

POSITIVE YOUTH SPORTS ALLIANCE OF ESSEX
PRESENTS

The Making of Me

How Athletics Builds Confidence and Character



featuring

BILL BEANEY

Head Coach, Middlebury College Men's Hockey

TED CASTLE

President, Rhino Foods

HEATHER GARROW

Head Coach, Varsity Field Hockey & English Teacher,
Essex High School

MARY PARMENTER

Varsity Athlete (gymnastics & lacrosse), Essex High School

MIKE TRIMBOLI

Former Point Guard, UVM Basketball

moderator

ED HOCKENBURY

Athletic Director, Essex High School

athletes afoot!

A FUN FILLED OPEN GYM EVENT

featuring

Basketball
Volleyball
Climbing Wall
Ping-Pong
Board Games
Craft Activities
and more!

Chaperones: Essex High School
Athletic Leadership Council

For K-6 graders

7:00-8:30pm

Tuesday, November 16

Essex High School Gymnasium



For youth athletes (middle & high school), parents, and coaches

7:00-8:30 pm

TUESDAY, NOVEMBER 16

ESSEX HIGH SCHOOL AUDITORIUM

FREE! No pre-registration required.

FOR MORE INFORMATION: www.pysaessex.org / recreation@ccsuvt.org / 802-878-1375