

Enjoy this season ... of Football

By Kathy Dudzinski, President

Hello my fellow A.F.C.W.A. members. As I write this I'm on my deck enjoying a beautiful fall day. The leaves are starting to change here in Massachusetts. It is my favorite time of year for many reasons.



One reason of course is football season. I hope that all of you are experiencing a wonderful fall, and a successful football season.

If you can believe it or not, Dallas is right around the corner, your board has been working so very hard in making this convention one of the best. For those of you who haven't been to Dallas . . . what a treat. The Anatole is such a beautiful hotel with so much to do. We have a lot planned for us all. The best part about convention in my mind is coming together once a year and visiting with old and new friends that will understand the ups and downs of our lives as football coaches' wives. Our high tea is always



so beautiful, and our luncheon always turns out to be magnificent as Kelly Smith places her special touches on everything.

We have been so fortunate this year with communication. I feel I have spoken to so many of you, be it on Facebook or through e-mails. I love where our organization is going, and it is all thanks to every member.

You all have a voice in our wonderful organization. We as your board are just here to implement what we all need. We have a wonderful sponsor in Dick Pryor with Family Relocation Services. It really has been a fabulous year.

In conclusion, I just want to take this opportunity to thank each one of you for entrusting me to serve as your President of this amazing organization. It has been very special for me.

Have a healthy, safe, and happy holiday season. SEE YOU IN DALLAS!!!!

Read Them – Loved Them – Now What?

Joyce Rose, Ashland University

When you come to the convention, bring all the books you have read and donate them to the AFCWA and we will resell them to our members for 3/\$5.00. All money raised will go into our scholarship fund.

Bring your books to the Hospitality room. The unsold books will be donated to the Children's Hospital we visit in Dallas.

Have a great season and we will see you in Dallas!



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THE SUPPORT STAFF

The Support Staff is published two times per year: post-convention and pre-convention. The deadlines for submissions are February 1 for post-convention, and September 15 for pre-convention. Send your inquiries, letters or submissions for publication to the Editor:

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13 Virginia Drive
Ellington, CT 06029
mail@afcwa.org

**AMERICAN FOOTBALL COACHES WIVES ASSOCIATION
2011 REGISTRATION**

(Please Print Clearly)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Husband's Name: _____

School: _____

2011 AFCWA Dues* **\$30.00** _____

2011 AFCWA Luncheon** **\$30.00** _____

Make checks payable to AFCWA **Total Enclosed** _____

Note: Your cancelled check will be confirmation of your registration

MAIL TO: Sandy Montgomery, 2194 Prestwick Drive, Union Town, Ohio 44685

I am willing to help at the convention in Dallas with:

Hospitality Registration Book Sales Other

Is this your first time at convention? Yes No

**Dues are non-refundable.*

***Luncheon tickets that are paid for in advance and not picked up by Monday at the close of registration will be subject to resale. Luncheon tickets are non-refundable but may be resold to another active member.*

AFCWA Scholarship

By Katie Wood

Are you or another wife on your staff looking to go back to school or working on finishing your degree?

Each year, the AFCWA awards a \$1,000 scholarship to a deserving, qualified football coach's wife who wishes to attend graduate or undergraduate school to further her education. If you know of someone who would like to apply for this scholarship, please have the applicant send a cover letter of why she deserves the scholarship, along with a resume, by November 30, 2010 to mail@afcwa.org or send regular mail to:

Katie Wood, Scholarship Chair
17 Oakwood Drive
Belchertown, MA 01007

The scholarship recipient will be announced during the 2011 AFCWA Luncheon on January 11, 2011.



Coaches' Kids Are Some of the Greatest People I Know!

By Kelly Smith

To all the moms (and dads) out there who worry about the amount of time coach is gone, how public the coaching job is, how much criticism the children hear, how moving and change effect them, and even how the children are treated; let me put your mind to rest. Coaches' kids are some of the greatest people I know! Thinking back to the kids I grew up with and knew as a coach's child myself, to the children our own sons have enjoyed on various staffs, to the ones we are watching grow up now; several traits of coaches' kids stick out to me.

