



FREEDOM TO BE

SWINGPALS
IMPACT REPORT
2024-2025

▶ DEON'S JOURNEY

Meet Deon, *SwingPals* Class of 2028.

Beginning in 6th grade, Deon was quiet, reserved, and unfocused.



The *SwingPals* journey is one where a child is introduced to their *Play Box*, a magical space that is unique to every child. This space is where they experience mindfulness and can develop the emotional regulation and self-awareness skills needed to tolerate the anxiety caused through growth and change. When a child knows they have the skills to keep themselves mentally, physically, and emotionally safe, they have achieved what *SwingPals* calls the Freedom to Be.

Today, in 10th grade, Deon stands tall and we are so proud of him.

Deon's mother best describes his *SwingPals* journey:

"*SwingPals* brought Deon out of the shell that he was in while growing up. After becoming involved with *SwingPals* Deon is now able to talk to the man digging through the trash looking for food as well as the President of a Fortune 500 company. *SwingPals* helped Deon build his confidence and today he supports his classmates when they are going through tough situations. Thanks *SwingPals* for making a difference in my child's life."

Lois Pettiford



FOUNDER'S NOTE

Doug Hodges, PGA,
Founder & Executive Director

Dear *SwingPals* Family,
Freedom to Be. In 1995 I had the good fortune to meet a gentleman on the golf course who was a “big brother” through Big Brothers Big Sisters. At that time, although successful in business, I lacked any real sense of self and what it meant to have the freedom to be.

The unintended product of this realization was to become a big brother myself. As a big brother, I mentored two boys from age 9 to adulthood over a fifteen-year period. At the time I did not know that becoming a “big” would be the genesis of *SwingPals*. It is with a deep sense of gratitude and pride that I share this year’s *SwingPals* impact report with you.

What an amazing year it has been! *SwingPals* added Brogden as its sixth Durham public middle school served (three to go!). The *SwingPals* mindfulness elective became a reality at Neal Middle School along with expanding the existing educator’s program. *SwingPals* also added after-school programming at Topgolf. This year, the Durham City Council approved the \$1m expansion of the practice facilities at Hillandale allowing more students to enroll in *SwingPals* and the architectural

designs for the new *SwingPals* facility at Hillandale were completed. The research study with Duke’s Social Science Research department to validate and prove the efficacy of the *SwingPals* model also began this school year. Perhaps the most important change this past year was the hiring of *SwingPals*’ first Director of Operations to help scale and build sustainability of the organization.

This past year was the first of *SwingPals*’ 3-year strategic plan. As we look to the next two years and the completion of the plan, I would be remiss if I did not thank our leadership circle. The leadership circle, Rick Karcher, Bill Smith (of Trust Company of the South), and I, will be matching all new donations up to \$100,000, through the end of the year. Special thanks to Rick and Bill for their continued support of *SwingPals*’ vision and mission.

Never has the future offered such an opportunity for the community to come together to serve more students enrolled in Durham’s public schools, especially those underserved students who have few resources. Whether it be in the school, on the golf course, or at home, providing young people with the mindfulness skills needed to unlock their full potential is priceless.

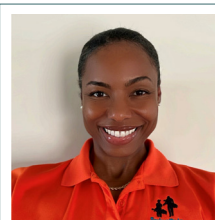
Please enjoy your impact report.



SWINGPALS APPROACH

At *SwingPals*, golf is the medium and mindfulness is the foundation.

SwingPals' approach goes beyond coaching a sport. We guide students to recognize and regulate their emotions and respond to challenges with confidence. Whether holding a club, taking a breath, or learning to reset after a setback, students explore how to manage their inner world so they can thrive in the outer one.



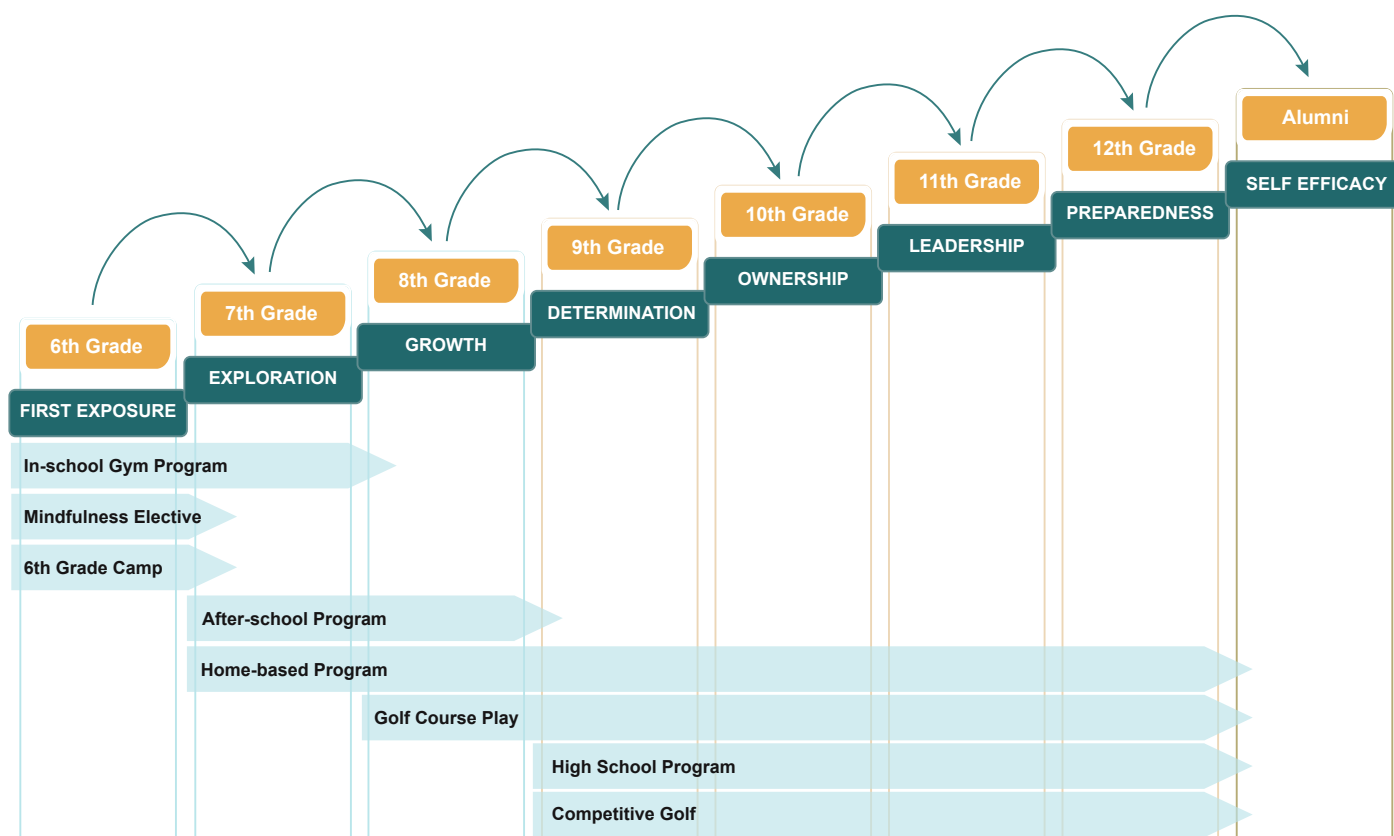
Brittany Johnson
SwingPals
Program Director

