

# Dynasty GKs in Action

43rd Edition  
(December 2011)

## DYNASTY GOALKEEPING 2011 COMMUNITY OUTREACH CHALLENGE

In addition to the Camp Homework I assign students every year, I also challenge my camp students to become involved in their community to raise their awareness of the global community around them. It is far too easy to get swept up into our busy lives, the daily grind, and our own microscopic circle of influence. I am certainly a culprit of that. Hence the Dynasty Goalkeeping Community Outreach Challenge was developed to get all of us to broaden our circles of influence!

Initially the program began with students donating gear for children in need around the world.

Thus far Dynasty has been involved with the following organizations:

- ◆ 2008 - **Carolina For Kibera** - donated 25 soccer balls and over 100 sports bras
- ◆ 2009 - **Coaches Across Continents** - donated soccer gear, over 300 pairs of gloves and over 1000 pens & pencils.
- ◆ 2010 - **They Often Cry Outreach** (TOCO) - donated 6 large boxes of soccer gear
- ◆ 2011 - **Equipment Across Continents** (a branch of **Coaches Across Continents**)- donated 12 large boxes of soccer gear and equipment

Then in 2010 the Dynasty Goalkeeping Community Outreach Challenge took our generosity one step further. I challenged students to **ACT BEYOND THEMSELVES** and get involved with a project that meant something to them and to 'donate' some of their TIME to help others. The feedback I received from the students and parents was tremendous so giving back to your community has become a core value of the Dynasty family of goalkeepers.

It is in acting that we have our most profound effect, because there simply is nothing more valuable than your time. So to set aside some of your precious time to help another human being (animal or the planet) speaks volumes. The recipient will certainly be tremendously grateful for any help you can give, but the effect it will have on your own life will be where the most value lies. The gratitude and love you receive back from the people you help is addicting and powerful. Try it and you will see what I mean.

Here is the list of the volunteer work that Dynasty students (listed by the camp week they attended) reported in 2011! This is GREAT STUFF!

**If you were a 2011 student/staff that did volunteer this year and your name isn't on this list it is because you didn't email me! I can't report on something I don't know!** ☺

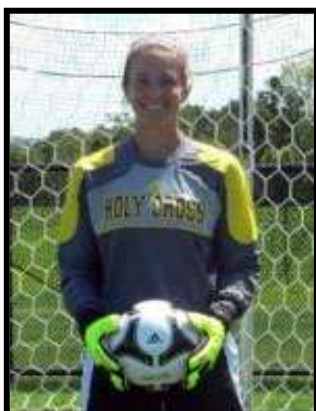
**TRACY NOONAN (Chapel Hill, NC)** - This year I have enjoyed volunteering at several different organizations. There are just too many cool organizations that are in need of help to pick just one! In the spring, since I am a bird freak (as many of you know), I volunteered for the **Triangle Wildlife Rehabilitation Center**. My main responsibilities were caring for turtles, prepping food for the animals, cleaning dishes and occasionally assisting on the care of birds at the shelter. In addition I helped coach the gks at Chapel Hill High School time permitting. Then during the summer, through Dynasty Goalkeeping, I helped facilitate the donation of gear to

**Coaches Across Continents** (thank you to all my students and staff coaches that donated!) for players in Africa. In October I traveled to Guatemala as a Sports Envoy for **Sports United**, an organization established by the U.S. State Department to promote goodwill through sport. They have partnered with the U.S. Soccer Federation (and several other sports' governing bodies) to send former National Team players and coaches across the world as sport ambassadors. Myself and former U.S. National Team teammate, Shannon MacMillan, ran clinics and gave talks to teach and inspire young girls and boys through soccer. Last, but not least, my pet rabbit Fang ☺ wanted to get in on the volunteering action so he has become a 'Rehab Rabbit' at a local nursing home, **Carolina Meadows**, visiting and sharing his love with their elderly residents.



## STAFF

**ASHLYN ANGELL (Worcester, MA)** – volunteering is such an integral part of life for Ashlyn it is almost like breathing for her. It just happens automatically. She is an inspiration to me. She has continued her work from last year with **Holy Cross Cares Day** where the college students clean up the streets of Worcester. She also remains involved as a mentor for a local 7<sup>th</sup> grader through **Big Brothers/Big Sisters**. In addition she has also become involved in **Unified Basketball and Soccer**. She said its mission is similar to the Special Olympics trying to get disabled children involved with athletics. Ashlyn got her college team involved playing basketball every Sunday in the gym with the 'enabled' athletes. Lastly she has become active starting a school wide initiative to **"Spread the Word to End the Word"** – trying to end the use of the word "retard".



