



SwingPals Impact Report



2023 - 2024

TRANSFORMATIONAL

"I became a part of *SwingPals* at Neal and I have continued to play. I really didn't know what I was getting into but now I enjoy playing golf. The Think Box help me with my golf swings but also in other situations. Many times I have to step back and think about a situation before I respond to that situation. I would encourage other children to try *SwingPals* they might not like it at first but if they stick with it they will love this sport because it is so much fun."

Deon L.

"*SwingPals* is not just about golf, it's also about wellness and social emotional skills. One skill is the Think Box Play Box which can be used anywhere to focus your mind and make your target clear. Another skill is Heart-Focused breathing which can be used when we are struggling with something. If you do a couple of deep breaths, it can really help you control your emotions."

Rasean S.



Dear *SwingPals* Family,

Imagine being able to commit to a decision and trust that decision to the extent that you can let go of doubt and perform to your potential. This is the core of *SwingPals*' work in Durham's public schools: giving children the skills needed to build their mental, physical, and emotional health during challenging times. This is *Transformational* for so many lives.

Last year, *SwingPals* surpassed a milestone: Over 10,000 Durham public school students served during the school day since its founding in 2012! To think *SwingPals* has impacted that many lives is truly an honor and a privilege. Thank you to all *SwingPals* advocates, donors, partners, and of course, our families for making this possible.

In the 2023-24 school year, *SwingPals* delivered its mindfulness skills and tools in school gymnasiums to over 1,250 6th grade students and 500 7th and 8th grade students, serving five of the nine Durham public middle schools. Each child is given the opportunity to construct their safe space, build mindfulness skills, and imagine what is possible. This process begins with a child knowing they are safe and have the capacity to build what *SwingPals* calls their Mental Pre-shot Routine (see page 4 and don't forget to watch the short video clips). This routine, once learned, provides children with the skills needed to function optimally in today's ever-stressful world and to live happy lives.

While grateful to all who support *SwingPals*, we are especially thankful to Durham Public Schools for allowing *SwingPals* to expand programming during the day in school. This year, *SwingPals* will offer the *SwingPals* Mindful Monday Elective at Neal Middle School. Working together with Duke University's Social Science Research Institute, which will provide valuable support and work to conduct a longitudinal research study, *SwingPals* will now be able to demonstrate the effectiveness of its model. *SwingPals* is also grateful for the support from the City of Durham which recently allocated funds in the capital budget to expand the practice areas at Hillandale Golf Course, allowing more space for the *SwingPals* after-school program. Finally, thank you to Durham County for providing ARPA resources needed to expand school-based and after-school programming.

SwingPals is the Durham community, a community who cares deeply about every resident in this great city, especially the children and families who have the least resources. I am grateful to every stakeholder for making *SwingPals* work possible. Please enjoy your impact report.



Doug Hodges, PGA
SwingPals, Inc.
Founder and Executive Director

Dear *SwingPals* Community,

As the new president of the *SwingPals* board, I am honored to serve and support our mission of transforming lives through the power of mindfulness and golf. *SwingPals* is entering a period of significant growth and preparation for exciting opportunities ahead. Looking to the future, we remain committed to serving the needs of our community and ensuring that every child who lacks resources has the opportunity to thrive. Thank you for your continued support and for being a part of the *SwingPals* family.



Lanny D. Ealey
President, *SwingPals* Board

Transformational



SwingPals and the Mental Pre-Shot Routine

SwingPals has developed paradigm shifting programming offered in Durham's public schools which addresses the mental and behavioral challenges facing young people and have been doing so for the past 12 years! Today, more than ever, SwingPals is positioned to scale and provide SwingPals skills and tools to more students enrolled in Durham's public schools.

The U.S. Surgeon General and several professional pediatric organizations recently declared a rare National State of Emergency as children's mental health statistics reached unprecedented levels. SwingPals' unique programming provides children the opportunity to build their safe space, otherwise known as their *Play Box*, providing the mindfulness skills needed to prevent many of the conditions which are driving the mental health care crisis in schools today.

SwingPals Philosophy - the Mental Pre-shot Routine

Unlocking a child's potential



"The Mental Pre-shot routine is one solution to unlocking a child's potential. This unique methodology provides students in schools with the tools and skills needed to build mindfulness, emotional regulation, and self-awareness. It is a process through which a child can create their own safe space to tolerate adversity and the stress of change and growth."

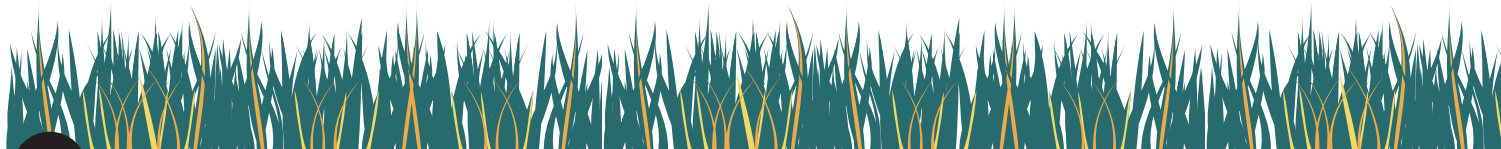


Doug Hodges, PGA
SwingPals, Inc.
Founder and Executive Director

Every day at SwingPals, the coaches witness the courage of these amazing students as they build their *Play Box* through embracing challenges, risk, trusting, and daring to want, and then sharing their experience with family and friends. Here is what SwingPals students have to say about this powerful space.



The Mental Pre-Shot Routine is *Transformational*, providing hope and opportunity for so many Durham public school children who are underserved and have low resources. SwingPals students can now use this paradigm shifting process in all aspects of their lives, in other sports, at home, testing, and in their relationships. Imagine a world where every child has this opportunity.



Meet *SwingPals* Incoming 6th Grade

SwingPals Class of 2030



The *SwingPals* Vision is that every child deserves the opportunity to feel valued and respected. Imagine a day when every child entering a Durham public middle school will have the opportunity to learn *SwingPals* skills. This is *SwingPals*' commitment to the Durham community and beyond.

Meet Coach Renni Baker *SwingPals* Golf Coach



Renni shares: "The Mental Pre-shot Routine allows students to apply mindfulness techniques to their golf game. Through this holistic approach, students are empowered to take ownership of their game, fostering both skill development and mental resilience."



Video of Coach Renni Baker, explaining the Mental Pre-shot Routine

Meet Sam Shi, Director The Freedom to Be - A *SwingPals* Story



Sam, a Duke Engage student, recently completed an 8-week internship with *SwingPals*. His short documentary reveals *SwingPals*' secrets which help students build the foundation that will lead to a lifetime of joy. You may even enjoy the process too! If you only have 5 minutes, catch the end!!!!



The Freedom To Be - A SwingPals Story (21 minutes - check out from 15:45 mark)

Transformational



SwingPals Class of 2028 – Current 9th Grade Students

To make a difference, children must be provided the mindfulness and social and emotional skills needed to process historical and present-day trauma and to address any roadblocks to learning. This has never been more critically important than in today's high stress technological world where students sense of self is being eroded.