Reflections from Brittany:

"This year reminded me of why we do what we do. It was having the opportunity to watch students transform, lead and grow, even when it wasn't easy.

We expanded programming, built new relationships, and deepened our presence in the places that matter the most.

Each day that I walk into a school or step onto the course, I see students standing a little taller, more grounded, more confident, and more aware of their power where they give themselves permission to choose their response to life. That's what unlocking potential looks like. That's what *SwingPals* is all about."



Durham's public-school students begin their journey with *SwingPals* in 6th grade PE. This is where they discover the *Play Box*: a space that belongs to them where they have the Freedom to Be. *SwingPals'* vision is that one day, every child will have access to this powerful space and the skills to unlock their incredible potential, being free to live a life of health, happiness, and joy.

SWINGPALS JOURNEY

Begins in 6th grade, culminates in 12th grade, lasts a lifetime!

The **Play Box** is a circle in which a child stands to hit shots! It keeps them physically safe, and at the same time, becomes the virtual space around them where they are mentally, physically, and emotionally safe.

The **Coaches Challenge** brings incredible energy between *SwingPals* students and School Health and PE Coaches. It's more than a competition, it's about deepening relationships, showcasing skills, building camaraderie, and of course bragging rights!



Coach Nate, *SwingPals* Golf Coach, teaches the Mental Pre-shot Routine—helping students move from thinking to doing while staying mentally, visually, and emotionally connected to their goal.



Coach Erin, *SwingPals* Mindfulness Coach, provides students the opportunity to share their goal and what it would feel like to achieve that goal.

When a child builds their **Play Box**, they have the skills and tools to keep themselves safe, no matter what. Feeling safe allows them to remain open to possibility, embracing change, growth, and creativity.



SwingPals Mindfulness Elective deepens the child's understanding of the *Play Box* and the mindfulness skills needed to build it. Learning to staying mentally, visually, and emotionally connected to their goals provides students the opportunity to unlock their full potential.

6th grade students enjoy a weeklong camp where they build their **Mental Pre-shot Routine**—learning to plan, commit with confidence, and release doubt. They replace limiting thoughts with focus, concentration, and positive emotion to unleash their full potential.



7th & 8th Grade

SWINGPALS JOURNEY

Students building mindfulness skills

6th Grade

7th & 8th Grade – After-school Program:

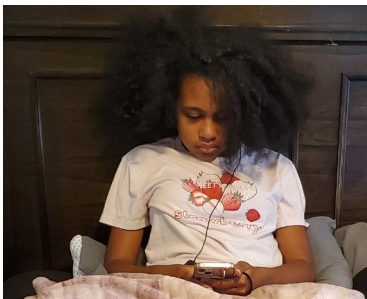
Students continue to develop their skills year-round as they strengthen relationships with coaches and peers, practice composure through challenges, and emerge as leaders who model focus, patience, and resilience.



SwingPals utilizes **HeartMath's Smart Brain Wise Heart** program and Inner Balance technology in homes to provide students more opportunities to strengthen their mindfulness skills and build personal resiliency. Engaging the whole family is paradigm-shifting.

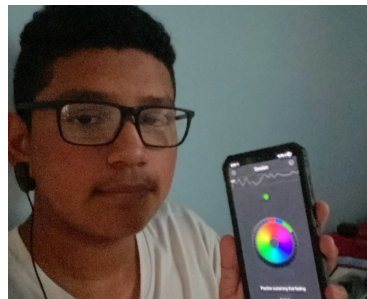


Home-based Program



Inner Balance helps me because it helps calm the mind and body in 5 minutes. It also helps me before a test or anything important.

A'Leila, Class of 2030



Inner Balance App helps me stay relax and focused and imagine my golf game.

Daniel, Class of 2028



Inner Balance helps me with my breathing and focus. I am able to use it wherever, whenever I need it. Inner Balance is a really good app to use to calm down and to focus.

Akim, Class of 2029

The Educators Program

introduces teachers and staff with practical tools to reduce stress, build coherence, deepen relationships and create more balanced, supportive classrooms. One day, every child will know what it feels like to be safe, and every educator will have the same opportunity to provide this space.



High School

SWINGPALS JOURNEY

Students unlocking their potential

7th & 8th Grade

In **high school**, students continue their growth through independent programming, and gain opportunities for community service, college visits, and employment. Students complete their 7-year *SwingPals* journey. Young adults, equipped with the skills and tools to be present and in the moment, ready and able to create positive change in the world. Every child deserves this opportunity.



Competitive Golf

Golf competitions provided high school students with the opportunity to deepen their mindfulness skills. This year students stepped onto some of the most iconic courses in North Carolina. Over two days at Pinehurst, students learned to carry themselves with confidence on championship grounds, discovering what it feels like to play where legends have walked. Competing in PGA Jr. League and Drive Chip and Putt reinforced lessons of trust, communication, and resilience.



High School Graduate



Community Service

True leadership can be measured by how we give back to the community. This year, *SwingPals* students rolled up their sleeves to participate in community service projects, from cleaning and revitalizing spaces at Hillandale to supporting local initiatives that directly benefit families in the community.

