



## Saucon Valley Panther Mentor Program

Getting adolescents excited about community involvement is hard enough. When you add sports in, all of a sudden it's exciting! Getting involved with community activities can help develop good communication skills, as well as confidence, esteem and a sense of teamwork. We have developed a program where future athletes can build a sense of pride and respect for their community. The younger students get involved with this program the stronger and larger we can grow. And we will grow together!

Select high school students who have proven themselves to be dedicated and hard working will mentor a group of rising lacrosse players. They will start off by ensuring the basic skills of a team member as well as teaching the youth some drills that have helped them to become better competitors. These students will volunteer a few hours every other weekend to work with the youth during the season. We hope to expand and continue this program throughout the year. These volunteers will help promote healthy lifestyles and staying active through the community.

Our mission as a team and community is to develop a successful athlete, who is happy and healthy, builds healthy relationships, goal achiever, gives back to their community, and become role models for the community. We would like to keep the youth out of negative activities and start working together. We are going to promote personal workouts and practices. Successful habits that are attained now will help create an overall better lacrosse program with better players. We will keep re-training ourselves to become better mentors.

We think this will benefit our program to bring the community closer together. We hope to expand and bring other organizations into this in the future as well. Please help us support this program to promote a positive experience for everyone.