Meet the *SwingPals* Class of 2028. Most students in this class entered *SwingPals* in their sixth grade. Now, three years later, they are enrolled at various Durham high schools. Enjoy hearing their stories of how *SwingPals* skills helped them navigate their challenging middle school years and has set them up for success in high school and beyond.



Aiden M.

"*SwingPals* has impacted me in many positive ways. It got me into golf and helped me with my mindfulness skills. It has been really fun since I started. I hope to continue to enjoy more golf and improve my mindfulness skills with you guys."



Aiden R.

"*SwingPals* has helped me gain focus. It also helped with problems in classes like math and science and social studies. The coaches are very supportive and help build confidence and self-awareness."



Caleb L.

"*SwingPals* has impacted me in many positive ways. It got me into golf and helped me with my mindfulness skills. It has been really fun since I started. I hope to continue to enjoy more golf and improve my mindfulness skills with you guys."



Daniel A.

"When I did not like middle school and I wanted to do something fun I went to *SwingPals*, and it was fun. It made my middle school time more fun, and I learned to be more patient. I also learned that even if it is not perfect it can still count."



Daniel D.

"*SwingPals* helped me in middle school in the way it helps me to relax myself and also helped me focus during exams. *SwingPals* has set me up mentally in high school because I always think and relax and think about how to be more focused."

SwingPals Class of 2028 – Current 9th Grade Students



Houston T.

“*SwingPals* has impacted me by having a safe place to go to after school, where I can have fun but also learn from my peers. I would strongly encourage people to join *SwingPals* because it will teach you golf but also teach you the mental skills you must have to thrive. *SwingPals* helped me work on my temper and also helped me on tests when I do Heart-Focused breathing to help me focus.”



Jadyn G.

“*SwingPals* helped prepare me for high school they helped me work to my best potential which is ever useful for my high school year. They help me discover other interests other than golf they teach me how I should talk to people and how I should approach different situations. *SwingPals* has help me a lot and I’m every thankful for being at *SwingPals*.”



Kalik M.

“*SwingPals* really helped me to calm down in middle school. *SwingPals* also helped me meet new people and taught me how to work with people who I don’t know. *SwingPals* gave me memories and a fun experience overall.”



Kamere B.

“*SwingPals* has helped me notice emotions and how to act on them. It provided a learning environment to practice patience and accountability for my actions while also allowing me to find a new pathway for new experiences. Which is due to the fact I get to have a good time while leaning about team strategies on and off the golf course.”



Logan’s Mom, Lanita

“Since joining *SwingPals* Logan has transferred Heart-Focused breathing and emotional regulation skills to the classroom. Logan struggled in school due to anxiety caused by not looking as smart as his friends. However, now he displays significantly less anxiety about his performance. More importantly, he does not allow me to get anxious. He reassures me that he’ll get it. I’m extremely proud of him and thankful for his participation in *SwingPals*.”



London W.

“*SwingPals* has played a crucial role in my middle school experience by enabling me to recognize my feelings more clearly. Additionally, it has opened doors for me, providing valuable opportunities like college tours and golf tournaments. This support has greatly enriched my personal and academic growth.”



Max W.

“*SwingPals* helped in middle school with focus and task management. It also helped with calming down after a stressful situation. It helped with high school prep by getting a basis for time management. It also helped prepare for high school by focusing on harder tasks like AP classes.”



Tristan W.

“*SwingPals* positively impacted my middle school years. I used the Think Box to help me think through my actions to make sure I made the right decision. I have ADHD and tools I’ve learned in *SwingPals* like Heart-Focused breathing and the Think Box helped me to concentrate and focus better.”

Programs



Coach Brittany's Program Update Phase 3 at Neal Middle School



Brittany Johnson
SwingPals Program Director

The *SwingPals* Phase 3 in-school program officially launched at Neal Middle School, the pilot school for this phase. Last year the gymnasiums sessions, which previously focused on 6th grade students, were extended to include all 7th and 8th graders. Neal students will now continue to learn mindfulness skills throughout their middle school years.



Meet Cameron Tate, the latest addition to my team!

As the Mindfulness Coach for *SwingPals*, Cameron is responsible for designing and delivering engaging mindfulness activities, teaching emotional regulation techniques, and guided visualizations. Cameron's primary objective is to help students cultivate self-awareness on an internal level, which in turn fosters a greater understanding of their external goals and purpose, ultimately unlocking their full potential. AKA, helping students build their Mental Pre-shot Routine.

High School Engagement: New Program & Financial Literacy

Recognizing the importance of supporting students as they transition from middle school to high school, *SwingPals* launched a new high school program aimed at keeping students engaged. The program provides high school students with continued access to coaching, but with an increased focus on leadership, mentoring, and life skills. Top priorities are mentoring younger participants and assisting with *SwingPals* events and activities.



A key component of the *SwingPals* high school program is its partnership with Self-Help Bank, which focuses on promoting financial literacy among students. Through this collaboration, high school participants can open their first bank account, empowering them to take control of their finances at an early age.

Programs



Topgolf

The *SwingPals* partnership with Topgolf ensures its after-school program will run regardless of weather conditions. This collaboration has opened new opportunities for the program, especially during the colder months or when temperatures would typically prevent outdoor activities. In addition, students can now be rewarded for their hard work with field trips during the school day. Neal Middle School *SwingPals* Educators and administrators love it too!



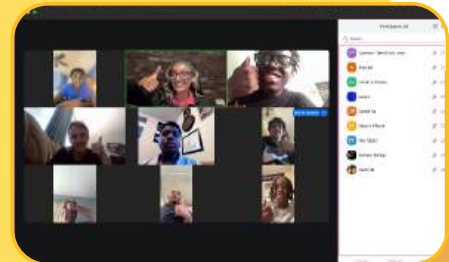
From left to right: Terrence Covington, Neal Principal, with Mr. Kozart, Michael Fuga, JJ Wilson, Margerie Wilson, Coach Neal, Coach Cameron, and Coach Renni



From left to right: SwingPals coaches: Renni, Brittany, and Cameron, with school coaches: Howell, Neal, Dobson, Coleman, and Jacobs

Smart Brain Wise Heart (SBWH) and *SwingPals* Home-based Program

Cameron is also expanding the HeartMath* SBWH program. Virtual classrooms are used to provide 8 units to *SwingPals* students to deepen their understanding and ability to emotionally self-regulate and develop the skill of staying connected to their goal. Critical to this process is adding Zoom check-in sessions, keeping students focused on the process and providing coaching with HeartMath's bio-feedback tools.



**HeartMath is a California based company that has been a leader in the field of human performance for over 30 years. SwingPals coaches are licensed to deliver HeartMath programming. SwingPals uses HeartMath technology known as Inner Balance and emWave which allows for the collection of measurable scientific data known as coherence ratios.*

SwingPals Mindful Monday Elective



To build on last year's successful launch of Phase 3, *SwingPals* introduced the *SwingPals Mindful Monday Elective* this school year. This elective is designed to help students cultivate mindfulness, focus, and emotional regulation through a series of structured lessons. The elective provides practical strategies to manage stress, improve concentration, and to help students develop their Mental Pre-shot Routine.