Transportation

Transportation ensures every student can participate in *SwingPals* after-school programs. By providing rides, *SwingPals* removes barriers and creates equal access for all. Reliable transportation helps students stay engaged, build consistency, and develop confidence through every session. It's more than getting from place to place—it's about giving every student the chance to show up, belong, and grow.

EVENTS

SWINGPALS

“*SwingPals* Family” is one of *SwingPals*’ core values, and it means creating a supportive, joyful, positive, community built on trust and caring for one another. We love to bring together students, families and the community to celebrate *SwingPals*’ accomplishments and wins. Whether it is the Topgolf Fundraiser, the Holiday Party or the *SwingPals*’ Annual Awards Dinner, we love to celebrate with the *SwingPals* Family.

► Annual Awards Dinner



► Topgolf



VOLUNTEERS & INTERNS

► Coach of the Year - Reggie Johnson



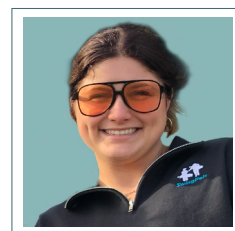
Reggie volunteers his time coaching *SwingPals* in schools, after school at Hillandale Golf Course and Topgolf. Not only does Reggie volunteer countless hours, but he also supports *SwingPals* work financially. *SwingPals* is deeply grateful to Reggie and the many volunteers without whom *SwingPals* would not be possible. When asked about *SwingPals*, Reggie had this to say: "After many years donating to this wonderful organization, I decided to make the ultimate step of committing my time as a volunteer. This was a great move and has provided me the opportunity to be a direct contributor to a great program that only continues to get better. I'm looking forward to my continued involvement with *SwingPals* and what it's doing for the community in every way possible."

► INTERNS



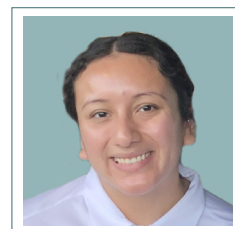
"I joined the *SwingPals* team in my senior year in undergrad and it was one of the best decisions I've made. While I was there to encourage and motivate the students, I believe the program inspired me as well. I loved my time at *SwingPals* and I know this program will take future students, volunteers, and even coaches far."

Tampa January, UNC Intern



I joined *Swingpals* because I wanted to find a way to get more involved in the local community while attending Duke University. Being able to help them grow in their conversational skills, perseverance and goal setting is a powerful thing to be a part of. Being a *Swingpals* coach is the thing I look forward to the most every week!

Gianna Hatheway, Duke Intern



"I love how the program combines that with lessons in mindfulness and emotional regulation. Between quiet rounds on the putting green, focused sessions on the driving range, and frenzied, excited conversations on the golf cart, I've watched our students grow more confident in their game while learning to cheer for themselves and each other."

Hannah Yoon, Duke Intern

► COACHES



I joined *SwingPals* hoping to find something enjoyable to do that also made me feel like I was impacting our community. My expectations set too low. Interacting with the students and watching them grow and progress in their abilities to control their own lives (and their golf skills) is one of the highlights of my life.

Coach Dave



As a pediatrician focusing on adolescent and young adult health, I am always looking for new ways to help young people mature and grow in positive directions. Self-doubt and hesitancy have always been obstacles to overcome in this journey, and they've have been accentuated by the growing influence of social media on today's youth. Thus my curiosity was tweaked when I first heard of *SwingPals* and its use of golf (which I love) as a way to provide a mental/emotional toolbox (mindfulness) that will better enable our adolescents to meet these challenges to their confidence and ultimate success.

Coach Scott



I enjoy coaching at *SwingPals* because I learn something new each day. Witnessing the joy and freedom that the students experience in the safe space created by *SwingPals* enriches and informs my own life. I am honored to spend time with the students, staff and other volunteer coaches at *SwingPals*- it is truly an uplifting experience.

Coach Mary



I volunteer because *SwingPals* empowers me to positively transform children's lives, creating a ripple effect that benefits their families, friends, teachers, and the entire community. Witnessing a student's joy as they begin to realize their potential fills me with immense pride; seeing their doubts and fears fade away, replaced by a beaming smile, is truly rewarding. If we don't step up to make a difference, who will?

Coach Andrew



IMPACT & OUTCOMES

SwingPals is at the beginning of a new chapter of data-driven programming. We expanded the range of collection protocols for where and how data is collected. Student outcomes come first and foremost, and *SwingPals* is confident in its model to make the most impact for the young people it serves. The tools offered to students at

SwingPals will help unlock their potential and open doors in all facets of their life, no matter what they choose to do or where they go. *SwingPals* relies on a bedrock of data to ensure its decisions on programming are well informed and focused toward improving student outcomes.

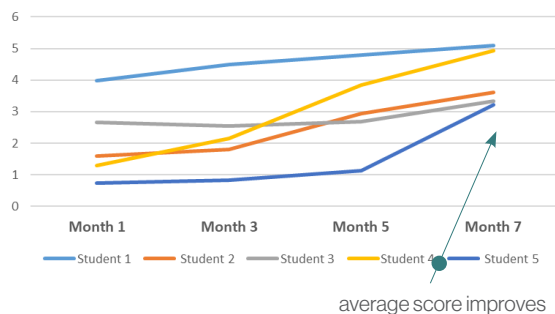
HEARTMATH

WHAT IS HEARTMATH?

HeartMath gives *SwingPals* the tools to scientifically measure how mindful, present, and emotionally regulated the students are. Students regularly perform 5-minute heart-focused breathing sessions, called Inner Balance, to practice their mindfulness and deep breathing techniques. The Inner Balance sessions also give a visual connection between what the science is saying and how they are feeling in those moments.

INNER BALANCE SESSIONS

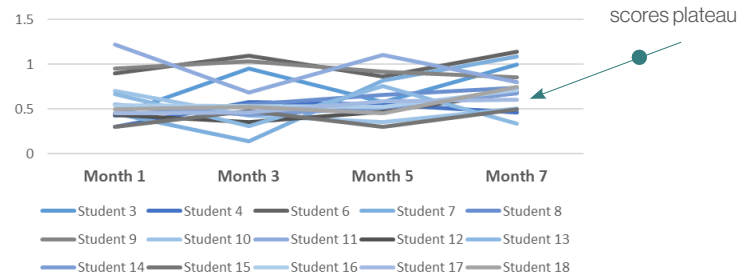
Average Coherence Scores for Consistent *SwingPals* Students



WHAT IT MEANS?

