike Dunn

Local business owner Mike Dunn of Duncraft Wild Bird Store in Penacook has come full circle since becoming a member of the Concord YMCA in 1959 at age 12. After having a full knee replacement surgery on his knee, Mike came back to his roots at the Concord Y to help with his recovery and he couldn’t be more pleased with the outcome.

Mike is a believer that people in local business have a responsibility to support their local community and has been a donor at the Concord Y for more than 10 years. “This is something my family takes serious,” and through his community work serving in Rotary Club, Open Door Community Kitchen and other local, service organizations, his commitment to community service is evident, as he continues to inspire others with his work ethic and supports the community in which he was raised.

Mike credits his positive experience and successful outcome from this major surgery to the Concord Y after an open invitation at a Rotary Club Meeting to participate in a personal training program turned it all around for him. “After knee replacement surgery, you find that your balance is very different from before,” Dunn explained. After Anna Cronin came to speak at a meeting about Y programs, he felt this could be the opportunity he was looking for to get his balance and endurance back and that’s just what the Y gave him.

Mike enrolled in the Movewell program at the Concord Family YMCA. The Movewell program is committed to supporting individuals in making everyday choices to be healthy, move more and live well. The Movewell program established an exercise routine for Mike that was geared toward his injury where he would stand up to work-out and not have to be on the ground. This technique was monumental to this outcome, as he began to learn techniques to maintain and improve his equilibrium. His levels improved dramatically, even so much that he is now able to handle daily work-outs, something he never imagined that could happen. Mike feels he has reached his ultimate goal, which was to regain balance and work through ways to get off the ground to work out.

Asked how he made it through this grueling experience, he said, “I always kept in mind that in everyday life people fall and have to get back up.” His motivation was how to continue to do that, yet move forward, and he certainly has shown he has. When asked to sum up his thoughts on his Concord Y training experience, he was happy to say that the Y “improves endurance for everyday living and keeps you young!” These are great words to live by. We are so proud of you Mike Dunn and thank you for all you do for our Y.
CONCORD SCHOOL DISTRICT

Camp exposed them to enrichment opportunities that they would not have had otherwise.

Dear Concord YMCA,

Thank you for the amazing camp experiences you offered to our students by providing scholarships and transportation to Camp Mowkawogan this summer. You connected with families and shared what Camp Mowkawogan is all about. You were willing to accommodate the needs of all students and by providing transportation, you made camp possible for students who otherwise would have no way of getting there. We would like to share a few stories with you:

One child who recently came to New Hampshire from Africa was not signed up for camp. Because he was so new at learning English and learning to follow routines, we were not sure that camp would be a positive experience. He was outside at the bus stop when the Y bus arrived to pick up students. He tearfully asked why he was not able to get on the bus to go camp. When Deb saw his expression, she asked if we could sign him up. I explained to Deb that he would need extra supervision and she immediately got to work to make that possible. We were able to get him signed up and the following day he was off to camp with the supervision he needed to make sure it was successful. On the first day of school, he proudly shared with everyone he saw, “I went to camp!” His favorite activity had been swimming. His enormous, beaming smile made clear how excited he was to have been part of this experience. His English Language teacher couldn’t believe how much his English had improved over the summer. Camp Mowkawogan helps our New American students learn English, develop leisure interests, make friends and feel part of our greater community. Deb and the staff go the extra mile to make this an amazing opportunity for everyone.

We have students approach us on a daily basis asking if they can go to YMCA camp again next summer. This enrichment and exposure to new experiences has provided context that directly enriches their learning. For our English language learners, it is an opportunity to continue learning English in a fun social environment. We value strong partnership and collaboration between the YMCA and the Concord School District as we work to fulfill our common goals and missions. We cannot thank you enough for the care, support, and opportunities you have given our students.

With gratitude,

Jen Fennelly and Fiona Quirk
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- Maura and Charles Willing
- Karen Wimpey
- Wendy Woodman
- Deborah Wyman
There are Sailfish team records, which are for our team only and it doesn’t matter where they are swum, as long as the time is the fastest recorded. These records are divided into 2 categories, short course (winter season) records and long course (summer season) records.

Then there are records at some of the meets we go to where no one has swum a faster time at that meet before. These are called meet records.

There are also New England records which are for the New England area at the USA Swimming championships. These are the fastest swimmers in New England and includes swimmers from Mass, VT, NH and ME.

The Sailfish set records in all three categories last season and are listed here:

Sailfish team record breakers:

Short course:
Emma Hall broke the 12 & under 50 yard breaststroke and 100 yard breaststroke Sailfish team records 4 times through out last season, dropping the final time in the 100 breaststroke record almost 12 seconds from the old one which had stood for over 10 years. She also set a New England record in the 12 & under 50 breaststroke at the Age Group Championship meet. Emma also set the 100 yard Individual medley record 3 times during the season and currently holds that record too.

Cailey Stockwell set the girls 12 & under 200 Individual medley record 3 times during the season as well as the 200 breaststroke record the same number of times. She currently holds both records.

Anthony Huang had himself quite a season in the pool too, setting 4 records! He currently holds the boys 12 & under 50 meter freestyle, 50 meter breaststroke and the 200 meter Individual Medley.

Relays:
12 & under 200 yard medley relay. The team of Rayya Burns, Emma Hall, Sarah Guerrette and Cailey Stockwell broke this 34 year old record 2 times during the season.
12 & under 200 yard freestyle relay. The team of Cailey Stockwell, Joslynn Hurley, Emma Hall and Sarah Guerrette broke this 31 year old record twice during the season.

Long Course:
Emma Hall broke the 13-14 50 meter free record and shattered the 13-14 100 meter breaststroke record by over 15 seconds!
Cailey Stockwell also broke the old 13-14 100 breaststroke record with her swim, right behind Emma. In addition, Cailey also broke the 13-14 200 meter Individual Medley record.
Anthony Huang broke 3 records over the summer. His records were the 12 & under 50 meter freestyle, 50 meter breaststroke and the 200 meter Individual Medley.
James LeMahieu broke the boys 13-14 50 meter freestyle record.

MEET RECORDS:

Connecticut Valley Invitational Meet:
Individual records:
Sarah Guerrette set 2 new meet records, the 12 & under 50 backstroke & 50 butterfly.
Emma Hall set a new meet record in the 12 & under 50 breaststroke.

Relay records:
The 12 & under 200 yard freestyle relay team of Cailey Stockwell, Joslynn Hurley, Emma Hall and Sarah Guerrette broke the old CVI meet record, which was from 2003, by over 4 seconds!
Age Groups:
Emma Hall: Set a New England 12 & under age group record in the 50 yard breaststroke.

All total, that is 37 records that were broken or re-broken if you count them breaking their own record through the course of the season. If you don’t count multiple breaks by the same swimmer, the count is 24 records broken. Either way, not a bad year considering some of the records were over 30 years old!!