



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

### Sam

Growing up in Michigan, Sam was a three-sport varsity athlete and all-around star. She thrived in the goal-oriented, structured environment of the high school athlete. Once she got to college, however, that structure fell apart, and so did Sam. An ill-considered drinking bout landed her in the hospital, and when her dad came to pick her up, he did so with a warning: clean up your act, start demonstrating responsibility and maturity, or withdraw from your freshman year.

Sam returned to her room and to a fortuitous email from the YMCA. The Y routinely recruits volunteer coaches: here was her invitation to apply, and a life-line out of her current situation. Now Sam is three years older, three years wiser, and a three-year coach, tutor and camp counselor at the YMCA. Here, she found her footing again: she was able to lean on the support and mentoring systems the Y provides and then give that support back to the kids she has learned to love. She says, "I know the kids are counting on me, and I am committed to them: I know I am a role model for them. Coaching on Friday nights and tutoring on Saturday mornings used to just keep me out of trouble, but now I do it because I love it."

Youth Development at the YMCA is not only for little kids.