Programs



SwingPals Educators Program (SEP): Empowering Neal Middle School Educators

In addition to working directly with students, *SwingPals* is committed to empowering educators through the **SwingPals Educators Program**. This program is designed to equip teachers and school staff with the tools and resources necessary to bring mindfulness and emotional wellness practices into their classrooms.

The SEP offers coaching sessions that educate staff on the *SwingPals* methodology. By training teachers in its mindfulness techniques, *SwingPals* is creating a ripple effect that extends beyond the direct participants. Educators leave the sessions equipped with strategies to support their students' well-being, as well as their own.

This program is part of *SwingPals*' broader vision to impact not only students, but the school environment in which they learn. By nurturing a community of mindful educators, *SwingPals* aims to create a supportive, healthy atmosphere that nurtures the growth of every student.

Meet Alec Virgil, Durham public schools' educator and a member of the *SwingPals* Educators Program



*Here is what he has to say
about SwingPals:*



Other *SwingPals* Educators



From left to right: Slyvia Smith, JJ Wilson, Charity Neal, Coaches Ocaly and Brittany, and Teresa Williamson

SwingPals+ Program

SwingPals+, an extension of *SwingPals*' core programming, was designed to offer students additional opportunities outside of regular practice hours, ensuring that they have access to resources year-round.

Through *SwingPals+*, students are encouraged to take advantage of access to the golf course practice areas with their partner. What has been particularly inspiring is how families have embraced the opportunities provided by *SwingPals+*. Parents and Caregivers, during their own time, have taken the initiative to bring their children and take advantage of the additional golfing opportunities, demonstrating a strong commitment to their children's growth and success. Their involvement not only strengthens the students' connection to the program but also helps build a supportive network of parents who are actively engaged in their children's development.



Jatovi, SwingPals Class of 2029, with his Dad, Jatovi Jones, Sr.

Partners



Durham City, Durham County, and Hillandale Golf Course

Durham Leaders Come Together at Topgolf

The *SwingPals* Vision that every Durham Public School child who lacks resources has the opportunity to experience *SwingPals* when they enter middle school is now closer than ever thanks to *SwingPals*' community partnerships. None more important than the synergy between the City of Durham, Durham County, and the Kimball family (operators of Hillandale Golf Course). Together they provide *SwingPals* with the capacity to serve more children in the Durham public schools.



Durham City, Durham County, and the Kimball family working together to serve Durham's most vulnerable children

2nd from left, Bertha Winbush, Deputy City Manager with her husband George: to her left, Karl Kimball and his wife Donna, Hillandale Golf Course operators; far right, Ella Hardgrove, Durham County Management Analyst, with colleague Alexandria Linton; between them, Al Walker, Division Manager of Business Services

"*SwingPals* is a great program that not only gives young people, who may have never had the opportunity to play golf, to learn the game and develop social and other skills that can be applied to all aspects of their lives."

Bertha Winbush

"*SwingPals* is one of our valued partners, and we are proud to maintain this relationship. They are making a meaningful difference in the lives of young people in our community through their focus on mindfulness and decision-making. I have had the privilege of witnessing the benefits of *SwingPals* firsthand. I've spoken with youth participants who have shared how they are applying the skills they learn not only during program hours and at school, but also at home with their parents, siblings, and friends."

Ella Hardgrove

"*SwingPals* provides opportunity for our community's children. Hillandale Golf Course and its management team, along with The City and County of Durham, understand the need of providing that safe space for these incredible kids. It takes a willing community to come together and embrace such an important program and we are all in."

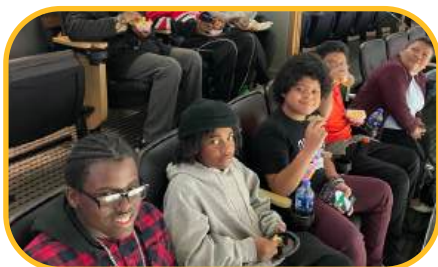
Karl Kimball

"It has been a very rewarding experience working with *SwingPals*. Helping support their mission of improving our youth with invaluable life skills has been an outstanding journey and hopefully a partnership that will continue in the for years to come."

Al Walker

Night out at the Carolina Hurricanes

Grateful to the Hurricanes for allowing *SwingPals* students to Turbo's Box!



Left to right: Deon, Kamere, Tristan, Daniel with mom Teresa, Rasean

Partners



Topgolf Durham



On August 21, 2024, *SwingPals* held their first fundraiser at Topgolf. Over 200 participants gathered for an evening of fun and comradery in support of *SwingPals* and Durham public school students. Together we raised over \$50,000!



There were many highlights, however, the evening culminated with Deon (*SwingPals* Class of 2028) taking the mic and sharing a deep emotional message that evoked tears of pride and joy. Not more so than his closing words, “were it not for Coach Hodges, I would not be here.”

Thank you, Event Sponsors

Platinum Sponsor: Trust Company of the South



Team A from left to right:
Kyle Midyette, Walker Douglas, Jim Kluttz, Bill Smith



Team B from left to right:
Kate Seagraves, Brad Sutton, Burke Koonce, Bill Noble

Gold Sponsor: CT Wilson Construction



Left to right: T Harrison, Mick Parker, Craig Herndon, Mike Carden, Michael Phillips, Ryan O’Keefe, Michael Nichols

Silver Sponsor: Self-Help Credit Union



Left to right: Aimee Carter, Venita Quick, Benita Quick, Tamara Stanley, James Urbina, Armondo Urbina

Partners

In Loving Memory of Dan Hill

Sadly, this year *SwingPals* lost a dear friend in Dan Hill. Dan was the former *SwingPals* president who joined the board in 2016. From his first day, he led the organization with an unwavering commitment to provide joy and hope to the children and families living in Durham.

Dan loved Durham and there was no limit to his kindness and generosity, always available whenever and wherever he was needed. The world has lost an incredible man; however, Dan's spirit will live on forever in all who had the honor and privilege of knowing him.

We all miss Dan terribly and at the same time take great comfort knowing that the world is a better place because of his time with us. Thanks to Dan and his love, steadfast leadership, and guidance, *SwingPals* is the organization that it is today, serving more than fifteen hundred Durham public school students each year.

SwingPals was just one of many organizations Dan gave his love, time, and energy. Dan Hill, may you rest in peace knowing you did your Lord's work. You will forever be in our hearts.



Dominick Nesmith, *SwingPals* Class of 2024

Awarded the 2024 Hope Valley 1926 Scholarship

Dominic, who joined *SwingPals* as a 6th grade student at Shepard Middle School and graduated from Hillside's International Baccalaureate program, is now a freshman at East Carolina University studying journalism. The Hope Valley Scholarship Selection Committee Chair, Perry Tharrington, reported "Dominic had an excellent essay, letters of recommendation and a solid academic record." *SwingPals* is incredibly grateful to have the opportunity to have its students considered for this scholarship, and to continue to grow the partnership with the Hope Valley Country Club and its members for the greater good of the Durham community.