Students that stay more engaged at *SwingPals* begin to get consistently better at regulating their emotions so that, even in stressful situations, they stay calm and make better choices.

Average Coherence Scores for Inconsistent *SwingPals* Students

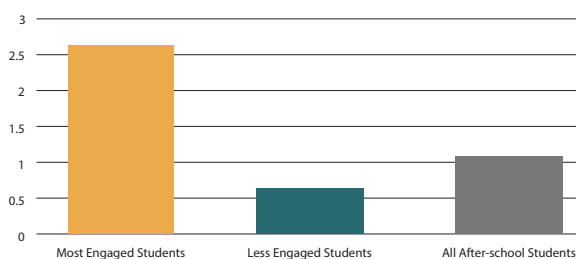


WHAT IT MEANS?

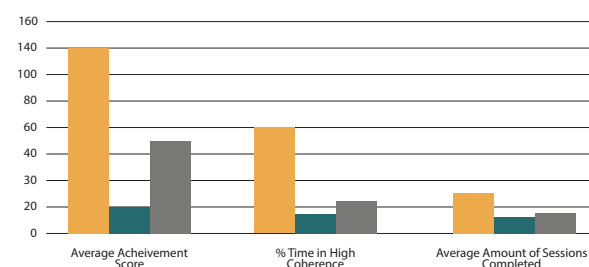
Students that are not consistently engaged struggle to regulate their emotions and therefore still struggle to manage stressful situations and remain calm.

IMPORTANT INSIGHTS - CONSISTENCY HIGHLIGHTS

Average Coherence Ratio



Average Achievement Scores



Engaged students have higher average achievement scores, higher average percentage of the Inner Balance session spent in high coherence, and higher average amount of sessions completed.

BALANCE!! FOCUS!! TEMPO!! BREATHE!! SLOWER!!

SWING EVERY IRON LIKE A WEDGE.
THE GRIP!!
THE GRIP!! SWING DOWN THEN AROUND!!
TRUST THE SWING!
FIRE THE RIGHT SIDE
FLAT LEFT WRIST = STRAIGHT SHOT!

DON'T GET "HANDSY"
HAVE I WORKED ON THIS ZONE?
DON'T THROW IT FROM HERE!
FULL SHOT ZONE - NEVER PAST HERE! → 100% POINTS AT TARGET → THINK! FOCUS! RELAX! SEE THE SHOT! POSITIVE GOLF THOUGHTS!
BACK TO TARGET → TURN!! DON'T SWAY!! CONTROLLED AGGRESSION! LESS IS MORE!
TURN MIDDLE 1/2 AS FAR AS LEFT SHOULDER-TORQUE RESISTANCE!
CLEAR THE HIPS!!
DRIVE THROUGH WITH THE BIG MUSCLES - KNEE FLEX - IMPACT ZONE KNEE TO KNEE → DON'T JUMP AT IT!!
LEFT HEEL DOWN FOR CONTROL!
STANCE + FOOT ANGLES!

50% ONE PIECE TAKEAWAY!!
75%
100%

HOGAN
NATURALLY!
SOFT HANDS!
BALL POSITION!
SWING PLANE! (SEE HOGAN)
DON'T HOLD ON! DON'T PULL!
ROTATE + RELEASE HANDS!
STAY ON BALANCE!!
SMOOTH! ONE MOVE!
FINISH THE SWING!
HOLD FINISH - HIGH HANDS!
DRIVE DOWN + THROUGH!
SWING INTO A FIRM RIGHT SIDE STAY DOWN!!
STAY BACK!
DON'T MAKE THE BALL THE TARGET - DRIVE THROUGH - COMPLETE THE CIRCLE!!

"1.5 SECONDS OF THOUGHT"

HAVE FUN!!

TEMPORARY

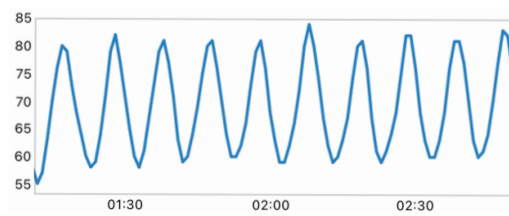
95



NEW MINDSET



1.5 SECONDS OF FREEDOM



Positive emotion, such as appreciation, creates smooth coherent heart rhythms and a beneficial chain reaction resulting in cortical facilitation.

SCALES AND SURVEYS

WHY SURVEYS AND SCALES?

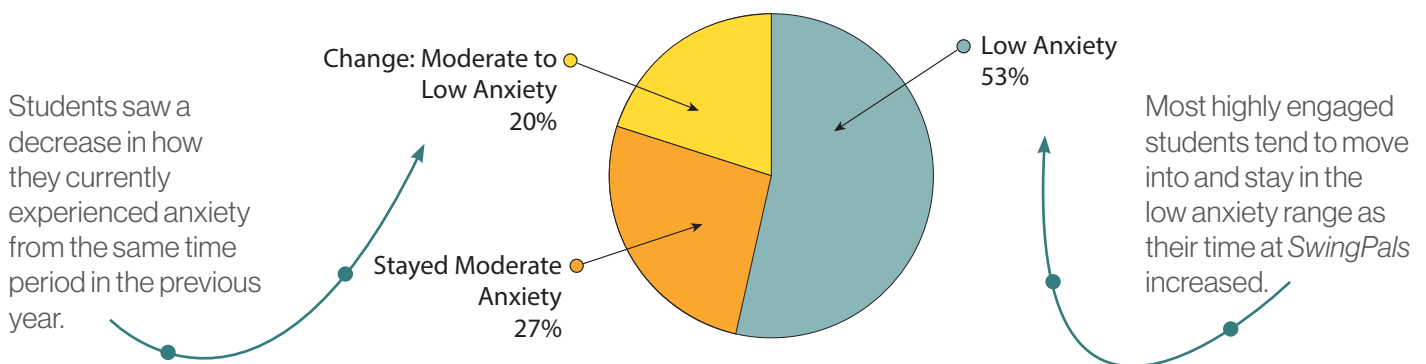
Collecting survey and scale responses from students and caregivers add an additional layer of understanding to who students are, and where they are developmentally and emotionally. This allows *SwingPals* to contextualize any data collected and is crucial to support student growth and achieve outcomes.