First, they have an incredible work ethic. Think about it. Have you ever known a coach's kid who was a slacker? Not me! These kids have watched their coach work hard day in and day out. They have observed mom or dad working at home, or at a job, and then taking up the slack when coach was unavailable. They have witnessed hard work and responsibility daily from both parents, and it has translated into a work ethic like none other. They grow up and become the kind of responsible citizens our country needs.

Next, they understand teamwork and loyalty. Coaches' kids have watched mom and dad live it out as a couple, and they have experienced it as a family. They have learned to win together and lose together. They have watched new staffs develop unity, seen teams become as close as brothers, and observed whole communities united in support of the team. They have witnessed teams that got it done and others that did not. Coaches' kids understand that each team member has a role to play and that loyalty to the team is essential for developing trust and working together. They realize that selfishness cannot exist on a team.

Coaches' kids also learn early that life is full of ups and downs. They quickly recognize that it is not far from the "penthouse to the outhouse." From this they grasp that it is not what others think or say about you that matters, but what you know about yourself. Coaches' kids learn

that "pride comes before a fall" and recognize the importance of being humble in good times and gracious at all times. (Some learn faster than others!) Knowing that life can be hard is a great lesson that prepares them for adulthood.



Hand in hand with this comes the ability to adjust to what life brings. The children who have moved often, or had to switch schools, or even just watched as a new head coach came in from time to time, have learned to take life as it comes and make the most of it. They realize there are good people everywhere and experiences are what you make of them.

Another trait that makes coaches' kids so special is that they know how to achieve goals. They have watched young athletes go from the "C" team as a freshman to a starter for the varsity their senior year. They have watched walk-ons earn scholarships and seen young men and women be the first in their family to graduate. They have watched kids earn college scholarships, play professional ball, and even come back and coach with dad or mom. The opportunity to see goals achieved year after year allows coaches' kids to dream big and to know they can achieve anything they desire.

Finally, coaches' kids have the ability to handle themselves well in public. They are well-spoken, friendly, courteous, and able to maneuver through social situations. They have been introduced to people all of their lives, listened as mom and dad visited with parents and fans, sat through banquets and special events, helped host staff gatherings, and learned to be polite even in difficult situations. This skill carries them far in life as they move ahead to college and into their careers.

So, moms (and dads), put your mind at ease. Keep being the examples you are day in and day out. Keep demonstrating responsibility, hard work, teamwork, loyalty, a humble spirit, and graciousness. Keep adjusting well, believing in dreams, setting goals, and handling the ups and downs of life as they come. Keep being the great coaches and parents that you are, and let your focus be on the joy in the journey of raising a coach's kid!!



Scholarship Fund

For the person who has everything, next time you don't know what to give to a "Coaches Wife" to say "Happy Birthday", "Good Luck", "Happy Baby", etc., send a donation to the AFCWA in her honor. Your honor to that person will be published in the AFCWA newsletter.

Please send checks to:

Tracee Norris
1864 Bella Vista
Jackson, MO 63755

Checks should be made payable to AFCWA Scholarship Fund and please note who the donation is to honor.

The Deadline for the Scholarship Applications is November 30, 2010.

Hospitality...Texas Style!!

By Sally Shannon and Julie Ayers, Hospitality Co-Chairs



Everything in Texas is BIG, and this includes the activities we have planned for you at the AFCWA convention in January!! Wear your cowgirl boots and jeans, and join us for a time of fellowship and fun! We encourage you to spread the word to your fellow coaches' wives about our AFCWA.

The Hospitality room will be open each day for your enjoyment . . . a time to catch up with old friends, meet and make new friends, mingle, eat, share joys, brag about your team and family, and relax!!