Left to Right: Doug Hodges - *SwingPals*, Founder & Executive Director, Brittany Johnson - *SwingPals*, Program Development Coordinator, Katrina Nesmith - Dominic's mother, Dominic Nesmith - 2024 Recipient, the Hope Valley 1926 Scholarship, Allen Smith - Tournament Director, the Hope Valley Junior Invitational, Perry Tharrington - Administrator, the Hope Valley 1926 Scholarship

PGA Jr League at Oak Hollow Golf Club



SwingPals students have participated in the PGA Jr. League in-house Jr. League since 2019. This summer they completed their season with a friendly match against teams from A *Perfect Swing* school and Oak Hollow. *SwingPals* were victorious!

Events

Tarheel Junior Golf Tour “SwingPals” Junior Open at 12 Oaks Country Club

SwingPals student’s inaugural competitive major event. They came, they ate, they conquered! Adding competition to the SwingPals program for students elevates their game to a new level.



Duke University Tour

Hosted by David Stein, Senior Education Partnership Coordinator
Duke Office of Durham & Community Affairs

David treated a large cohort of *SwingPals* students to an amazing day on the Duke campus. Some of the activities included: exploring the History of Medicine room with fascinating artifacts such as glass eyeballs; a visit to the Duke Sports Hall of Fame and Cameron Indoor Stadium; a visit to the CoLab maker space, equipped with 3D printers; and cutting-edge experiences with Augmented Reality testing. The day concluded with a fun pick-up game of basketball. Thank you, David, for a fantastic day!



Events

PGA Drive Chip and Putt



For the second year in a row the *SwingPals* team travelled to the Hope Valley Country Club to compete against 200 other local junior golfers. Talk about anxiety! However, the *SwingPals* students have the edge, knowing the feeling is normal and they have the skills to let it go!

Left to Right: Coach Renni, Tristan, Houston, Kamere, Ja-Den, Deon, and Rasean



Durham Rescue Mission



Community service and giving back is a critical building block for students to build their *Play Box*!

SwingPals Coaches Challenge



Let's not forget about *SwingPals* 6th grade school-based students. The *SwingPals* Coaches Challenge took place in all five schools. One day, every Durham public school child will experience *SwingPals* and learn *SwingPals* skills in school throughout 6th, 7th and 8th grade.



Events



SwingPals Holiday Party

The partnership with Durham Nativity School provided the perfect location for *SwingPals'* holiday party for which we are grateful. Also, the Durham Nativity School kindly sold their big bus to *SwingPals*, giving *SwingPals* the needed capacity to transport more students to and from the golf course and build out the after-school program.



Clockwise from the left: SwingPals students with families, Jatovi (Class of 2028) with Mom and Dad, London with Mom, and Coach Brittany, Akim (Class of 2028) with Mom and brother, and Ja-Den (Class of 2027) with Dad.



Let's not forget about our families



Coach Billy with London and her family



Coach Billy with Jarai and his family

SwingPals Board member, Dr. Billy Mims, shmoozing with families at the Wyndham Championships.

Volunteer Coaches and Interns

Volunteer Coaches and Interns:

SwingPals Alumni Featured Leader

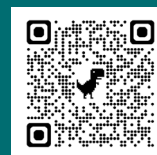


SwingPals Staff and Volunteer Coaches

Left to right: Coaches Brittany, Ocaly, Hodges, Scott, Ed, Andrew, Dave, Renni, Doug, and John



Sergeant Hope
Currently
stationed in Erbil
Iraq



Andrew Blake, Tom Brey, Kaisiya Collins, Gregg Cusick, Ed Cvelich, Dave Dickerson, Mary Hartzell, Alex Irving, Reggie Johnson, Zoe Key, Roland Maynard, Scott McGeary, Billy Mims, John Montgomery, Saia Rampersaud, Brett Russ, John Scott, Steve Vining, Doug Wixted, Janet Zucker.

SwingPals 2023-24 Coach of the Year



Meet Coach Dave Dickerson, *SwingPals* 2023-24 Coach of the Year! For the past 5+ years Dave has helped *SwingPals* deliver meals through the pandemic, driven students to and from the golf course, and coached students on *SwingPals* skills and tools on the golf course. Dave connects with students at all levels and looks forward to meeting with them regularly on the golf course. For all his efforts in support of *SwingPals*, both directly coaching and behind the scenes, Coach Dave is *SwingPals* 2023-24 Coach of the Year.

Golf with Coach

Golf with Coach is an opportunity for students to work closely with Coach Hodges to deepen their experience and understanding of the Mental Pre-shot Routine.



Left to right: London, Jady, Rasean, Coach Hodges, PGA, Daniel, Dominic, Fred, Deysi, Kozi, and Yedith

SwingPals Alumni



SwingPals officially began its Alumni Class! As SwingPals looks to a future of sustainability and growth, it will be important to recruit leadership who understand SwingPals' philosophy and methodology and can share it worldwide. Together we can ensure future generations will be stronger! Meet some of our SwingPals future leaders.



Amil McDowell, Class of 2023

Currently I'm attending Full Sail University pursuing my associate's degree in digital Cinematography. I have received my certificate in Film and Video. Life and brought me to a place of growth and self-discovery. SwingPals has been an important part of my journey, teaching me not only the fundamentals of golf, but also how to build confidence, resilience, and focus. SwingPals lessons have helped shape my mindset, allowing me to stay grounded and driven, both in my studies and in life."



Fredrick Wright-Boone, Class of 2024

"ECU is an amazing school and has welcomed me with open arms. The people I have met are welcoming, just like my experience with SwingPals. At SwingPals I learned to overcome obstacles and reach for my goals. Not only did SwingPals help my golf game, they helped me mentally on and off the golf course. I am glad students who are like me will have the opportunity to join SwingPals."



DeeAysia Albritton, Class of 2022

"I started SwingPals in middle school and am now a junior in college at UNC Charlotte studying business analytics. The meditating and focus tactics I learned in SwingPals help me in my day-to-day life. I appreciate the mentors and support from SwingPals staff. Thank you for all you have done."



Justin Losey, Class of 2024

"SwingPals became more than just golf for me as I got older. I realized just how much the control I was gaining from it over myself was reaching into other parts of my life. It was never just about golf, it was about learning to remain calm, to persist, to forget your last shot and hit the next one with all your effort. It was most about understanding myself. SwingPals taught me I did not have to be defined by my limits, mentally and physically. That every day there was something I could do to improve."



Logan Martin, Class of 2023

"SwingPals really helped me come out of my shell socially and learn how to communicate with people better. I've been working at my new job for about 3 months now and its one of the best workplaces I've had the pleasure of being in. I'm also out and proud. Going strong for 4 years now as my true self."



Zachary Young, Class of 2020

"I am studying computer programming at Wake Tech Community College. When I first joined SwingPals I was very new to golf, and throughout the program golfing would become an activity I grew to love. Through SwingPals I was able to partake in many wonderful experiences and meet some amazing people. SwingPals has inspired me to try new things and to embrace new experiences. SwingPals is an amazing program and I am glad I had the opportunity to participate in it."



Dominic Nesmith, Class of 2024

"SwingPals has helped me through college and my freshman year. Since I learned Heart Focused breathing, I can calm myself down and make sure I remember why I am here and what I have to do to make sure I stay here. Heart Focused breathing also helps me on testing days so I can make sure I get a good grade."