SPIELBERGER STATE-TRAIT ANXIETY INVENTORY

WHAT IS THE SPIELBERGER INVENTORY?

Spielberger assesses the levels of short and long-term anxiety levels in students.

CHANGE IN LONG-TERM ANXIETY REPORTED BY STUDENTS FROM 2024 - 2025

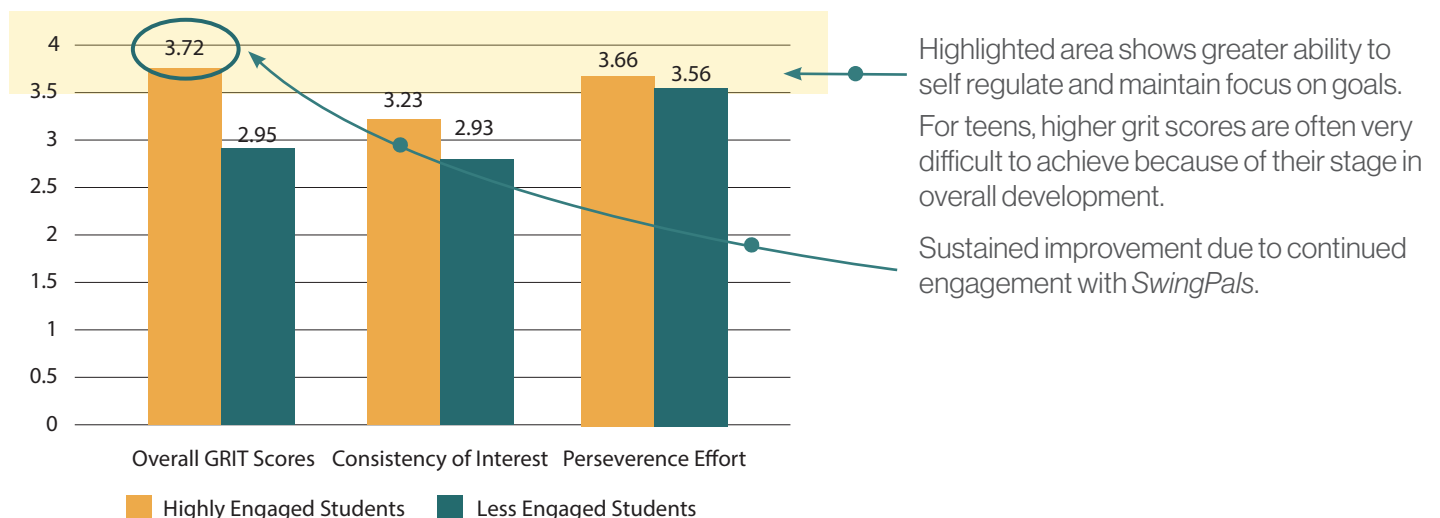


GRIT

WHAT IS GRIT SURVEY?

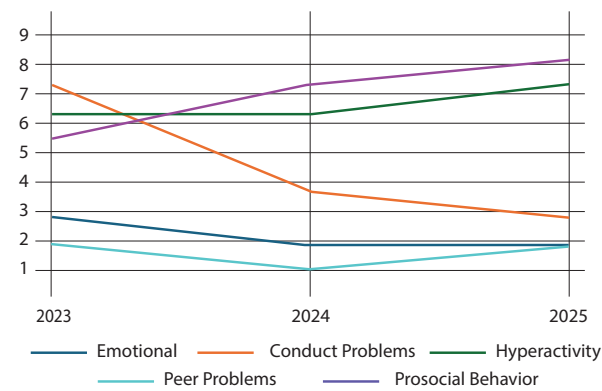
The GRIT survey tracks students' ability to maintain CONSISTENCY in their interests and the PERSEVERANCE of their effort.

GRIT COMPARISON HIGHLY ENGAGED VS. LESS ENGAGED STUDENTS



PARENT STRENGTHS AND DIFFICULTIES QUESTIONNAIRE (SDQ)

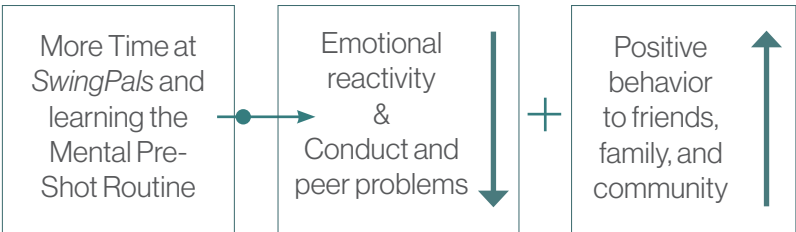
PARENT SDQ RESPONSES FOR HIGHLY ENGAGED STUDENTS



WHAT IS THE PARENT SDQ?

The SDQ helps to reflect the external actions of students vs. their inner feelings, giving a different perspective from the other surveys and scales.

WHAT WE FOUND OUT?

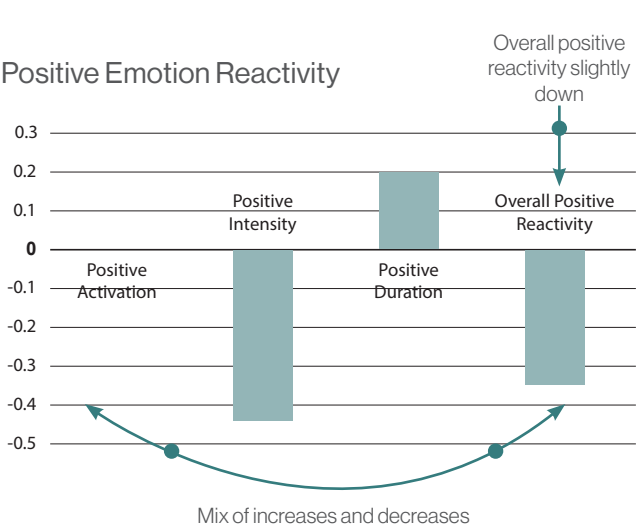


THE PERTH EMOTIONAL REACTIVITY SCALE (PERS)

