

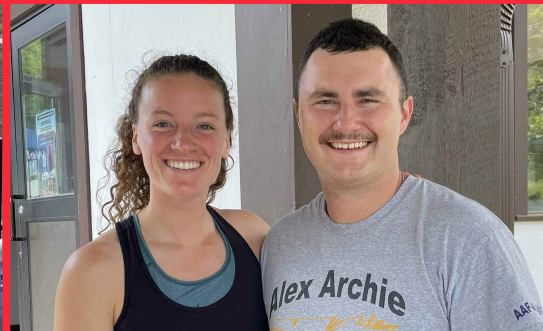
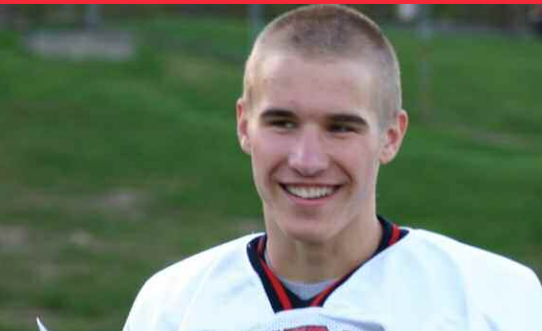
# Alex Archie Foundation

Helping young athletes find their dreams and supporting mental health awareness and suicide prevention.

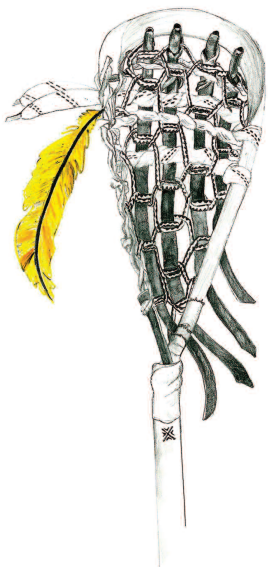
# AAF



2021 PHS Boys' Recipients



The Alex Archie Foundation  
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Providence, RI 02906  
[alexarchiefoundation.com](http://alexarchiefoundation.com)



# Alex Archie Foundation

# AAF



Tom and Lisa with Tyra Stephenson and Don Wilson

Dear Family and Friends:

Happy Spring! With the removal of many COVID restrictions, the AAF has been able to support a number of very positive initiatives that we are excited to share with you.

To keep with tradition, we'd like to first recognize the 2021 scholarship recipients from Pomperaug High School who are selected by their coaches each year: Girls' Lacrosse: Jessica Evans (Babson College) and Maddie Mickune (U. of New Hampshire). Jessica wrote, "I was honored to wear 16 – it gave me the constant reminder to be a bright soul and always look out for my teammates." and Boys' Lacrosse: Cole Adami (Temple University), and Nick Sullivan- Alex Archie Leadership award. And Cole wrote, "Alex's story has been ingrained in my mind throughout my high school career... I will forever be affected by Alex's story and will carry it with me for the rest of my life." Congratulations and thank you PHS players, coaches and community for your on-going support.

From Bridgeport Youth Lacrosse and Sports Academy, Tyra Stephenson was chosen by her coach, Don Wilson to receive the 2021 scholarship. Tyra attends Greens Farms Academy in Westport, CT. The Foundation continues to support BYLSA with an annual donation and we had the pleasure of meeting up with Don in December to pass along multiple bins of previously donated equipment. He plans to use some of it for BYLSA and is hopeful about a summer trip to Haiti.



AAF equipment donation to BYL

# AAF

An annual donation was again made to The Hill School Boys' Lacrosse team. The team carries on its #16 tradition, and we were recently introduced to Hayden Fruhling who was selected by his coaches to wear #16 this spring. Hayden wrote, "Number 16 will be the most competitive lacrosse player on the field this spring, and every game I will play in honor of Alex.". Cori Capri was chosen as #16 for the 2020 season, but unfortunately was injured –



Hayden Fruhling and Ned Ide

happy to report that he now plays for Yale. We look ahead to a mental health day at The Hill in May. We are so honored by all that Ned Ide, Seth Eilberg, Mike Murphy and now Head Coach David Page have done to remember Alex every year since his death in 2007. Ned: congratulations on your retirement and thank you for leading this cause for so many years!