Yedith Rodriguez-Molina, Class of 2023

"SwingPals helped me with understanding and controlling my emotions. When having an important interview and being nervous, what I learned about heart focused breathing helped me calm down and focus. I am going to school for culinary and I know what I learned will help me with any distractions or obstacles that I may face."

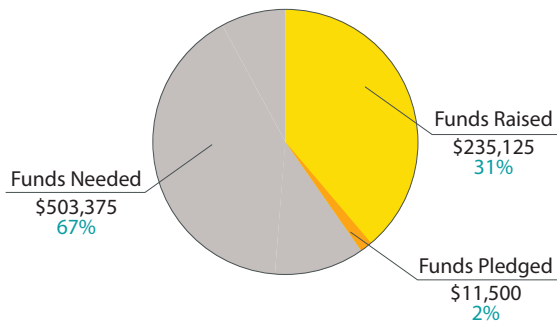
SwingPals Financials

Capital Campaign

Building Project Update:

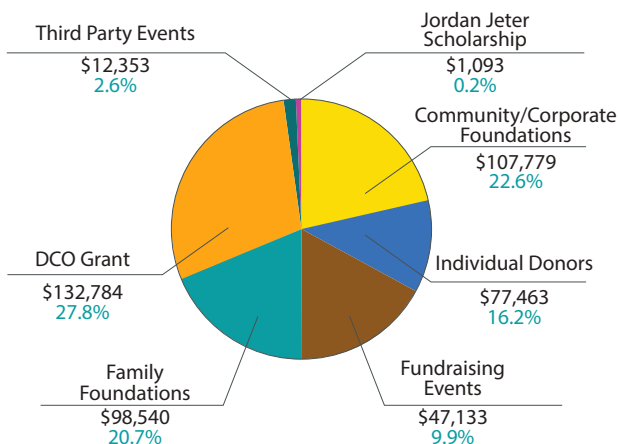
Durham City has committed to providing the funds needed to expand the Hillandale Golf Course (HGC) driving range to accommodate more *SwingPals* students in the after-school program. With the Durham City investment in HGC, *SwingPals* decided to make the new facility a larger more permanent structure with a concrete slab foundation. Plans are underway, the land has been surveyed and *SwingPals* has hired site engineers and an architectural firm to design a 2,500 square foot building. With a more permanent structure, comes a higher price tag with an anticipated cost of \$750,000. The Capital Campaign fund raising effort will resume beginning in January 2025 to raise additional funds for the increased cost.

Capital Campaign Goal: \$750,000

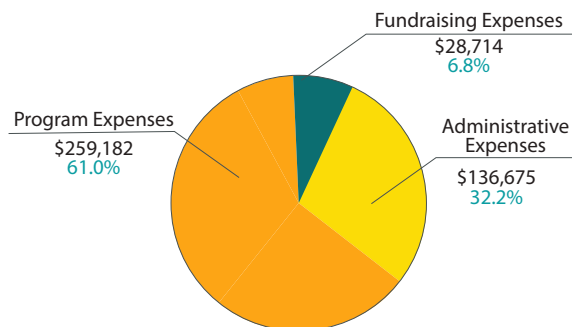


SwingPals Financials September 1, 2023 - August 31, 2024

Total Donations \$477,145



Total Expenses \$424,571



SwingPals Data



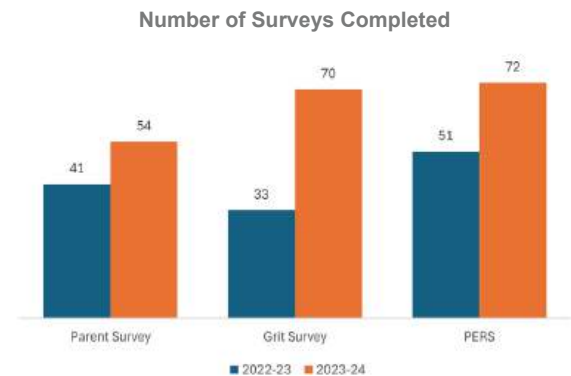
SwingPals tracks data that allows it to better understand students' ability to regulate emotional responses to external circumstances and adversity. When students enroll in SwingPals they complete three surveys: the Perth Emotional Reactivity Scale (PERS), Spielberg, and GRIT. These surveys allow for a measure of a student's current emotional IQ. Each student's parent/caregiver also completes a Strengths and Difficulties Questionnaire (SDQ).

Data collection and analysis serve as a key measure for SwingPals to determine its effectiveness in equipping students with the skillsets and tools to handle adversity and improve the opportunities they have available to them in life.

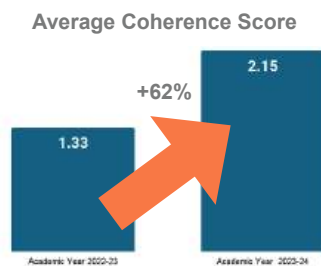
Growing Samples in SwingPals:

SwingPals' ability to measure the impact the program has on student's emotional regulation and their ability to manage adversity relies on consistent data collection to track trends over time. Over the past few years, SwingPals has standardized data collection processes and increased the number of students completing surveys. The Impact Report analyzes data for students who have taken these surveys for multiple years in a row, which allows for an understanding of trends in students' emotional regulation abilities.

As the program continues to grow, more SwingPals students will complete surveys, providing a larger data sample to illustrate programmatic impact. SwingPals is already seeing growth in survey completion that will enable continued analysis. In each of the primary surveys and measurement tools used by SwingPals - HeartMath, PERS, GRIT, and parent surveys, the number of respondents increased in the 2023-24 school year over the previous year. SwingPals looks forward to continuing to share data on the impact its program has for students and their families in the years to come.



HeartMath's Inner Balance Data:



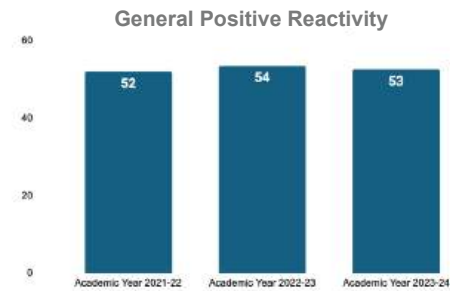
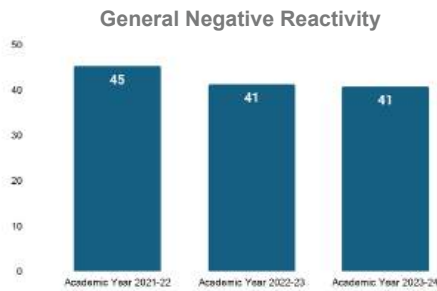
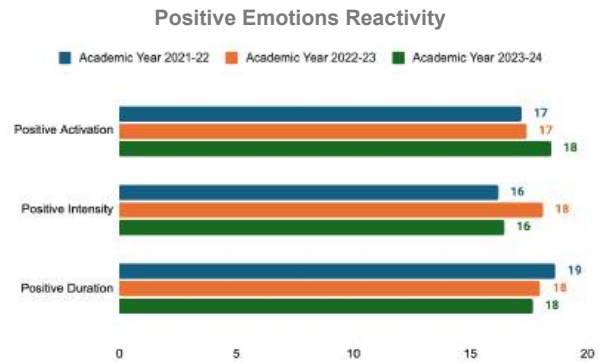
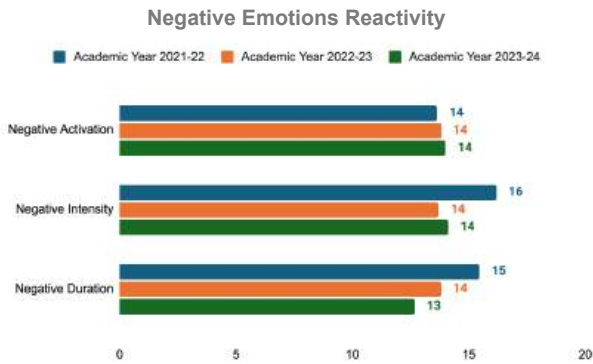
SwingPals utilizes HeartMath technology to measure students' ability to regulate emotional reactivity. HeartMath's coherence scores reflect stable and regular heart rhythms, increasing as heartbeats stabilize. As students have emotional reactions to external circumstances, their heartbeats increase, becoming less regular and stable. SwingPals equips students with the tools to regulate physiological indicators of emotional distress, and one would expect measures like coherence scores to increase as they learn how to better manage emotional responses.