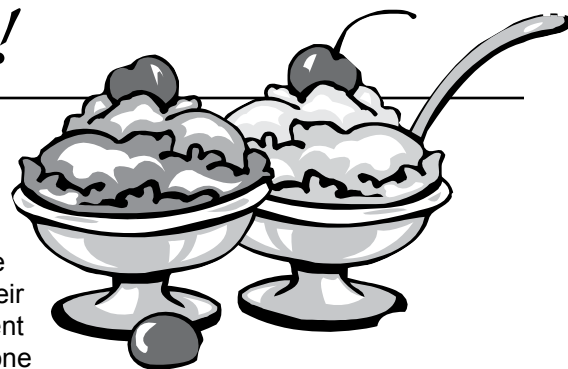
Be sure to bring some kid sized t-shirts, stuffed mascot toys, small footballs, etc. (from your school bookstore or equipment manager) for the childrens' hospital visit. This is an outreach program that we participate in every year.

And also a small gift or two to donate as door prizes and/or the silent auction (notecards, lotions/soaps, speciality items from your home state, chocolate, jewelry, etc.)

If you'd like to volunteer in the Hospitality room for an hour or two, please indicate that on your registration form. We look forward to seeing YOU in January!

Welcome Back!

Be sure to bring your husband and stop by the Emerald Room at the Hilton Anatole Sunday evening for the Couples Ice Cream Party. We are so excited to welcome back Tom Lawton and Critical Illness Insurance Advisors as a sponsor. We appreciate their support and their sponsorship of this event where we have the chance to join with one another, along with our husbands, for a fun evening.



Silent Auction

By Joyce Rose, Ashland University

Thank you once again for your support to our Silent Auction. All proceeds from the sale are put into our Coaches Wives Scholarship Fund. This year, we look forward to the extra special and exquisite items you will donate to our fund raising project.

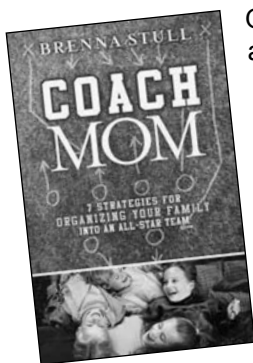
We are asking you to put a starting bid on all of your items. These items will be auctioned off throughout the three days of convention in the hospitality room. The auction will be at different times during the day so we hope you will join in the fun, enjoy the hospitality room and take home a treat for yourself.



Monday Morning Programs: Makeovers Galore for the Texas AFCWA Convention

By Carolyn Allen, Programs Chairperson

We are all looking for renewal in January, so why not join your coach and come to Dallas, Texas, for some Makeover Fun!



Our kickoff speaker will motivate and entertain: she is “Coach Mom” author Brenna Stull. As a wife, and mother of five (ages 16 to 2), she has helped hundreds of moms make every minute count through the 8-week course based on her book, *Coach Mom: 7 Strategies for Organizing Your Family into an All-Star Team* (New Hope Publishers, 2007). Engaging and transparent, Brenna is known for her practical applications and life stories. She and her husband Chris are thankful to have survived four home remodels, ten straight years of babies in diapers, and eight triathlons. Brenna and her husband live in McKinney, Texas.



5

Then we will try something new: Fashion and Beauty Makeovers for 2 lucky coaches' wives!

Rebecah Petree, wardrobe stylist, and Julia Zaman, beauty stylist, both at Nordstrom NorthPark Mall have offered their services free of charge. They will present a session using a Power Point “before and after” of **2 lucky coaches' wives**. The Coaches' Wives chosen will need to arrive in Dallas early enough to be taken from the Hilton Anatole to Nordstrom on Sunday at noon. Rebecah Petree will select pieces and prepare a dressing room, and the lucky wives can select new outfits (only for modeling unless they choose to buy something). Julia Zaman will do their makeup, incorporating all the best products from the finest cosmetic vendors. On Monday morning, Rebecah and Julia will return to redo the ladies and present them, along with mannequins dressed, and the reasons why certain looks are best.