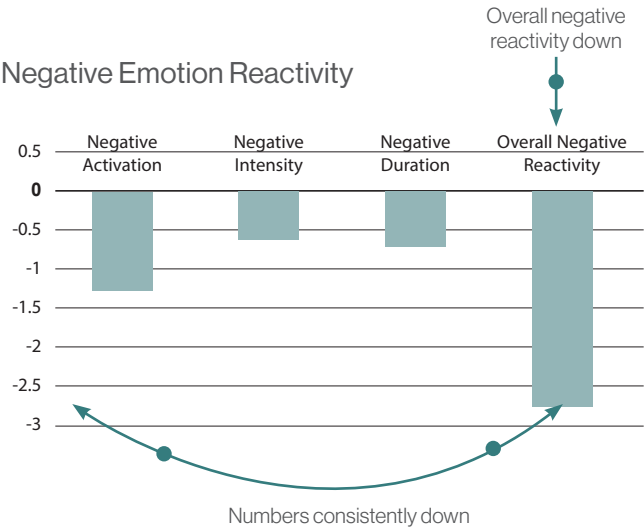
WHAT IS THE PERTH EMOTIONAL REACTIVITY SCALE?

PERS measures the students' relationship to positive and negative emotions. It demonstrates how easily emotions are activated, maintained (durability), and the intensity that positive and negative emotions are felt.

RESULTS FOR HIGHLY ENGAGED SWINGPALS STUDENTS (2024-2025)



WHY? Over time, positive emotional reactivity increases and stays higher as students consistently practice *SwingPals* techniques and intentionally engage with positive emotions. Given more engagement opportunities, we expect to see the positive emotional reactivity for students trend upwards.

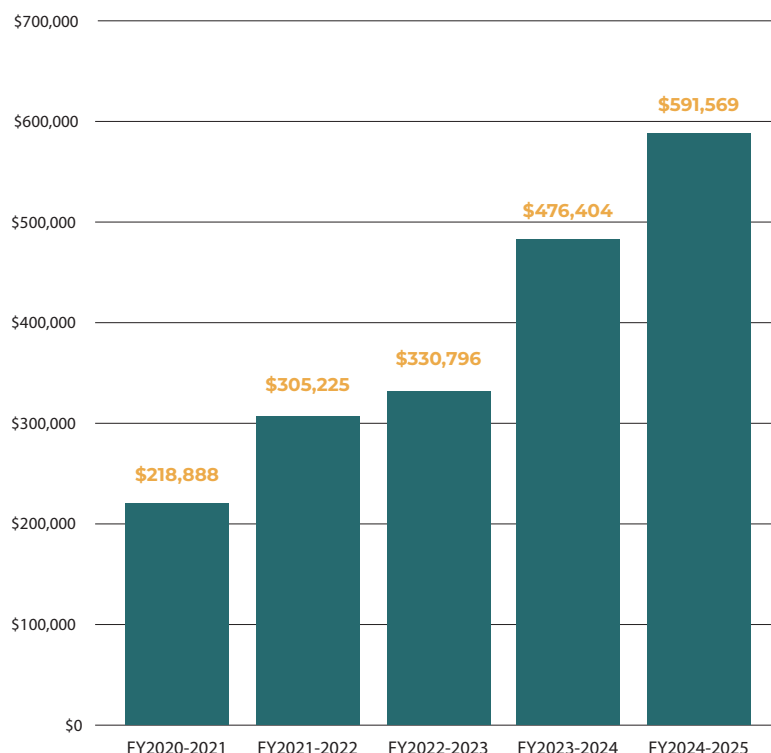


WHY? Negative reactivity decreases each year among long-term, highly engaged students—showing that as they continue practicing mindfulness skills, their emotional responses become more balanced and less reactive over time.

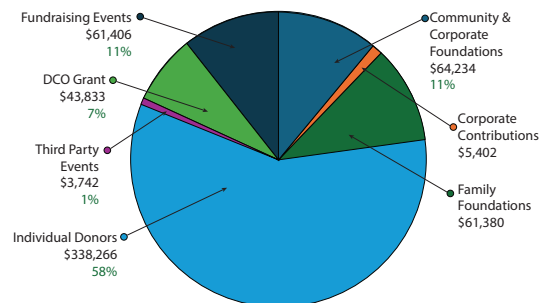
FINANCIAL DATA

SWINGPALS FINANCIALS SEPTEMBER 1, 2024 - AUGUST 31, 2025

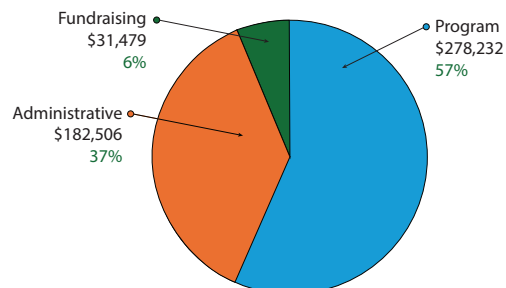
5 Year Revenue



Total Donations
\$578,263



Total Expenses
\$492,217



CAPITAL CAMPAIGN

Swingpals HQ - Building Project Update



SwingPals is moving forward with the development of its new 2,500-square-foot headquarters — a permanent home designed to expand capacity and deepen its impact. To date, SwingPals has raised \$250,000 toward this transformative project, bringing SwingPals closer to a space where students can learn, grow, and connect year-round.

SWINGPALS DONORS

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

\$25,000 and above

Doug Hodges
Hodges Family Foundation
Thomas S. Kenan, III
Sally Ann Longacre
Peter and Prudence Meehan

\$10,000 - \$24,999

Dan Hill
Jeff Daner
Margaret Palmer
Chris and Angela Pardue
Sarah Schumacher
Todd Yates

\$2,500 - \$9,999

Derek Banks
Schon Beechler
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\$1,000- \$2,499

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Sue Wasiolek

\$500 - \$999

Bradley Anderton
Richard and Judy Bowe
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Molly Demarest
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under \$500

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Mark Bergeron
Phyllis Bergeron
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Stephanie Bourne
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Judy Boyd
Michelle Boyette Rouse
Jason Bradick
James and Anita Brame

Largest contribution in any fiscal year used to establish giving level. Only gifts received on, or prior to 8/31/2025, end of fiscal year, are included.