Coherence scores for students enrolled in SwingPals who consistently use HeartMath show an increased ability to regulate physiological responses to stress. Among the 12 SwingPals students using the HeartMath technology over the past two academic years, coherence ratios increased by 62 percent. This positive trend matches past analyses of HeartMath data submitted by SwingPals students, which indicate an improved ability to regulate heart rhythms and emotional reactivity.

*HeartMath, Inc., is a company specializing in human performance, providing evidence-based technology developed over the past 30 years. Inner Balance and emWaves are HeartMath licensed trademarks.

The Perth Emotional Reactivity Scale (PERS) Results:

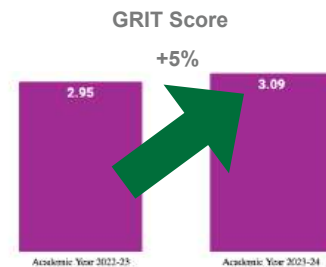
The PERS is a 30-item self-report questionnaire designed to measure trait levels of emotional reactivity. That is, measure the typical ease of activation, intensity, and duration of one's emotional responses, and do so for negative and positive emotions separately. Respondents are scored on positive and negative emotional activation, intensity, and duration; then, the three components are summed to produce a general positive and negative emotional reactivity score. As SwingPals students stay engaged with the program and learn to better manage emotional responses to external circumstances, one would expect to see reactivity scores measured in PERS decline.



Reactivity scores among students who have taken the PERS assessment in each of the past three academic years illustrate an increased awareness of emotional activity and improved ability to regulate their emotional responses. This is especially evident when looking at general negative reactivity, which decreased the most as students stayed involved with *SwingPals*. Survey data shows declines in negative reactivity decreased the most through the duration subscale component, indicating that negative emotional responses do not linger with students as much as when they first took the survey.

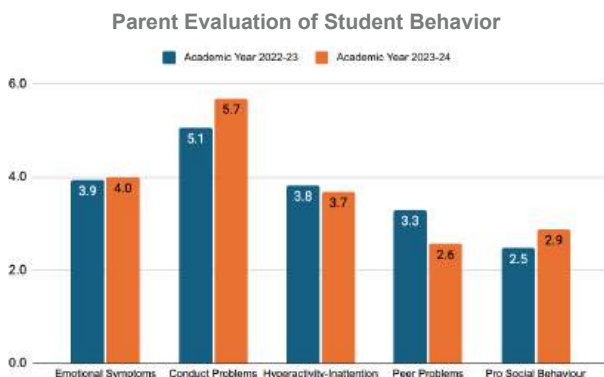
GRIT Survey Results:

The GRIT Scale is a measure of respondents' trait level perseverance and persistence toward long-term goals. Higher scores on the GRIT Scale survey reflect higher levels of grittiness, or determination to overcome external obstacles. As *SwingPals* students stay involved with the program, grittiness should increase as they are equipped with the skills to handle external circumstances and their emotional responses to adversity.



Scores on the GRIT Scale survey among students that have taken it for the past two years show enhanced perseverance and resilience. Over the past two years, 11 students took the survey in both years and demonstrated a notable improvement in their GRIT scores. Average GRIT scores increased by five percent between academic year 2022-23 and 2023-24. An improved ability to maintain focus and effort toward long-term goals increases the chances that children dealing with adversity can weather the storms life throws at them.

Parent/Caregiver Strengths and Difficulties Questionnaire (SDQ) Results:



SwingPals uses the parent Strengths and Difficulties Questionnaire (SDQ) to assess caregiver's perception of their student's behavior. Parent feedback provides a crucial metric of success for *SwingPals* programming. Students' improved ability to regulate their emotional responses to their circumstances should lead to better behavior at home and in school that caregivers will notice. Among caregivers who completed the SDQ in academic years 2022-23 and 2023-24, parents reported largely similar levels of poor behavioral outcomes year-over-year. However, there were noticeable improvements in parents reporting problems their children had with their peers and in their pro-social behavior.

SwingPals Donors

SwingPals is grateful to the following organizations and individuals who have generously contributed to SwingPals' financial growth over the past 3 years.

\$25,000 and above:

Durham County Grant
 Earl and Margaret Chesson Foundation
 GlaxoSmithKline, LLC
 Hodges Family Foundation
 Thomas S. Kenan, III
 Peter and Prudence Meehan
 The PGA of America
 PGA Reach

Jonathon and Carolyn Fendelman
 GDH Inc.
 Zach Hearon
 Insight Global
 Richard Karcher
 Mary Duke Biddle Foundation
 Mary Norris Preyer Fund
 Brook Masters
 Philip McHugh
 Steve and Lori Morton
 George Polsky
 Sarah Schumacher
 William Smith
 Smith Family Foundation
 William and Lucy Stokes
 FranklinTew
 The BIN Foundation
 The Men's Council
 The Select Group
 Trust Company of the South
 Charles and Susan Watson
 Todd Yates
 Zensar Technologies

Envu Enviromental Science US
 Ben Feldman
 John Fiedler
 Bryan Fox
 Reed Frankel
 Price French
 Jen Gillie
 Clark Green
 David Guyer
 Brian and Nina Hand
 Ron Harman
 Walker Harris
 Mary Hartzell
 Christiaan Heijmen
 Hope Valley Jr. Invitaitonal
 Kate and Wilson Hoyle
 Christie Janssen
 Jersey Mike's
 Karl Kimball
 Jennifer Lanigan
 Lanty Smith Fund
 Daniel Lebold
 MarkaBull
 Roland Maynard
 Scott McGearly
 Billy Mims
 Stephen O'Connell
 Parker Foundation
 David Pottenger
 Self-Help Credit Union
 Single Store
 Allen Smith
 Tamara Stanley
 The Lovett Foundation
 Dave Tyler
 Sue Wasiolek
 Keith and Julie Western