Do you want to be a makeover candidate? You must:

- be a current member of AFCWA
- be registered for the convention
- send in travel arrangements to verify you will be available Sunday Jan. 9 by 11am
- agree to complete a questionnaire for the stylists
- in 100 words or less, tell why you, as a coach's wife, want/need a makeover
- provide your name, coach's name, school, address, email contact, cell phone contact
- Wednesday December 1, 2010 is the last postmark date to send in your name for consideration. A drawing will be held to determine the lucky coaches' wives and they will be notified by December 10.

Mail to: AFCWA Makeover
c/o The Coach's Wife
25 Highland Park Village 100-435
Dallas, Texas 75205



Other sessions will follow. You may want to read Laura Bush's book *Spoken From the Heart* for a book study. We hope to hear from the Hopes (Dr. Sally, Dr. Liddy, and Dr. Elizabeth) this year – with updates to their research on the lifestyle of coaches' wives and their families.

We will leave Texas with a whole new style, inside and out, as we tackle 2011!

Newsletter Articles

We invite you to be a contributor to our AFCWA newsletter!

We are always looking for articles that would be of interest to our membership...personal accounts of how being part of the football family has changed your life, helpful tips for living in the public eye, advice for those just starting this journey, etc.

Please direct all articles to Cindy Johnson at cynthia.johnson2755@gmail.com and be sure to put AFCWA somewhere in the subject line so it is not discarded as spam. We would love to hear from you!

Hospital Visit

By Holly Shealy

Howdy Ladies! I am so excited to be making plans for our hospital visit in Dallas, although I have some big shoes to fill in taking over for Gae Best! She did an awesome job leading us on some amazing tours over the last five years! Thank you Gae!

As you know, the AFCWA's service project each year is to visit a children's hospital in the convention city. This project is made possible by the generosity of all of our wonderful members! This year we will be taking a group to the Children's Medical Center of Dallas, which is one of the largest pediatric healthcare providers in the nation. On the visit we will present them with a generous check from the AFCWA. We will also deliver our gifts for the children and supply overnight toiletry bags for parents. Our hospital visit is scheduled for immediately following the luncheon on Tuesday, January 11 at 2:15. We may take up to twenty ladies on the visit. Julie Adams in the Child Life Department has arranged for us to go into the children's playroom and interact with the children and families there. She will also take us on a brief tour of the facilities.

Everyone is encouraged to bring some gift items from your school with the name and/or mascot on them. Suggested items include; caps, t-shirts, balls and stuffed mascots. All sizes are great; there are children of all ages. The only guideline for gifts is that stuffed animals must be new! Some university bookstores may be willing to donate if you ask! Other gift items that are great to bring to the children include books, coloring books, crayons, sticker books, puzzles, and small games. Also, they have asked that no food items or potted plants be brought in.

Additionally, we will continue to bring toiletry bags for parents who are staying overnight with their hospitalized children. If you would like to help with this part of our project please place the following items in a GALLON SIZE Ziploc Bag:

- 2 new inexpensive washcloths
- 2 new toothbrushes
- Travel size: Hand lotion
- Soap
- Tooth paste
- Shampoo
- Conditioner
- Mouth wash
- Purse size hand sanitizer
- Small note pad
- Pen
- Perhaps a handwritten note with good wishes

Bring all the gift items to the hospitality room and look for the signup sheet if you would like to join us. Thank you in advance for your help on our service project! You are such a kind-hearted group of ladies! I'm looking forward to seeing you all at the convention "deep in the heart of Texas"!

If you have relocated since the last newsletter or convention, please fill out the form below. It is important to have your updated information so you don't miss a newsletter!

Name _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ Email _____

Husband's Name _____ School (Full Name) _____

Mail to: Tracee Norris, 1864 Bella Vista, Jackson, MO 63755 –or– Email above info to mail@afcwa.org

Welcome to Our Newest Sponsor

By Sandy Sabock, Board Member and Wife of Mike Sabock



Family Relocation is our newest sponsor. Dick Pryor from Family Relocation has done a great job working with AFCWA. From January 2010 to date, Family Relocation has moved over thirty coaching families.

