



MAY 2019 NEWSLETTER

A QUARTERLY REVIEW

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The Fairfield County Sports Commission is a 501c (3) non-profit, educational and charitable organization dedicated to developing, implementing and supporting community programs designed to promote and educate our youth on fitness, nutrition and an active, healthy lifestyle as well as personal development through sports. The Commission's Chelsea Cohen Fitness Academy is the primary umbrella vehicle for these programs.



FCSC RECEIVES \$35,000 DONATION FROM ICAP

For the third time in 4 years FCSC was the beneficiary of a major donation from the ICAP Charity Day in New York City. With former NY Giants great Mark Bavaro (pictured at right) graciously representing us, the Commission received a \$35,000 grant at the start of the year to give our 2019 fundraising effort a huge jumpstart. Following two



\$50,000 donations in our past trips we have now received a total of \$135,000 from the generosity of ICAP. Bavaro, shown here on the phone with an ICAP trader as he was part of the team to help close a deal, spent 90 minutes on the trading floor and took photos as part of meet and greets with the company's employees. We extend our heartfelt thanks to Mark, and to the staff at ICAP for continuing to allow us to benefit from this amazing event.

ANOTHER SUCCESSFUL GIVING DAY - THANKS TO YOU ALL



For the fifth consecutive year, FCSC participated in the Fairfield County's Community Foundation annual Giving Day, which was February 28. The event raised a record \$1.7 million for the over 400 charities that were part of the day. We want to thank all those who contributed to help us raise close to \$5,400, including a bonus for having more than 50 unique donors. Special thanks to FCSC longtime Board Member Mark Lauretti for a very generous donation. In the five years that the Commission has been part of this special county-wide celebration of non-profits we have raised nearly \$23,000. Thanks to FCCF for making this event another big success.



"COOKING WITH KIDS" PILOT EFFORT A GREAT START



Funding from FCSC helped launch a collaborative pilot program in Stamford allowing 8 students, ages 11 & 12, to participate in a

cooking class two times per week for a 5-week period (see photos at right). This major first step helped toward the goal of growing a community of healthy eaters for attendees of the after-school program at the Boys & Girls Club. The program incorporated produce grown at Fairgate Farm into the classroom with an experienced culinary arts teacher utilizing the B&G's Yerwood Center kitchen facility.



Pre and post surveys were taken by the students to measure if they had tried new foods and were eating more fruits and vegetables. The program continues this spring with another 5-week session with our support.

GIRLS PROGRAM HELPS LIFT NHS HOOP TEAM TO TOP

When FCSC supports youth programs throughout the county our hope is that we will have impact at any level to help our young people grow. We received a very special outcome from our backing of the Girls' Development Program at Norwalk's Carver Center. After giving Carver the seed money to start the after school program last year, we increased our donation this year to enable Carver recreation coordinator Shannon Bates to expand activities provided for the



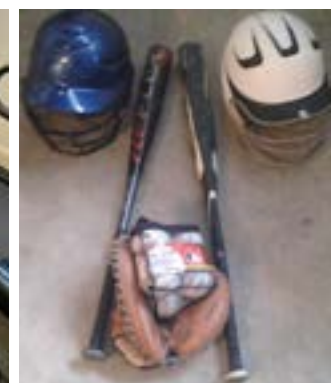
athletes ages 13-18 from Norwalk Public Schools. Among the student-athletes that participated in the program were the members of the Norwalk High girls' basketball team. By the end of this season, the Lady Bears proved to be the state's best team by posting an undefeated 28-0 record, topping the final state poll and winning the Class LL state title and FCIAC crown. An amazing achievement. It was the first state title for the school since 2000. In the classroom the girls were equally successful with an average GPA of 3.4. The development program provided educational



activities that ranged from fitness and strength training to discussions about injury prevention and college sports scholarships, to celebrating teamwork, leadership, building self-esteem and learning the importance of balancing the commitment to excellence in sports as well as academics. We congratulate the ladies and hope we played a small role in their team and personal accomplishments.