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Michael Cooper	Kirby Flowers	Ben Hodges	Bryan Lauer
Tatiana Cooper	Margaret Flynn	Jonathan Hodges	Bob and Ann Lee
Omar Cordova	Susan Flynn	Kathy Hodges	Gene Lee
Michelle Cortazzo	Mitchell Fox	Sara Hodges	Heather Lee
Phil Cottros	Daniel Fredrick	Tommy Hodges	Rebekah Lewis
John Crain	Jay Freeman	Jack Hoffman	Randolph Linderman
Elsie Crippen	Barker French	Jason Hollen	Heather Lowe
Lewis Crissman	Rich Frisk	Holy Infant Catholic Church	Jo Macmang
Andrew Crook	Robbie Fritz	Nate Hopkins	Kareem Macon
Robert Crouch	Kevin Garner	Tom Howlett	Emily Magen
Gregg Cusick	Lesli Garrison	David Hughes	Allison Mahaffey
Douglas Deckelmann	Allison George	Jason Hunter	Pulkit Maheshwari
Susan Deloatche	Mike Gerard	Rod Ingold	Jee Makar
Mary Dickerson	Brandi Gerew	Mark Inserra	Nick Malasca
Ken Diglio	Elmer Gilliam, Jr.	Brian and Helen Irving	Debra Mallon
Grant Dipper	Amy Gillie	Jack and Jill of America	Derrick Mangum
Virginia Anne DiRocco	Ocaly Gonzalez	Frank Jannotta	Elizabeth Mangum
Caroline Dixon	Kathleen Goolsby	Kimberly Janssen	Claire Markovic
Jon Dolan	Caroline Goray	Tyler Jeffords	Marguerite Mason

Stephanie Mason	Jeremy Paris	Cherish Sanchez	Rommell Thomas
Jeff Mathias	Harold and Sandra Parker	Bruce and Carole Seaver	Michelle Thornburg
Bill Maton	Alberta and Donald Parson	Khadidja Seck	Adam Tomasiello
Benjamin Maynor	Bhavin Patel	Brenda Sewell-Bost	Peter Tomasiello
Richard Mazzeti	Jo Anne Paterniti	Andrew Shepard	Lynn Tomkins
Mary Linda McBride	Niketa Patterson	Faith Sheridan	Trust Counsel Law Firm
Steven McClelland	Betsy Pendergraph	Michael Shoaf	Ronald and Elizabeth Tusing
Mary McClintock	Jerry Pennison	Paul Silveira	Sean Uhrig
Samantha McCormick	Margaret Pentrack	Dustin Simpson	Brittanie Ullrich
Julie McDonald	Adam Perrego	Grace Simpson	Dave Vander Meer
Karen McDonald	Belinda Perry	Bron Skinner	Gary Vaudreuil
Peter McDonald	Peterson's Lawn Service	Jonathan Slinger	Todd Waldo
Eric McDougald	Greg Peterson	John Slinkard	Seth Waldron
Jackie McDowell	Lois Pettiford	Burnetta Smith	Chad Walker
Grace Mcgee	Rodney Pitts	Clifton Smith	Daniel Wallace
Joey McMahon	Kyle Politz	Erica Smith	Jordan Wallace
Kyle Meadows	Ian Pond	James Smith	Mike Walls
Susan Meier	Jim Poole	Jennifer Smith	Carolyn Walters
Davey Melvin	Scott Poole	Karen Smith	Jordan Weatherburne
Jordan Mercier	Jennifer Poore	Richard Smith	Philip and Phillipa
Rich Merrigan	David Powers	Robert Smith Jr	Weatherburne
Judith Mickle	Jason and Monica Pridgen	Travis Snipes	Kevin Weber
Kyle Midyette	Natasha Privette	Michael Kelly Soles	Valentino Weiss
Gene Mitchell	Michael Pulliam	Douglas Solomon	John Widman
Patricia Miller	Bharathkumar Ramachandra	Lindsey Sommers	John Wiener
Jeff Monsein	Shannon Ramaswami	Whitney Sorenson	Jerrold Williams
John Montgomery	John Ramsey	Christy Spain	Allen Wilson
Sarah Moor	Cole Rathke	Antoine Stalbert	Francine Wilson
Sylvia Moore	Pamela Reefer	Brian Stalder	Bertha Winbush
George Moser	Ryan Reynolds	Stephen Stamos, Jr	Brock Winslow
Jason Myers	Pamela Rhodes	Denise Stasio	Benton Wise
Sidney and Carmelita Myers	Jeff Richmond	John Stewart	Doug Wixted
Burnetta Nelson	Richard Riddle	Ryan Stipe	Michael and Kathleen Wixted
Mason Nichols	Thomas Riddell	Drew Sturgell	Patrick Wixted
William Noble	Scott Rine	Lorina Sulce	Leon Woodruff
Patricia Odean	Andrew Rogers	Erin Sullivan	Kurt Woolner
Sonya Michele Odum	Courtney Rollins	Anthony Sumlin	Francis Wootton
Chris Ogden	Ken Romley	William Suttles	Ann Wyatt
Mary Norris Oglesby	Susan Ronn	Scott Switzer	Eric Zhang
Riley Ohara	Adamary Rosado	Terri Tarrant	Stefanie Zizzo
Sean O'Malley	Samuel Ross	Nick Tennyson	
Jeanne Orellana	Travis Rouse	Perry Tharrington	
Janice Owens	Steve Rubin	Craig Thomas	
Susan Owens	Jeffrey Rush	Nicole Thompson	
Sung Paik	Oscar Sanchez Macias	Shannon Thompson	

SWINGPALS BOARD OF DIRECTORS



Doug Hodges, PGA
Executive Director, Founder

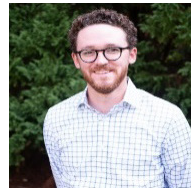
Trading (retired). Graduate, City University Business School, London, England. Founded a brokerage operation on the NY Commodities Exchange. Independent trader, 1986–1999. Mentor, Big Brothers Big Sisters, 1997–2010.

As *SwingPals* scales operations and builds sustainability, its leadership has never been more important. *SwingPals* is grateful for the time and commitment of its Board members.



Lanny D. Ealey
Board President

Healthcare management. Graduate, NC Agricultural and Technical State University. Over 20 years of experience in the healthcare industry. Manager of Commercial Pharmacy Benefit Operations, Blue Cross Blue Shield of NC.



