

# The Squash Empower *Seasonal* Newsletter

## Special Points of Interest:

- Fourth annual 'Capitol Affair' fundraiser set for October 18, 2008
- SquashEmpower completing a successful summer of programming
- SquashEmpower kids meet former world champion, John White

**SUMMER 2008  
EDITION**

## FOURTH ANNUAL 'CAPITOL AFFAIR' FUNDRAISER SET FOR OCT 18

SquashEmpower would like to invite you to attend our fourth annual fundraiser, A Capitol Affair, to be held at the Top of The Hill, on One Constitution Avenue, NE. As our biggest event of the year, our yearly gala is our time to celebrate our shared passion- bringing squash and a bright future to underserved children right here in the nation's capital.

There are so many great reasons to join us at our fundraiser and support our cause. All of the proceeds will go directly towards squash and academics for underprivileged youth in DC, and the kids in our program remain with us from the time they join, till they are ready for college. We assist them with their squash games and schoolwork, and also mentor and guide them every step of the way towards that goal. We leverage our kids' love of squash towards improving their academic performance, and in the process we change their life, as well as their family's.

Your contributions could be the difference between a child admitted to our program, or being passed over due to insufficient resources.

Beside the difference you will be making in a child's life, you will also experience an evening of great wine, delicious food and wonderful company. We will be conducting a silent and public auction of various donated items, from rackets to vacations. We would also greatly appreciate any items that you would care to donate, so as to make our auction as successful as possible.

*Location: One Constitution Avenue NE, Washington, DC.  
Wine Tasting: 5:30 p.m. – 7:30 p.m.  
Dinner: 7:30 p.m. – 10:30 p.m.  
Dinner and Wine Tasting: \$150 per guest  
Wine Tasting Only: \$40 per guest  
Advance Reservations Only  
Please RSVP by Oct 1, 2008  
Dress: Evening Attire*

Please find enclosed a list of our various levels of sponsorship. Donations may be sent to our address below:  
SquashEmpower, POBox 341922, Bethesda MD 20817



### SAVE THE DATE:

October 18, 2008

'A Capitol Affair' fundraiser at the Top of The Hill.

For more information please email: [info@SquashEmpower.org](mailto:info@SquashEmpower.org) or contact Saif Ullah at (202) 657-4196.

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## SUMMER SESSION COMING TO A SUCCESSFUL END

SquashEmpower is happy to announce that our initial period of continuous programming, which includes a summer session, is proving to be highly successful. This summer was also the first time that we had the opportunity to work with our new academic partner, the Tree of Life Public Charter School.

Summer sessions are being held at the local YMCA during the week with two continuous hours of squash instruction, and a fun excursion around the city on Saturdays. None of the Tree of Life kids had ever played a racket sport before, never mind squash, but as the summer session nears its conclusion, each of the kids have demonstrated keen racket and ball skills, as well as true appreciation for the sport of squash.

Each session begins with stretching, followed by an hour of instruction and drills. We then take a well deserved break for snacks, which consists of fruit, and a treat at the end. During this break-time we sit in a circle and take turns talking about our families, school, friends, basically anything that is going on in our lives. It is always a pleasant team building experience. The kids then take to the courts again, and play each other in a series of games which are usually competitive, but always conducted in the best of spirit.

This summer session has provided us the opportunity to select seven dedicated kids for our regular programming during the school year. We look forward to September when tryouts will be held and additional deserving kids will be selected for our team.



## SQUASHEMPOWER KIDS MEET FORMER WORLD CHAMPION JOHN WHITE

On July 11, at the Bethesda Sport and Health club, our SquashEmpower kids experienced what one of them described as 'the coolest thing ever'; spending an afternoon with former world champion, John White.

After some brief introductions, the burning question on every kid's mind was asked, 'Mr. White, is it true you can hit the ball at 170mph?'. 'Yes' was Mr. White's modest and slightly amused reply, clearly having been asked that question over a hundred times before.

Once on court, John gave them a few pointers on backswing and follow through and the kids then took turns rallying with the former world champion. John demonstrated that besides being a great player, he has a tremendous talent working with children, and over the next couple of hours showed them a time of their lives. After two hours of squash, John gave them each autographed pictures of himself, and the kids reluctantly vacated the courts for their ride back home. John later remarked, 'I couldn't get them off the court'. We are truly lucky to have such enthusiastic and spirited kids in our program.

SquashEmpower would like to thank Mr. White for coming down to the DC area to promote squash, and to spend time with the children in our program. It was truly a memorable experience for all the kids involved. We would also like to thank Connie Barnes for arranging this visit, and her tireless efforts to make urban squash in Washington, DC a success.