\$500 - \$999:

Doug Benton
 Alexandra Blakelock
 Richard and Judy Bowe
 Christopher Clark
 Thomas Clark
 Will Collins
 Molly Demarest
 Dave Dickerson
 Don and Jennifer Dodson
 Diane Evia-Lanevi
 Patrick and Anne Gaffey
 John and Elaine Griffin
 Mark Gustafson
 William Hess
 Reggie Johnson
 Jimmy and Elana Juhl
 Russell Leiman
 Christine Mark
 William McClatchey
 Ryan Morrissey
 Emi Pollard
 Saia Rampersaud
 Liz Schroyer
 Sheetz
 Grace Simpson
 Martin Steinson
 Matthew Takanen
 Chuck and Kerry Tyler
 Tim and Rebecca Waters
 Charles Woody

\$10,000-\$24,999:

The Grable Foundation
 Duke Office of Durham & Community Affairs
 HCL Technologies
 Dan Hill
 HV3 Foundation
 Margaret Palmer
 The Carolinas Golf Association
 We Are Golf
 World Golf Foundation

\$2,500 - \$9,999:

Derek Banks
 David Bergeron
 Bertsch Family Charitable Foundation
 James Bick
 Cisco Life Connections
 Crossrope LLC
 CT Wilson Construction
 Durham Sports Club
 Ellen and Sydney Fox Foundation
 Experis - Manpower Group
 Falls Village Member's Group

\$1,000 - \$2,499:

Harry Albert
 Allen and Lydia Smith Family Foundation
 Jamisen Beechler-Ernst
 Phyllis Bergeron
 Lisa Brown
 Wesley Burks
 Developmental Associates
 Jan Doyle
 Durham Sports Commission
 Lanny Ealey

Largest contribution in any fiscal year used to establish giving level. Only gifts received on, or prior to 8/31/2024, end of last fiscal year, are included.

Under \$500:

| | | | |
|---------------------------|-------------------------------|-----------------------------|------------------------|
| Janet and Martin Abramson | Jack Byrnes | John Flanagan | David Hughes |
| John Aharonian | Matt Cantando | Mitchell Fox | Jason Hunter |
| Michele Alexandre | Thad Carey | Jay Freeman | Mark Inserra |
| Hamid Ali | Scott Carter | Barker French | Catherine Jackson |
| Reggie Allred | Dorothy Cilenti | Jill French | Kimberly Janssen |
| James and Brenda Alston | Cisco Foundation | Rich Frisk | Tyler Jeffords |
| Rakiah Anderson | Rhonda Coggins | Jennifer Fusco | Doug Jennette |
| Dink Andrews | Leon Cooke | Cristina Galvan | Tim Jennings |
| Daniel Arney | Michael Cooper | Kevin Garner | E. Jewell |
| Mathias Arrfelt | Michelle Cortazzo | Lesli Garrison | Anja Johansson |
| Connor Aylett | John Crain | Allison George | Elena Johnson |
| Tim Badders | Lewis Crissman | Mike Gerard | Kamira Jones |
| Kim Bailey | Andrew Crook | Elmer Gilliam, Jr. | Laura Kagan |
| Prentiss and Joan Baker | Ed Cvelich | Amy Gillie | Janet Kaitell |
| Tyler Barnes | Maria Davis | Ned Gonet | Andrew Keesler |
| Angelika Barth | Douglas Deckelmann | Ocaly Gonzalez | Gennie Keith |
| William Basham | Susan Deloatche | Holly Goode | Sara Kelley |
| Anthony Belanger | Delta Sigma Theta Sorority | Kathleen Goolsby | Chuck and Jean Kelly |
| Bryce Bell | Mary Dickerson | Caroline Goray | Kelly Family Fund |
| Joe Berger | Ken Diglio | Eric Goss | Timothy Kennedy |
| Donna Bergeron | Palmers Diner | Roslyn Grace | Christian Kennicott |
| Tom Beringer | Grant Dipper | Krystal Greenhaw | Jonathan Kennington |
| Dan Berry | Virginia Anne DiRocco | Stephen Griffin | Jim Key |
| Andrew Blake | Caroline Dixon | Danelle Haakenson | Nathan Kohen |
| David Boger | Matt Domanski | Nora Hammond | Adam Lang |
| Brian Bolcar | Jennifer Dominguez | Peggy Hammond | Stephen Lang |
| Christy Bondy | Dave Doorley | Glenn and Marcia Haney | Thomas and Kay Lanning |
| Michelle Boyette Rouse | Lynn Doyle | Evelyn Harper | Andrew Laubach |
| James and Anita Brame | Eric Duffek | Neil Harrington | Bryan Lauer |
| George Brannon | Mark Eastman | Chris Harrison | Gene Lee |
| Sydney Breuer | Jennifer Edinger | Grant and Hannah Harvey | Heather Lee |
| Tom Brey | Mark Elander | Ian Hellmer | Rebekah Lewis |
| Tim Brooks | Craig Embry | Tressa Herring | Randolph Linderman |
| Robert Brooks, Jr | Philippa Englert | Danise Hicklen | Sally Longacre |
| Wendy Brooslin | Bridget and Benjamin Esposito | Dax Hill | Elizabeth Losey |
| Joshua Brown | Rob Everett | Todd Hill | Heather Lowe |
| Keive Brown | John Fahlberg | John Hindman | Jo Macmang |
| Shane Brown | Gretchen Fahn | Diane Hiteshue | Allison Mahaffey |
| Doris Brown Young | Fairway and Threads | Nicole Hodge | Pulkit Maheshwari |
| Chadron Bryant | Keithley Farrington | Jonathan Hodges | Jeffrey Maker |
| Chad Buey | Edward Field | Sara Hodges | Nick Malasca |
| Keith Burns | Devin Finnegan | Jason Hollen | Stefania Mallett |
| Krysta Byrd | Sarah Fish | Holy Infant Catholic Church | Elizabeth Mangum |
| Valentina Byrd | | Victoria Huggins | Claire Markovic |

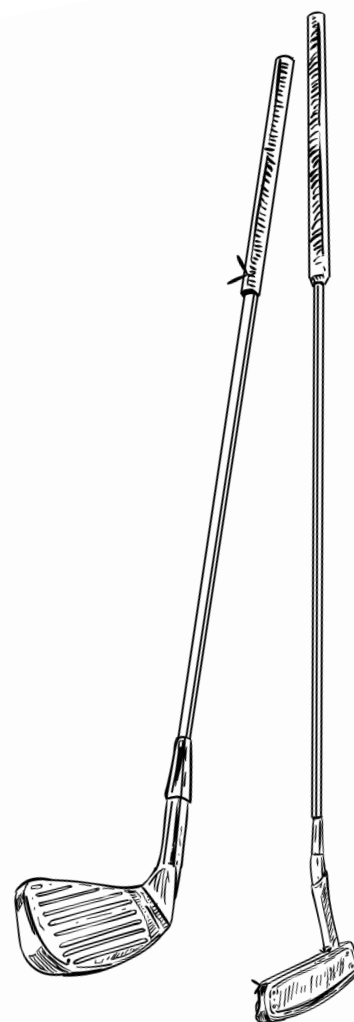
Under \$500:

