



**First Congregational Church of Ashfield ❖ United Church of Christ
*Creating Community, Welcoming All***

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Rev. David Jones

New Coach in Town – For Teenagers ONLY

By Annie Cheatham

“Sink the bucket!” “Clear the jump!” “Score the goal!” “Practice, practice, practice!”

These are shouts we hear everyday at our local schools where wonderful, skilled coaching staffs encourage and challenge our young people to excell. Just read the *Recorder* sports pages and you’ll see how well our track, basketball, football, hockey, softball, and gymnastics teams do in competition. And many of us remember being coached in high school and college by thoughtful, demanding, and gifted individuals who taught us teamwork and how to set and achieve individual goals.

The First Congregational Church in collaboration with Elmer’s is offering ten teenagers (ages 13-18) a chance to work with a local coach who helps people explore their life goals and aspirations. “Life coaching is pretty much like athletic coaching,” said Roberta Wilmore, Ashfield resident who will lead the group. “Everyone has goals and dreams about what they’d like to achieve, and I can share tools to help teens figure out how to reach them. Just like a coach on the sidelines of a big game, I’ll cheer them on and nurture their untapped potential. I have been doing this for over thirty years, and I still hear from adults who worked with me as teenagers. It will be fun and rewarding for us all.”

There will be six coaching sessions on six consecutive Tuesdays from 5:45-7:45 pm. The first session is March 25. All sessions will be held at Elmer’s where Roberta and the teens will share a meal cooked by Elmer’s café staff. On the final Tuesday, April 29, Roberta and the teens will invite the community to come and listen to what they have learned. Each teen who completes all six sessions, will receive a generous financial reward. There is a fee of \$45 for the total program, and we have funds for scholarships if needed. Applications are available by contacting Roberta directly at robertawilmore@gmail.com

This program called “Becoming You,” is funded by a grant from the Community Foundation of Western Massachusetts and the church’s Mission and Social Justice Committee. It is part of the ongoing *Young Voices: Listening to Our Youth* initiative.

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