



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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**The Y: SO MUCH MORE than a gym and a place to swim.  
Join the Y for their Annual Meeting on March 21<sup>st</sup>, 2017.**

**Rochester, MN, March 9th, 2017** – The Rochester Area Family YMCA has been part of the Rochester community for over 50 years, but the common perception of this organization is that we are just a gym and a place to swim. The Y is so much more. We invite you grasp more of an understanding of the mission and positive impact the Y has on this community and join us for our Annual Meeting on Tuesday, March 21<sup>st</sup> starting at 5pm for a social time in the South Gym at the Y, 709 1<sup>st</sup> Ave. SW, Rochester, MN 55902.

More than a place or a program, the Y is a cause dedicated to youth development, healthy living and social responsibility.

Take for example the story of Ulises Gonzalez. Originally from Jalisco, Mexico, Ulises and his daughter have found a new home in the Y community through the Conquerors "More Than" Boxing program.

*"I heard about Conquerors at the Y through a friend, who encouraged me to become a volunteer coach," Ulises recalls, "I have seven years' experience as an amateur boxer, so I thought I could make a difference by mentoring youth at the Y."*

Conquerors "More Than" Boxing is all about empowering youth and young adults in the Rochester and surrounding communities specific to their faith, family, fitness and future. The Y partnered with Conquerors in 2016 to strengthen youth mentorship programming for K-12th grade youth in Olmsted County.

Boxing is a unique way to mentor kids to develop life skills so they can cope with challenging issues, such as lack of positive adult role models in their lives, unstable home life, or an absent father or mother. Kids learn how to respect one another, develop self-discipline, and enhance emotional intelligence. "You learn how to fight, so you don't have to fight," Ulises remarks as he explains the benefits of mentoring kids on exercising their self-discipline and controlling their emotions. "This is the 'more than' part of the program. I know I am successful as a coach when a kid decides to resolve a conflict without using violence. He knows he's worth more than to throw his chance at a better life away."

When kids know that they matter, they thrive. Ulises has seen how the power of mentoring youth can move them to become their best. "We just took a few of the kids to their first boxing competition in Minneapolis the other week. Nine year old Angel walked away with 1st Place and will now go onto the National Championship. I'm so happy that Conquerors is welcome at the Y, so more kids like Angel can get involved."

Hear more stories like Ulises' at the Rochester Area Family YMCA's Annual Meeting on Tuesday, March 21<sup>st</sup>. At the meeting, Y leadership will present the Y as a key community player with 2016 impact highlights and the release of the 2016 Annual Report. A new video about the mission of the Y will be premiered. Looking to the future, the Board of Directors will make a statement regarding the Y's plan for growth and the challenges the organization faces. The evening will begin with refreshments at 5pm. The meeting will follow from 5:30-6:30pm.

The Annual Meeting is free and open to the public. Y members, Board members, business partners, donors, staff, and volunteers will be in attendance. A special thanks to Costco Wholesale for providing appetizers.

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**About the Y**

The Rochester Area Family YMCA has been part of the Rochester community since 1867, when a reading room for young men was organized. The Y continues to be one of the leading nonprofits that strengthens the community through youth development, healthy living and social responsibility. The Y's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. This organization helps the community, regardless of age, income or background, has provided over 1,800 individuals in the community a membership through the Open Doors Scholarship program in 2016. More information can be found at [www.rochfamy.org](http://www.rochfamy.org).