Stephanie Mason
 Jeff Mathias
 Benjamin Maynor
 Richard Mayo
 Mary Linda McBride
 Steven McClelland
 Mary McClintock
 Julie McDonald
 Karen McDonald
 Eric McDougald
 Grace Mcgee
 Holly McKenna
 Joey McMahon
 Kyle Meadows
 Susan Meier
 Davey Melvin
 Ryan Mentock
 Jordan Mercier
 David Meyers
 Judith Mickle
 Glenn and Mary Mitchell
 Jeff Monsein
 Sarah Moor
 Sylvia Moore
 Jason Myers
 Sidney and Carmelita Myers
 Matt Neighoff
 Mason Nichols
 Mary Norris Oglesby
 Sonya Michele Odum
 Chris Ogden
 Riley Ohara
 Jeanne Orellana
 Janice Owens
 Jonathan Ozmint
 Sung Paik
 Jeremy Paris
 Harold and Sandra Parker
 Alberta and Donald Parson
 Bhavin Patel
 Jo Anne Paterniti
 K. Pearce
 Betsy Pendergraph

Jerry Pennison
 Margaret Pentrack
 Belinda Perry
 Amy Peters
 Daina Peterson
 Lois Pettiford
 Rodney Pitts
 Ian Pond
 Scott Poole
 Jennifer Poore
 David Powers
 Natasha Privette
 Bharathkumar Ramachandra
 Cole Rathke
 Pamela Reefer
 Ryan Reynolds
 Pamela Rhodes
 Jeff Richmond
 Richard Riddle
 Anna Rietbrock
 Scott Rine
 Migdalia Rodriguez
 Andrew Rogers
 Ken Romley
 Susan Ronn
 Adamary Rosado
 Travis Rouse
 Jeffrey Rush
 Oscar Sanchez Macias
 Carolyn Shartenbereg Lavin
 Mary Shaw
 Andrew Shepard
 Paul Silveira
 Claire Simmons
 Dustin Simpson
 Bron Skinner
 Jonathan Slinger
 Clifton Smith
 James Smith
 Jasmine Smith
 Jennifer Smith
 Karen Smith
 Vivian Smith

Travis Snipes
 Douglas Solomon
 Lindsey Sommers
 Christy Spain
 Althea Alexis Springer
 Antoine Stalbert
 Brian Stalder
 Stephen Stamos, Jr
 Denise Stasio
 Ryan Stipe
 Drew Sturgell
 Lorina Sulce
 Erin Sullivan
 William Suttles
 Mary Tazewell
 Nick Tennyson
 Parker Tew
 Perry Tharrington
 Jacqueline Thomas
 Nicole Thompson
 Tisbest
 Adam Tomasiello
 Peter Tomasiello
 Lynn Tomkins
 Trust Counsel Law Firm
 Sean Uhrig
 Dave Vander Meer
 Gary Vaudreuil
 Steve Vining
 Lawrence Wakeford
 Todd Waldo
 Seth Waldron
 Chad Walker
 Daniel Wallace
 Jordan Wallace
 Mike Walsh
 Carolyn Walters
 Fetina Ward
 Jordan Weatherburne
 Philip and Phillipa Weatherburne
 Maury Webb
 Kevin Weber
 Valentino Weiss

John Widman
 John Wiener
 Allen Wilson
 Francine Wilson
 Brock Winslow
 Benton Wise
 Doug Wixted
 Leon Woodruff
 Kurt Woolner
 Francis Wootton
 Ann Wyatt
 Eric Zhang
 Stefanie Zizzo
 Jian Zong



SwingPals Board of Directors



Doug Hodges, PGA
Executive Director, Founder

Graduated City University Business School, London, England, in 1980. Established a floor brokerage operation on the New York Commodities Exchange in 1983. Launched his own successful trading career 1986. Retired 1999. Mentored children 1997 - 2010 through Big Brothers Big Sisters.



Lanny D. Ealey
Board President

Raised in Fayetteville, North Carolina. Graduated North Carolina Agricultural and Technical State University, BS in Business Management. Member of Alpha Phi Alpha fraternity. Twenty plus years of healthcare industry experience. Manage of Commercial Pharmacy Benefit Operations at Blue Cross Blue Shield of North Carolina.



Lanita Wimberly
Board Treasurer

Graduate of NC School of Science & Math and UNC-Chapel Hill (Speech Communications). Spent 20+ years in IT before transitioning to education. Taught middle school math & robotics for 6 years, served as Restorative Practice Coordinator, and currently a School Treasurer in DPS.



Jan Doyle
Board Secretary

Graduated East Carolina University, BS in Business Education. Co-owner of MJD Company, LLC, property management company. Past employment: NC Division of Veterans Affairs, Occidental Life Insurance Company, and Flexible Computer Corporation.



James Beatty
Board Member

Native Chicagoan now residing in Omaha, Nebraska with wife and family. Has served on several boards locally and nationally including the National YMCA. Founder and President of NCS International and Jim Beatty Golf Ventures. Also is the founder of the African American Golf EXPO and Forum and is the Executive Editor of The African American Golfer's Digest.



Dr. Billy Mims
Board Member

Earned an Ed.D in Education Leadership and a MS degree in Administration and Supervision from Nova Southeastern University. Graduated from North Carolina Agricultural & Technology State University with a BS in Health & Physical Education.



Terrance Covington
Board Member

The principal of Neal Middle School, previously served as the seventh-grade assistant principal. Has worked as a school counselor, community support worker, and youth services behavioral specialist. Holds multiple Master of Arts degrees from North Carolina Central University and has experience in the juvenile justice and adolescent mental health systems.



Neil Harrington
Board Member

Neil is a graduate of the University of Mississippi and Duke University. He serves as the Research Director at NC Child, a statewide nonprofit advocacy organization that aims to improve the lives of all NC children. Previously, he worked at the NC Department of Commerce and in research and public relations consulting.



Tequila Kearney
Board Member

Tequila Kearney is a Durham native that hails from Henderson, NC. Graduate of the Art Institute Raleigh Durham with an Associates degree in Fashion and Retail Merchandising. Continued education with a certification in Exercising Leadership from the Kennedy School of Government at Harvard University.



Donna Kimball
Board Member

Graduated from Francis Marion University (Early Childhood & Elementary Education) and earned a Master's in Educational Administration from the University of South Carolina. She has taught various grades, worked as a Curriculum Coordinator, Assistant Principal, and award-winning Principal.



Cory Williams
Board Member

Graduated from North Carolina Central University (NCCU) in 2018 with a major in Physical Education. After serving as an intern with *SwingPals* for the 2018-19 academic year, became a full-time Community Liaison/Golf Mindfulness Coach for the next four years.

SwingPals Partners







SwingPals CBS – National Stage



After-school programs:

Hillandale Golf Course
1600 Hillandale Road
Durham, NC 27705

Mailing Address:

Swingpals, Inc.
P.O. Box 2994
Durham, NC 27715



We wish to thank Olha Karikh from Ukraine for generously volunteering her time to create this impact report. Email: karikholha@gmail.com.