EQUIPPING OUR YOUTH FOR AN ACTIVE LIFESTYLE

In the first 4 months of the year FCSC has found appropriate homes for thousands of dollars worth of gently used sports equipment. The Commission has become one of the county's prime distribution outlets for connecting donated equipment from our residents to youth and health and wellness organizations, which are in need of newer or more of these necessities to run their programs. Lacrosse donations went to the Bridgeport Youth Lacrosse Sports Academy, baseball items to the Jackie Robinson Little League in Stamford, and exercise equipment to Massage & Fitness in Norwalk.



WHAT'S NEW AT THE SPORTS COMMISSION

FCSC & FCIAC JOIN FORCES

The Commission and the FCIAC will be collaborating on two of the conference's most important programs as 2019 rolls on. FCSC is sponsoring the Exemplary Scholar-Athlete Awards for the spring, fall and winter seasons that recognize seniors who have both high academic standing and demonstrate leadership qualities. A second sponsorship will cover the Student Leadership conference on August 22 that the league successfully started two years ago. Another tie-in for the two organizations is for the FCIAC Hall of Fame plaques to be displayed in the same area as the Commission's Fairfield County Sports Hall of Fame at its new home on the second level at Chelsea Piers in Stamford.



OFFICE SPACE SHIFTS TO ANOTHER STAMFORD SITE



After 13 wonderful years of calling the UConn Stamford campus home, we have now found new space in Stamford just up the road from the school. We are very fortunate to have longtime friends and supporters of FCSC offer us a place to house our office. Dr. Kevin Plancher, Chairman, Janine Bahar, Exec. Director and staff have welcomed us to their 501(c)(3) non-profit Orthopaedic

Foundation space. Both organizations share similar missions and we have collaborated in the past on a couple of joint events and with mutual support. So as we celebrate our 15th anniversary this year, we greatly look forward to working with Dr. Plancher and thank him immensely for allowing FCSC to be part of his work space.

FAMILY TRIBUTES



We lost two of our FCSC family earlier this year. Soccer legend Efrain "Chico" Chacurian, a 2014 FC Sports Hall of Famer, passed a week before his 95th birthday on Feb. 15. In photo above left Chico is shown doing what he loved most, playing the beautiful game right into his '90s. On Jan.27 we lost Dr. Michael Ego, who was there at the start for us in taking a risk to give us a home with office space and a place for our Hall of Fame at UConn Stamford. Michael's support for FCSC was unwavering and instrumental in getting us up on our feet to be here now 15 years later. In photo above right, taken at his memorial service where his life-size cutout proved he truly was a man larger than life. They both will be sorely missed.

UPCOMING EVENTS

MAY 30 Legalized Sports Wagering: A Good Bet for Connecticut? - Norwalk City Hall Community Room, 11:30 am-1 pm

JUNE 3 Injury Prevention/Healthy and Active Lifestyle Seminar, Greenwich Library, 7-8:30 pm

JUNE 11 6 PM Club networking event-Featured speaker Ed Ehrhardt, Workpoint, Stamford, 6-9 pm

[SEE MORE INFO HERE](#)

COUNTY NEWSMAKERS



Commission advisory board member Galya Pundyk was in the news recently along with one of her county-based fencing students. Pundyk, a former Yale University women's fencing coach and a 2008 Olympic Gold Medal winner for the Ukraine, opened her Olympian Fencing Studio in Wilton last year and has been coaching some of the area's top young competitors in the sport. One of those students is Sapphira Ching of Greenwich, who was honored with the 2019 USA Fencing Connecticut Fencer's Excellence Award at a ceremony hosted by the CT Fencing Foundation in Westport on April 19. The runners-up for the Excellence Award were also county residents in John Lin (Stamford) & Elliot Siegel (Newtown). Pundyk's Olympian studio was named the Fencing Club winner. FCSC Executive Director Tom Chiappetta poses with Ching (middle) and Pundyk at the event.