Here is what she had to say about that cause:

*"People don't realize how offensive it is until you call attention to it. I haven't talked to a single person who hasn't been on-board with it. After working with these athletes and seeing their love and compassion, it just hurts so much more when you hear people using the "r-word" in such an offensive way. 9 times out of 10, the word that they choose to replace "Retarded" with is "Stupid." What does this say about society's perception of how we can treat people who can't defend themselves? Not okay."*

I love her passion! Way to make a DIFFERENCE in the lives of the people around you!

**ALYSSA GILLMORE (Tempe, AZ)** – Like Tracy, Gilly is also a bit of a raptor freak, (She is seen here with a Blue Chested Buzzard Eagle while on a mission trip in July 2008 to volunteer at an orphanage in Peru), so she decided to mesh her love of owls with volunteering. Since Gilly's fall soccer season ended she has been volunteering with **Liberty Wildlife**. She is on "Owl Watch" caring for the owls in the shelter every Sunday evening. How cool!



## WEEK 1

None reported

## WEEK 2

**JULIE ECKEL (Knoxville, TN)** – Julie is involved with multiple organizations in her community. She volunteers with the **Special Olympics**, at the **Ave Maria Nursing Home**, and the **De La Salle Elementary School**. She says she enjoys the Ave Maria Nursing Home because, "They are just so fun to be around!" Below are Julie's descriptions on the organizations she works with and why she values her involvement with them. She truly understands that she gets as much, if not more, value out of her work as a volunteer as the recipients of her time/work.



*"The organization I'm currently involved with is **The Ave Maria Nursing Home**. It started as a project for my theology class for school, where we were to find somewhere that needed volunteers. We would go and play games with the residents, such as Wii bowling and Uno. Myself, along with a couple of the girls who went, enjoyed just talking to the residents so much that we have gone back a couple times. I've taken a special interest in the elderly because my grandmother suffered from Alzheimer's disease the last 13 years of her life. I've seen that as people age, they can sink into depression based on the loss of their loved ones and the loss of their own mental facilities, so I believe any time spent with the elderly is beneficial.*

*In the past, I've volunteered at a jubilee school in Memphis's inner city called De la Salle. My neighbor works there, and I would sometimes ride to work with her and help out with the little kids. This school is filled with kids from poverty ridden families of all ethnic backgrounds. It is fun to see that just a little bit of time spent helping them with reading, math, or even playing dodgeball will completely brighten their days.*

*I've also loved volunteering once a year at the Special Olympics held at a local high school. Every year, there is an entire day devoted to playing "Olympic games" with mentally handicapped athletes from across the mid-south. Each volunteer is assigned an athlete, and we help them throughout the day to compete in games, paint faces, and serve food."*

## WEEK 3

**CAROLINE DUNCAN (Raleigh, NC)** – Every summer Caroline volunteers at a Day Camp through her church as a counselor for a week. This past summer she (and another counselor) were assigned to look after 7 campers grades 3rd-5th. The theme for the week was ironically service and helping out our neighbors throughout the world. They took them to different rooms throughout the church where various activities were set up for them. The activities included movement, crafts, bible study, service, and discovery. One of the days they went downtown to see a movie, tour the Raleigh Rescue Mission, and give lunches to the homeless in Moore Square. Caroline said, "It was really fun and cool to be able to teach these youth about service through our own service to them. It is such an awesome week that I look forward to every summer and I will definitely be working at this camp next summer!"



**CHRISTINA GANDY (Valparaiso, IN)** – This summer Christina volunteered at **Opportunity Enterprises**. It is a place where disabled people can go to try to integrate into a more traditional life on their own. In addition they also help children with disabilities overcome their physical or mental challenges.



#### WEEK 4

**ERICA STEIN (Atlanta, GA)** – Erica continues to be one of our strongest leaders among an impressive list of volunteers. She is a junior at Emory University and here is what she wrote about her past year's involvement in the community:

*"I am still actively involved in **Alpha Phi Omega**, the co-ed service fraternity. A few of my favorite (non-Relay) related service trips I participated in were cooking dinner at the Ronald McDonald House and volunteering at Shakespeare's Tavern, a Renaissance-esque restaurant and theater where actors perform shows while guests eat. This past academic year, I logged 46 hours of service. This brings my total to 61 hours of service since I pledged in Spring 2010. However, I focused the majority of my involvement with **Relay For Life**.*



Kaele Leonard & Erica Stein

*After participating in **Relay For Life 2010**, I knew I was deeply passionate about this cause and wanted to further my involvement for **Relay For Life 2011**. I was not only a participant and team captain, but also served on the **Executive Committee of Relay For Life 2011 as a Team Recruitment & Retention Co-Chair with Kaele Leonard** (also a Dynasty Goalkeeping student!). As Recruitment Co-Chairs, Kaele and I were in charge of managing our Recruitment & Retention committee and leading Team Captain meetings.*

