

Happy New Year!



DEVELOPMENTS



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From the Desk of the Executive Director

Having worked with the League for the past 30 years and knowing the enormous benefits that students derive from participating in high school sports and academic activities, I totally committed to placing the VHSL Foundation at the very top of the list of recipients of my charitable giving, and I encourage you to do the same when you consider making gifts.

Being able to make a difference in the lives of boys and girls is the most compelling cause I can imagine for giving to the VHSL Foundation. Students don't take part in high school sports and activities because they have to do so. No one makes them go out for the field hockey or football or debate team. They aren't forced to try out for the one-act play or the yearbook staff. They do so because they WANT to be involved.

They have fun participating in sports and academic activities. They learn life lessons beyond the classroom. They gain a deeper sense of being a part of their community and of engaging with a diverse group of teammates working toward a common goal. They are taught to be modest when successful and gracious in defeat, how to win and how to lose, how to persevere in spite of adversity.

Through the Virginia High School League and its programs, I recognize that what we do matters – often far more than any other experience boys and girls will derive from their high school years. That, to me, is clearly worth my support. And I hope you will agree that it is worth yours as well.

—Ken Tilley, VHSL Executive Director



VHSL Executive Director Ken Tilley and sideline reporter Grace Olson at the VHSL 5A/6A Football Championships on December 12.

VHSL Foundation—

Lifetime Opportunities through Student Activities

The VHSL at work ...

- Provides support for athletic and academic activities for nearly 200,000 students across the state. Nearly half of all students at Virginia's public schools take part in one or more VHSL activity.
- The VHSL serves participants in 27 different sports and 12 academic activities at the League's 315 member schools.
- VHSL sponsors 162 different state championships in addition to events and services such as the nationally renowned student leaders' conference and sports medicine programs, education and professional development for coaches, officiating and rules clinics, scholarships and recognition including the Virginia High School Hall of Fame.

Return on your investment in the VHSL includes ...

- Students stay better connected to their schools when involved in activities.
- Students benefit developmentally in terms of building self-confidence and self-esteem. (Grain, 1981; Trent and Braddock, 1992)
- Students develop socially in that they build relationships with students, teachers and parents. (Grain, 1981; Trent and Braddock, 1992)
- The National Federation of State High School Associations (NFHS, 1985) related that students who participate in high school activities are more likely to have higher grade-point averages and better attendance records.
- Athletic activities provide physical benefits including maintaining a healthy weight, preventing chronic diseases and learning the skills necessary to maintain a healthy life after high school. (*The Importance of School Sports and Education*, Theodore Hesburg)
- 80 percent of female executives at Fortune 500 companies participated in sports. (Women's Sports Foundation)
- Students who participate in athletics spend significantly more hours on homework and less on watching television than non-athletes. (Anderson, 1998)

VHSL Foundation board welcomes new members

The VHSL Foundation Board welcomes new board members Victor Cardwell of Salem, Bryan E. Thomas of Charlottesville, W. Wayne Vick, Jr., of Williamsburg and Kenny Word of Haymarket.

Victor Cardwell

is Chair of Woods Rogers' Labor and Employment Law Section. Victor is recognized in industry rankings including *Best Lawyers in America* and *Virginia Super Lawyers*. *Virginia Living* magazine named him a *Legal Eagle*. He is also a member of the Lorman Education Services "Distinguished Faculty." Victor played football at the University of Virginia and he was a multisport athlete at Heritage High School in Lynchburg. Victor and his wife reside in Salem with their two children.



Victor Cardwell

Bryan Thomas

serves as Market President – Senior Vice President of BB&T Bank in Charlottesville. He has been a member of the Piedmont Valley Football Officials Association since 1983 and he served as an Old Dominion Athletic Conference- College Football Official from 1988-1997 and then officiated for Colonial Athletic Association championships in '06, '07 and '08. Bryan played an active role in the VHSL Centennial Campaign, overseeing gifts and solicitations from VHSL game officials. Bryan is proud to be an E.C. Glass Hilltopper!



Bryan Thomas

Wayne Vick serves as President/CEO of Infralogix, providing equipment (asset) reliability solutions.



Wayne Vick

Wayne and his wife, Teresa, are high school sweethearts that attended Forest Glen HS in Suffolk. They are very active in their community's public (VHSL) and recreational (AAU) female sports serving in various leadership roles associated with basketball, field hockey, tennis and golf. Being ODU & UVA alumni, their family both supports and attend many collegiate events. *Go Rangers, Wahoos & Monarchs...*

Kenny Word has been in the educational computer software industry for the past two decades. He currently works for WHRO Public Media. Kenny played running back at the University of Virginia in the early 80's. He is a proud graduate of Halifax County High School. He and his wife reside in Haymarket with their two daughters.



Kenny Word

Consider a gift

Please consider a gift to the VHSL Foundation so that our students can continue to experience great physical, intellectual and emotional growth through their involvement in high school athletic and academic activities. Your gift can make a difference. Thank you in advance for your generous contribution.

www.vhsl.org/foundation.online-giving

Please share this newsletter with a friend and encourage them to be a part of the effort.

Congratulations to our VHSL Fall Championships. A list of VHSL state champions may be found by clicking: <http://www.vhsl.org/doc/upload/vhsl-2015-16-champions2.pdf>

VHSL Foundation presents check



October check presentation: The VHSL Foundation granted out a record \$68,859.69 for cross country, theatre and scholastic bowl team travel and it granted \$1,000 to each of the 12 regions. Including the amount the Foundation reimbursed the League for the specialist position, the Foundation returned more than \$80,000 to the VHSL and member schools. Pictured are Dante Lee, Mark Dorsey, Bruce Bowen and Jim Stemple.