



experience.confidence. leadership.

Youth Enrichment Services (YES) September 2016 Newsletter

Upcoming Events & Announcements

- Saturday, September 10 - The Road to Wellness 5K with Dimock Center.** Join YES's community team for the Dimock Center's Road to Wellness 5K. Register [online](#) and select "Youth Enrichment Services" as your team! Make sure to wear your YES t-shirt to the 5K.
- Saturday, September 24 - Berklee Beantown Jazz Fest.** YES will have a table at the Berklee Beantown Jazz Fest. Come by to enjoy live jazz, phenomenal food and drink, and an instrument petting zoo - make sure to drop by the YES booth and say hi! Contact [Laura Neubauer](#) if you would like to volunteer at YES's outreach table.
- Monday, September 26 - 4 x 400 Meter Relay to benefit the Martin Richard Charitable Foundation.** YES Track & Field Coaches Vicky, Courtney, and Tiffany are hosting a 4 x 400 Meter Relay to benefit the Martin Richard Charitable Foundation. Register online [here](#).
- Sunday, October 2 - East Boston Savings Bank 5K.** Run the East Boston Savings Bank with YES and help YES win a grant! The nonprofit with the most registrants will receive a \$1,000 grant. Register [here](#) and indicate "Youth Enrichment Services" as your referring non-profit.
- Thursday, October 6 - 4th Annual Beer Tasting.** Join the [YES Young Professionals Committee](#) at the Harpoon Brewery for YES's 4th Annual Beer Tasting. A selection of seasonal beers and ciders will be available, including Harpoon's Craft Cider and Flannel Friday. Please note this is a 21+ event. Buy a ticket [here](#).
- Tuesday, October 18 - Volunteer Kick Off.** Meet new volunteers and connect with old friends at our kick off party. There will be free food and a cash bar. Current and potential volunteers are all welcome to attend. RSVP [here](#). Please note this is a 21+ event.

A Successful Season of Outdoor Adventures

This summer, over 500 youth participated in new outdoor activities with Outdoor Adventure. They kayaked, rock climbed,

mountain biked, paddleboarded, surfed, skateboarded, and more! Most importantly, they gained confidence, built leadership skills, and made memories to last a lifetime.

Did your family participate in Outdoor Adventure this summer? [Contact](#) us and let us know your favorite YES memory of the summer and we will send you a free YES water bottle!



Watch the 2016 Outdoor Adventure photo slideshow to see some of our favorite YES moments of the summer!

>> [READ](#) about YES youth, Ciaran and Selena

>> [CHECK OUT](#) the Outdoor Adventure photo album on Facebook



Track & Field Program: Summer in Review

Program Expansion

The YES Track & Field program launched a new site this summer and successfully expanded its reach to even more Boston young people. For the first time, Track & Field was offered at English High School in Egleston Square. The new site was in addition to YES's original site at Moakley Park in South Boston. At the new site, 45 children had the opportunity to be active running, jumping, and throwing. At YES's Moakley Park site, 269 children were served.

Healthy Eating

A new nutrition education initiative was offered at both sites for the first time this summer. Nutritious snacks were offered to youth after practices to promote healthy food choices.

We are happy to report that the fresh orange slices and apple quarters received a five-star review!



Youth enjoying a healthy snack after track practice!

Teen Leaders

This summer, 14 teens supported the YES Track & Field Program as Assistant Coaches. We recently sat down with 17-year-old Caitlyn and spoke to her about what it means to be a leader and role model on the track. [Click here](#) to read Caitlyn's story.

Fall Cross Country Program

Are you interested in enrolling your child in YES's Fall Cross Country Team? The program is open to children ages 8 through middle school. [Click here](#) to register online.



Paralympic Runner, Chaz Davis, Inspires YES Youth at Martin Richard Memorial Invitational

On Thursday, August 18, over 200 runners of all abilities and backgrounds came together at the [3rd Annual Martin Richard Memorial One Mile Invitational](#).

A highlight of this year's event was the participation of Rio-bound Paralympic runner Chaz Davis in the 1-mile Men's Seeded Race. Chaz, who is legally blind, was invited to run at the event alongside other adaptive runners from

Adaptive Sports New England. He won the 1-mile Men's Seeded Race with a time of 4:28.

"Chaz truly embodied the spirit of the Invitational, showing our youth that people of all abilities and backgrounds can overcome challenges in their life to achieve their full potential." remarked YES Executive Director, Bryan Van Dorpe.

[Click here](#) to read more about Chaz Davis' participation in the event, which was publicized in the Dorchester Reporter and New England Runner.



Paralympic Runner, Chaz Davis (R), with YES teens.

>> [VIEW](#) photos from the event

>> [WATCH](#) Chaz compete in the 1,500-meter race in Rio on Sept 11 at 5:30 PM on and the 5,000-meter race on Sept 15 at 9:00 AM.



Join YES for an exclusive Tap Talk about fall beers and a tasting!

The 4th Annual Beer Tasting

hosted by YES's Young Professional Committee

Harpoon Brewery

306 Northern Ave. Boston, MA 02210

Thursday, October 6

7:00 - 8:30 PM



Craft Beer and Cider Tasting

Advanced tickets on sale now for \$30.

(Ticket price includes Harpoon's legendary pretzels!!)

Buy your tickets now, there is limited capacity at this event!

BUY TICKETS! ➔

100% of proceeds benefit Youth Enrichment Services!

Please note the event is 21+.

The Young Professionals Committee is growing! [APPLY](#) now and join the fun!





Stay Connected



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