*Up to the night of the event, we encouraged people to participate and recruited through emails, faculty meetings, presentations, or face-to-face interactions and conversations.*

*The event itself was a huge success. We recruited more than 730 participants and 73 teams, compared to last year's 381 participants and 48 teams. Individually, I raised more than \$500 and my team (Emory Womens Soccer) raised more than \$1,000. As a whole, we surpassed our fundraising goal of \$50,000 and raised over \$58,000 for the **American Cancer Society (ACS)**. ACS was so impressed with our efforts that we have been chosen to host the **Relay For Life Collegiate Leadership Conference**, for the South Atlantic Division which is normally held by UGA!*

#### WEEK 5

**EMILY ARMSTRONG (Collegeville, PA)** – Emily found multiple ways to get involved with helping locally and globally this year. She even got her family involved! Way to go Em!

Her family put together a VERY large donation of equipment to ship directly to **Equipment Across Continents**. It included two dozen pairs of shoes (cleats, track & field spikes, running shoes, indoor shoes), soccer bags, goalkeeper jerseys & shorts, soccer balls, and basketballs.

She also donated her hair to Locks of Love (see her before picture). It was her first time donating her hair and she said it was really gratifying.

Lastly, for her senior project (2011-12) she plans to train young goalkeepers and donate the money she earns to a cancer fund.



## WEEK 6



**KELLY KING (Arusha, Tanzania)** – Unlike the typical college student, Kelly utilized her spring break to volunteer. And as if that wasn't enough, she traveled to another continent to do it! She made a third trip back to Tanzania to continue her work at an orphanage in Arusha, Tanzania called the **The Olevolos Project**. [www.theolevolosproject.org](http://www.theolevolosproject.org) Her consistent and great effort with their organization has made a huge impact on the lives of the children in that community.

**MEGAN KINNEMAN (Baton Rouge, LA)** – Amazingly Megan found time during her already busy fall semester between classes and soccer at LSU to get involved in **Best Buddies**. The organization matches volunteers up with a buddy who has either a mental or physical disability. The requirements are to hang out with your buddy twice a month and call once a week. There are also group hangouts, such as the Halloween party (picture left). Megan shared with me that it has been a great way for her to get involved outside of soccer and it gave her the opportunity to meet her awesome buddy Darryl. He is 27 and has cerebral palsy, which requires him to use crutches to get around. Despite his disability, Darryl has won 3 Special Olympics gold medals in bowling and track & field. Megan goes to help him bowl on Mondays and she even got to watch him play soccer recently. Darryl is extremely positive and according to Megan he may even be more active than her!





**LAUREN MINKOFF (Cherry Hill, NJ)** – Lauren organized a weekend goalkeeper camp for young girls in her area over the summer. The camp ran from 10am to 2pm with a midday lunch break. It was a free clinic designed for girls who have never had the opportunity to get gk specific training. GREAT idea!

### WEEK 7

**ANNA DAVIS (Walterboro, SC)** – Anna volunteers regularly at a local animal shelter throughout the year.



### OTHER DYNASTY GKS (Former students who are still getting it done!)



**KELLER DIXON (Jamestown, NC)** – In 2010 Keller Dixon established her own community service project based on a cause that interested her. She organized a food drive to support the **Guilford County Animal Shelter** by collecting 185 pounds of dog and cat food. Her project was called **Food4Pawz**. She has continued this work in 2011 and collected even more food for the animals this year. Way to keep it going Keller!

**Let's all commit to continuing this great work in 2012 and bringing others along with you.**

**Be a leader.  
By acting you inspire others to follow your lead.  
It is really that simple.**

## PRO

**ASHLYN HARRIS** – December 12, 2011 – Check out this fun interview with former Dynasty Goalkeeping staff coach and current US Women’s National team and Western New York Flash goalkeeper Ashlyn Harris!

<http://www.ussoccer.com/News/Womens-National-Team/2011/12/11-Questions-With-Ashlyn-Harris.aspx>



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## COLLEGE

Congrats to the following students for more well deserved post season awards!

**ALLIE HORWITZ** – December 10<sup>th</sup>, 2011 – Amherst, MA - **First Team All-Region and Second Team All-American.**

**KAELE LEONARD** – December 12<sup>th</sup>, 2011 – Atlanta, GA - Kaele was named to the **Second Team All-South Atlantic Region.**

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## YOUTH

**DAYTON WETHERBY** – December 13<sup>th</sup>, 2011 - Wesley Chapel, FL – Dayton, who is also known for her mad dance skillz ☺, made this KILLER in a recent high school game! Check it out on YouTube. IT IS BIG TIME!

<http://www.youtube.com/watch?v=fHqngkOro7Y>

