

Summer/Fall 2017

## TEN Years of TENacity!

### A Letter from Theresa:

Dear Tenacity Families,

You hear from us each week about team logistics, upcoming programs, and workout routines to do between practices. On a quarterly basis we want to give you a more in-depth look at what is going on in our regions, highlight milestones for our programs, and feature stories about our people.



Please enjoy as much as you have time to read and know that the **way** we deliver information will continue to evolve so that you can see and hear even more clearly, what it is that you are a part of.

There is a quote hanging in my room on a sign that my mother gave me, and it says, "There are no great things, only small things done with great love." It is hard to describe, but we believe that The Tenacity Project is a **movement**. We want to be, and have been for ten years, a force for good for the sport of lacrosse, for the *student*-athlete, for the multi-sport athlete, and most importantly, for female empowerment.

I want to celebrate with you as what I call my "work baby" has turned 10 years old, and in the next few months we will be telling the story about how we started, where we've been, and where we are going... it's been quite a ride.

Thank you for being a part of the Tenacity family, and thank you for being ambassadors of the "way of tenacity," both on and off the field.

Sincerely,

Theresa Sherry

### Upcoming Events:

**Tenacity Golf Tournament**  
Monday, October 23  
Diablo Country Club

**Bay Area Bonanza**  
November 4-5  
Cherry Island Soccer Complex

**Day of Tenacity**  
Saturday, December 9  
12:00-1:00 p.m.  
Location

**Sandstorm**  
January 13-14  
Palm Springs, CA

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## Registration Now Open!

Register for Fall Ball [here](#)

Join us in our six week fall program to sharpen your lacrosse skills! Each hour and a half session will consist of competitive 7 v 7 play.

### Golf Tournament Registration

Monday, October 23, 2017  
Diablo Country Club  
1700 Clubhouse Rd, Diablo, CA 94528  
Price: \$225/plater or \$800/foursome



Sign up to play in our Annual Golf Tournament fundraiser. Can't make the tournament but would still like to make a donation towards our cause? We have sponsorships available as well!

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# Region Updates

## Bay Area

It has been an exciting and busy summer for the Tenacity players living in the Bay Area! Between our 16 Select teams spread across the Danville, Marin, Orinda, and Peninsula regions and our 13 Elite teams, we have competed in four Summer tournaments in four different states ... ([READ MORE](#))

## Houston

Tenacity Houston has had another amazing and successful summer season. We traveled all over the county this year; Georgia, Massachusetts, California & Nevada, Pennsylvania and Virginia ... ([READ MORE](#))



## Portland

We are enjoying the break from the hustle and bustle of summer tournaments, travel, and multiple practices while celebrating all that Tenacity was able to do to grow the game in the surrounding areas of Portland ... ([READ MORE](#))

## Sacramento

It has been a HOT and fun-filled summer for the Tenacity players living in Sacramento! Our High School and Junior Select Teams attended tournaments in Lake Tahoe and Morgan Hill this summer, and will be traveling to Santa Barbara in the Fall ... ([READ MORE](#))

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## Interesting Articles

### [Beyond the Physical: Positive Impact of Team Sports](#)

Studies show a significant association between increased physical activity and reduced rates of physical and psychological health problems.

### [Tenacity Gives Back](#)

Take a look into some of our Player Run Camps, Marin City programs, and summer interns!

### [Oh How Things Have Changed \(by: Devon Combe\)](#)

“It was almost two years ago that I stood on the banquet stage in the great room of the La Quinta Resort. As I hugged 2016 seniors and wished them well on their next adventure, I knew I was starting a new adventure of my own..”

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## Alumni Spotlight: [Ashley Ward](#)



To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.

-Picabo Street