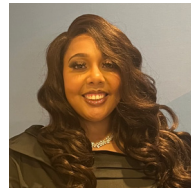
Neil Harrington
Board Member

Research and public policy. Graduate, University of Mississippi and Duke University. Research Director, NC Child, a statewide nonprofit advocating for the well-being of North Carolina's children.



James Bick
Board Treasurer

Banking (retired). Former Chair, Advisory Board, Salvation Army of Durham, Orange, and Person Counties. Former Trustee, Durham Academy. Board member, Old Chatham Golf Club.



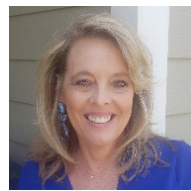
Tequila Kearney
Board Member

Fashion and leadership. Graduate, Art Institute of Raleigh–Durham, A.A. in Fashion and Retail Merchandising. Certified: Exercising Leadership from Kennedy School of Government at Harvard University.



Bradley Anderton
Board Secretary

Law. Graduate, UNC Law School. Attorney at Holder, Padgett, Littlejohn + Prickett in Raleigh, NC, where he practices civil litigation and workers' compensation defense.



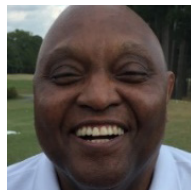
Donna Kimball
Board Member

Education Administration. Graduate, M.Ed. from University of South Carolina. Experienced educator and award-winning principal with background in early childhood and elementary education.



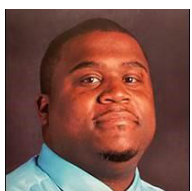
James Beatty
Board Member

Business and community leadership. Founder and President, NCS International and Jim Beatty Golf Ventures. Founder, African American Golf EXPO and Forum. Executive Editor, The African American Golfer's Digest.



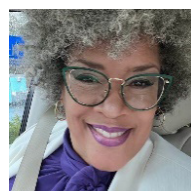
Dr. Billy Mims
Board Member

Education leadership. Graduate, NC Agricultural and Technical State University, B.S. in Health and Physical Education. M.S. in Administration and Supervision and Ed.D. from Nova Southeastern University.



Terrance Covington
Board Member

Principal, Neal Middle School. Graduate, NC Central University (multiple degrees). Background in school counseling, community support, youth services behavioral specialist, experience in juvenile justice and adolescent mental health.



Lanita Wimberly
Board Member

Education and technology. Graduate, UNC at Chapel Hill, B.A. in Speech Communications. 20+ years of experience in IT. Experience as math and robotics teacher, Restorative Practice Coordinator, and currently School Treasurer with Durham Public Schools.

THANK YOU OUTGOING BOARD MEMBERS



Jan Doyle

After 15 years of dedicated service, we say a bittersweet goodbye to Jan Doyle, a founding member of the *SwingPals* Board. Jan was instrumental in bringing *SwingPals*' Vision to life! Her dedication helped transform *SwingPals* from an organization with one full-time employee delivering voluntary golf sessions to 20 students in Southeast Raleigh into a thriving organization that now delivers mindfulness coaching in 6 Durham public middle schools. Today *SwingPals* serves more than 1,300 students each year, delivering coaching in schools, after-school and in homes. Her leadership and commitment have helped *SwingPals* impact more than 10,000 students. Jan's contributions will be remembered with deep appreciation.



Cory Williams

Cory first joined *SwingPals* in 2016 as an intern through North Carolina Central University and became a full-time employee in 2019. Cory later joined the *SwingPals* Board after he moved back home to Utica, NY. His service as a coach and a *SwingPals* Board Member has been an integral part in the growth of *SwingPals* on so many levels. Cory's ability to connect with students allowed them to build a space where they could begin to unlock their potential, and live healthier happy lives. *SwingPals* and its students are sincerely grateful for his service.

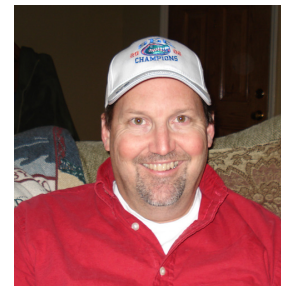
WELCOME NEW BOARD MEMBER



Bradley Anderton

Bradley joined the Board in August and brings his valuable legal experience to *SwingPals*. Bradley currently practices law at Holder, Padgett, Littlejohn + Prickett in Raleigh, NC in civil litigation and workers' compensation defense. He is a graduate of North Carolina State University and the University of North Carolina School of Law. Bradley learned *SwingPals* skills at a young age as a junior golfer and brings his unique understanding of *SwingPals* philosophy to the Board as well as his legal expertise. Welcome Bradley.

IN LOVING MEMORY



Ron Harman

Earlier this year, *SwingPals* lost a dear friend in Ron Harman. Ron joined *SwingPals* in 2016 as a volunteer coach, driven by his love for kids and his desire to give back. He later served on the Board from 2018 to 2024, providing invaluable IT support and leadership as *SwingPals* grew to serve more schools and students. Ron's kindness, energy, and commitment touched everyone around him. He was a steady source of wisdom and encouragement, always ready to lend a hand. Posthumously elected to the *SwingPals* Hall of Fame, his legacy will continue through the Ron Harman Memorial Golf Tournament. He will be deeply missed and forever remembered.

PARTNERS

COPORATION AND FOUNDATION SUPPORT

SwingPals is grateful to the following institutions that supported its work in the Durham community over the past school year:

The Grable Foundation

Durham County Grant

Trust Company of the South

CT Wilson Construction

Duke Office of Durham & Community Affairs

The PGA of America / PGA Reach

The Carolinas Golf Association

Cisco*

Blue Cross Blue Shield*

Lenovo*

Abbott*

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Mary Norris Preyer Fund

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Envu Environmental Science US

Cisco Life Connections

The BIN Foundation

BMWC Constructors

HV3 Foundation

Jersey Mike's

Falls Village Member's Group

Hope Valley Jr. Invitational

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Durham Sports Commission

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Experis - Manpower Group

GDH Inc.

Insight Global

The Select Group

Zensar Technologies

The Lovett Foundation

* Corporate Matching Funds



Martin Lindsey
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Durham, NC 27705-2670
Bus: 919-479-9671



NCCentral
UNIVERSITY





UNLOCKING POTENTIAL





THANK YOU

FOR YOUR SUPPORT



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 for generously volunteering her time to create this impact report. Email: karikholha@gmail.com.