

Sponsor Coordinator Gretchen Klein

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May, 3, 2011

Dear Family, Friends ,

The girls' volleyball team at Mainland High School is presently in the process of raising money for the 2011 season. Funding is needed for the following:

- * Equipment
- * Office supplies
- * Training aids
- * Training camps
- * Uniforms & Accessories
- * Tournament Entry fees
- * Awards

Being a part of a team provides many benefits to young ladies. Attached is a list of benefits girls receive from playing team sports.

I am writing to you seeking donations to help support the Mainland Volleyball Team. In return for your support, you or your company information will be included on our volleyball web site. As well as a link to your company website, and your company's email address. This information will be posted on the web site from the date we receive your donation to May 2012. The volleyball website generates approximately 4000 hits per year. The site is visited by players, students, teachers, administrators, fans, parents, friends, relatives, rivals, and web surfers (coaches from all over the world have emailed me to let me know they have checked out our site, and would like to use some of the information). The address to the Mainland Volleyball Website is:

www.leaguelineup.com/bucsvolleyball

Also, if you have a company banner, we will proudly display your banner in the Vince Carter Athletic Center during the Volleyball Season. The season ends October 31, 2011.

If you are interested in becoming a 2011 Mainland Volleyball Team Supporter, please complete and return the attached form with your donation.

Thank you so much for your support.

Sincerely,

Sandra Garner, Head Volleyball Coach
Mainland High School
1255 W. International Speedway Blvd
Daytona Beach, FL 32114
386-258-4665 ext: 54264
386-299-8176 (cell phone)
smgarner@volusia.k12.fl.us

Benefits of Girls Playing Sports

- High school girls who play sports are less likely to be involved in an unwanted pregnancy; more likely to get better grades in school and more likely to graduate than girls who do not play sports
- As little as four hours of exercise a week may reduce a teenage girl's risk of breast cancer by up to 60%; breast cancer is a disease that afflicts one out of every eight American women. (Journal of the National Cancer Institute, 1994)
- 40% of women over the age of 50 suffer from osteoporosis (brittle bones). (Osteoporosis, 1996) None of us should want our daughters to repeat the experiences of generations of women -- our mothers and grandmothers -- who were not permitted to play sports or encouraged to participate in weight-bearing exercises that are necessary to establishing bone mass.
- Girls and women who play sports have higher levels of confidence and self esteem and lower levels of depression
- Girls and women who play sports have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports.
- Sport is where boys have traditionally learned about teamwork, goal-setting, the pursuit of excellence in performance and other achievement-oriented behaviors -- critical skills necessary for success in the workplace. In an economic environment where the quality of our children's lives will be dependent on two-income families, our daughters cannot be less prepared for the highly competitive workplace than our sons. It is no accident that 80% of the female executives at Fortune 500 companies identified themselves as former "tomboys" - having played sports.
- **Women Without Sports Experience Are Disadvantaged in the Work Setting**

http://www.education.com/reference/article/Ref_Benefits_Why_Sports/

DONATIONS NEEDED!!!

MAINLAND HIGH SCHOOL VOLLEYBALL DONATION FORM

It is our goal to allow all girls the ability to participate on the Mainland Volleyball Team, regardless of financial background. In order to accomplish this goal, and be a program that Mainland and the community can be proud of, your help is needed!

Please help Mainland Volleyball continue to be the respected program it is today. **BUC PRIDE NEVER DIES!**

Business Name: _____

Contact Person: _____

Email: _____

Address: _____

Website link: _____

Phone: _____

Fax: _____

Donation information:

All donors will be listed on the front page of the Mainland Volleyball Website.

GOLD DONORS Donations of \$100 or more you get:

- ☛ An ad on our "Donors" page of the volleyball website (maximum size 8"X10").
- ☛ A link to your business on the Volleyball Website
- ☛ If you have a banner, we will hang it in the Vince Carter Athletic Center during the entire

BLUE DONORS Donation \$50-\$99 you get:

- ☛ A link to your business on the "Donors" page of the Mainland Volleyball website.

FRIENDS OF MAINLAND VOLLEYBALL Donations of \$10-\$49 you get:

- ☛ Listed in the "Donors" page of the Mainland Volleyball Website.

BLUE & GOLD DONORS... Please enclose your camera ready Advertisement

Total Enclosed: \$ _____ **Cash:** _____ **Check #:** _____

Please make checks payable to: Mainland High School – Volleyball

Please mail, or deliver checks to:

Attn: Sandy Garner, Volleyball Coach

Mainland High School

1255 W. International Speedway Blvd

Daytona Beach, FL 32114

All donations are tax deductible & help to support the 2011 Mainland Volleyball Team.

THANK YOU FOR YOUR SUPPORT

_____ & The rest of the 2011 Mainland Volleyball Team