



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

Gretchen's Story

To say that Gretchen is always on the run is putting it mildly. With three young children, ages 8, 6, and 3 she doesn't have time to sit still.

When her daughter Stephanie turned 8, they told her she could play soccer. This past spring was her first session of YMCA soccer. "The Y's youth sports program is a great way for kids to try out a sport to see if they like it, without spending a fortune," Heidi said.

Because the Y needed volunteer coaches, they approached Gretchen who graciously accepted. "It was a different setting and I was in a different role than 'mom,'" she said. "I enjoyed the opportunity to get involved with Stephanie in something other than our day-to-day routine."

Gretchen's family enjoyed the experience so much that all three kids will be playing soccer this fall. And Heidi will be coaching both teams, with the two older kids on one team and the youngest on another.

The YMCA youth sports program provides a way for this family to spend quality time together doing a healthy activity that everyone enjoys.

