

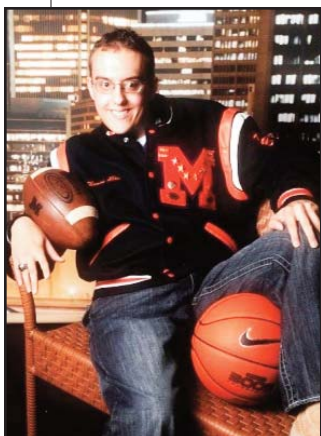
# VHSL Foundation

*Lifetime Opportunities Through  
Student Activities*



## VHSL Foundation – Lifetime Opportunities Through Student Activities

“Thomas Allen is loved and respected. He’s a leader. But without the athletic and activity offerings made possible by the Virginia High School League (VHSL) he would not have been able to grow into the leader he has become.”



Thomas Allen is the VHSL nominee for the 2009 NFHS National High School Spirit of Sport Award. The award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based athletics.

Thomas Allen is a leader – a dynamic and inspiring leader. Despite his physical, hearing and speech impairments, his “Never Give Up” battle cry is eagerly received by all. He shouts it at timely moments from the end of the bench at basketball games or while pushing his wheel-equipped walker the length of the football field. It’s become a familiar credo during his years at Manchester High School. But that’s not all – he was also voted Homecoming King last fall, and he’ll graduate with honors this spring.

Thomas Allen is loved and respected. He’s a leader. But without the athletic and activity offerings made possible by the Virginia High School League (VHSL) he would not have been able to grow into the leader he has become. And growing leaders is what the League is about! Yet, he is only one of over 200,000 students who participate each year in one or more of the 27 interscholastic sports and eight activities sponsored by the VHSL throughout Virginia.

Who’s the VHSL you ask?

VHSL is the organization that sponsors all the state championships, nationally renowned student leadership conferences and sports medicine programs. VHSL also provides education and professional training programs for coaches, officiating and rules clinics and the Virginia High School Hall of Fame. More than 300 of Virginia’s public high schools participate.

Think back to your high school days. Did you play any sports? Were you involved in debate, forensics, newspaper, yearbook or theatre? Do you remember the rivalries between schools and the fun you had competing? What about the life lessons of teamwork, self discipline, respect for others, perseverance and self confidence you learned? These values are inherent in programs sponsored by VHSL! Statistics show that students who partici-

pate in high school sports or other activities earn higher GPA's, attend class more regularly, watch less TV and are significantly more likely to interact with students of other races and cultures. Through sports and activities, students also learn how to deal with success and failure, experiences that will serve them for a lifetime.

VHSL has quietly been doing all this for over 95 years, and many in our Commonwealth have become so accustomed to these programs and activities that they are in danger of being taken for granted. What a huge mistake that would be. Too much is riding on VHSL, and we need your help. Our work at VHSL with the schools in Virginia costs nearly \$4 million each year, and history has shown that it costs more to administer than is generated. That's a challenging prospect even before these turbulent economic times.

The incredible growth in the number of programs and services offered as well as skyrocketing costs associated with those programs threatens their very existence. Without new sources of revenue, the League is facing curtailment and elimination of state events and opportunities that benefit high school students. That's where the VHSL Foundation comes into play.

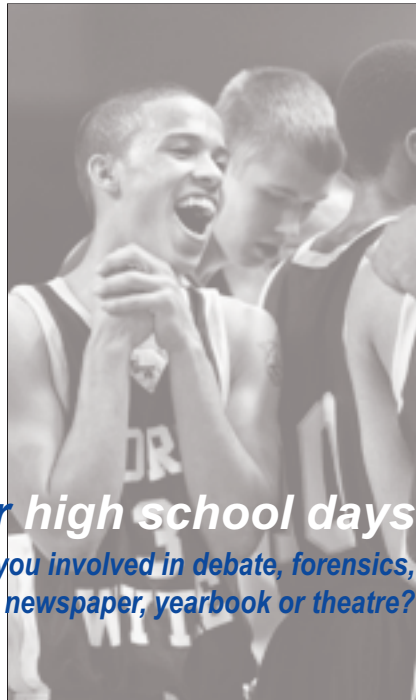
Every single gift given strengthens the League's ability to continue offering interscholastic sports and activities for all who wish to play and compete at any level. Helping shape leaders like Thomas Allen is what we are all about. It's our credo. It's our mission. It's our battle cry. It's a must!!



## Who's the VHSL you ask?

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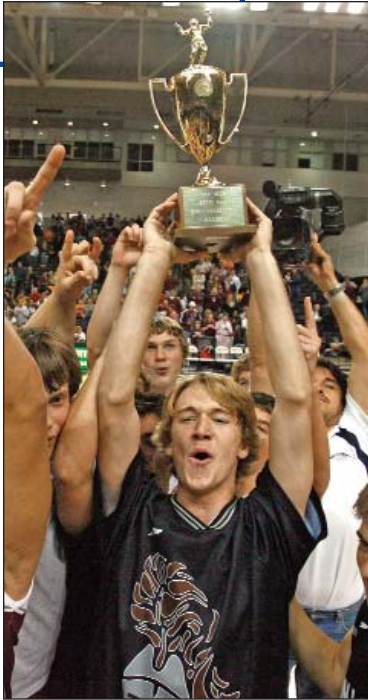
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Every single gift given strengthens the League's ability to continue offering interscholastic sports and activities for all who wish to play and compete at any level.



## How you can help

To make a gift to the VHSL Foundation, or receive additional information about giving opportunities, please contact:

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