Diana Chao at Brown University

While continuing with scholarships and support for other lacrosse initiatives, we are focusing a lot of energy on student-athletes and mental health. The AAF has partnered with the Active Minds (activeminds.org) chapter at Brown since 2017, underwriting 4 speakers for the campus community, most recently Diana Chao in February. We realized quickly that student-athletes were missing from the audience. We have developed a strong relationship with the Women's and Men's Lacrosse coaches at Brown. They accepted our offer to bring AM speaker Carli Bushoven to a



AAF presentation to Brown's Men and Women's lacrosse teams

private presentation to the two teams last November. Carli is the sister of Maddie Holleran, a young student-athlete who died by suicide in 2014 during her freshman year at Penn (What Made Maddie Run By Kate Fagan, madisonholleranfoundation.org). The presentation was impactful and it was the kick off to both teams' efforts to include mental wellness in their team culture.

We have had the pleasure of meeting with the Student Athlete Advisory Council at Brown to discuss student needs and concerns. We have met with the Director and Deputy Director



Carli Bushoven and Lisa

of Athletics and the Director of Wellness as well, and recently met with the Women's Hockey coaches after hearing from two players about their interest in developing a mental wellness culture on their team. In late March, we were inspired by a student-led mental health weekend for Brown Lacrosse. The stadium was filled with positive mental health posters, the AAF was acknowledged at the beginning of each game, and a video aired on the



Brown Mental Health Days at Lacrosse Games

instant replay screen between the 1st and 2nd quarters, featuring players and what mental health means to them. This was a fantastic effort by all involved! <http://www.instagram.com/CbnVt0lgEh/>



Mike Nastasi, Ned Ide, Cori Capri



AAF and the ASU Lacrosse Team



Inspirational Posters at Mental Health Days

We are consulting with the Director of Meditation Training from U. of WI's Athletic Department, Chris Borland (retired SF 49er's...), Shane Bannon (Alex's good friend, retired Kansa City Chiefs player) re: CTE and the Concussion Legacy Foundation. We look forward to a meetings in April with Dianne Horgan and Jud Brewer of Brown's Mindfulness Center. We are networking with incredibly knowledgeable and passionate people who are committed to wellbeing in the athletic community and beyond.

Now on to Arizona State – Justin Straker, past teammate of Henry Archie, now head coach of the ASU Men's Lacrosse team is also building mental wellness into the culture on his team. We were interviewed at halftime

of the game against University of Nevada. <https://youtu.be/ek2ml4ve9kE>. In March, the AAF sponsored Jordan Burnham from Minding Your Mind ([mindingyourmind.org](http://mindingyourmind.org)), who spoke to the ASU team about his suicide attempt survival, recovery and how he manages his mental health in current life. Thank you to all who supported us and Jordan on that important trip.

We want to again acknowledge our friend and accountant, Jay Witek for his pro bono tax assistance and guidance. And John Balis who designs this newsletter for us each year, also pro bono – thank you both!



AAF and the ASU Lacrosse Team

We'd like to make a special memorial tribute to the family of Michael Nastasi (pictured above with N. Ide and C. Capri)

who was killed during Hurricane Ida last September. His son, Mike Jr., wore #16 at The Hill in 2019 and they were so supportive of the Foundation. We send our sincere condolences to Donna, Kate and Mike Jr.

We were very honored to have been nominated by Active Minds for the Red Sox Foundation Impact Awards last summer. We'd like to thank Maribeth Savoie of AM for this nomination.

Thank you for your ongoing support. The work of the AAF is only possible because of your donations. And please let us know if the AAF could support a lacrosse or mental health initiative you are passionate about.

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Sam, Alex, Lisa, Henry and Tom

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