Deborah Stanley (Western Michigan University) and I had an opportunity to visit with Dick at one of our football games. In visiting with Dick, he and I came up with what we felt would be a few key points to remember if, and when, you might need to hire a moving company. We also shared thoughts on preparing for a transition.

In selling a home, one thing to keep in mind is to hire a realtor who you know personally or know of through a reliable resource. Be careful choosing one who just wants to make a sale. Family Relocation has a list of professionals in your area.

Also, know that all closing dates may not be exact even though your contract may give a specific date. This can become critical when you have to be out of your house and your household goods are on a truck, on the way to your new home. You might want to consider getting a clause making someone liable for delays. These delays, according to Dick could be up to \$250.00- \$300.00 per day. Getting this clause could help cover waiting time, storage, hotel, meals, etc.

In moving Dick suggests that you always have a visual on site survey of your household goods as well as getting full replacement value for your household goods.

Each school is different on how they will handle the moving costs. Get in contact with the Football Operations Manager or the person who handles the moving costs to find out the correct way to handle your move. Arrange payment options in advance with the mover. Family Relocation is very willing to work with the AFCWA in assisting in any way possible to help the move for our families to go as smooth as possible.



Basic Services To All members and employees of Coaches Association

Competitive Pricing
Debris Removal
Same Crew Service
Coast to Coast Service
Third Party Service
Auto Transport with Shipment
Free Replacement Value Protection

Full Packing Service
All orders Guarantee "not to exceed"
Orders can be billed to or a paid receipt
Credit Cards Accepted
We support Move for Hunger
Rebate to Football Coaches Wives Association

For more information please e-mail the Relocation Coordinator at: rapryor83@verizon.net



The Support Staff

Cindy Johnson
13 Virginia Drive
Ellington, CT 06029
www.afcwa.org

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76712

Next
Issue:

Post Convention

what we are all about is Camaraderie, Support, Information and Service.



Honor a Coach in The PLAZA OF INFLUENCE®

The Plaza of Influence, located on the grounds of the AFCA headquarters, is an attractive area surrounded by beautiful trees and landscaping. It was inspired by countless coaches who, on a daily basis, encourage, motivate and influence thousands who participate in or just enjoy the game of football. The gardens and flagstone walkways inside the stone walls honor men of influence – football coaches. A coach can be honored or memorialized on bricks, tiles and capstones. Inscriptions on the items vary from donor to donor, however, it is evident that their lives were touched, and forever changed by a football coach.

Is there a special coach who has touched your life that you would like to honor?

The Plaza of Influence presents a tremendous opportunity for coaches, players, family, friends, or anyone to honor football coaches through the American Football Coaches Foundation. It is a chance to memorialize the contributions of special coaches in a way that will be remembered as part of the permanent American Football Coaches Association headquarters and be on display for future generations to admire and pay homage.

The American Football Coaches Foundation is dedicated to furthering the education and support of football coaches everywhere. In addition to supporting a foundation devoted to the enrichment of football coaches, you also have the unique opportunity to personally honor a coach who has influenced your life.

A COACH'S INFLUENCE

by Grant Teaff

I dreamed a dream, but I had my doubts.

“You can do it,” he said.

“I’ll teach you how.”

I tried and tried, he said I should.

I gave it my best, he knew I would.

Lessons taught on the field of strife,

Have been invaluable, as I’ve faced life.

When challenges come my way,

I always think, what would he say?

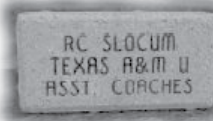
His inspiring words I hear even now,

“You can do it. I taught you how.”

Now, others dream, and have their doubts.

I say, “You can do it, I’ll teach you how.”

The influence continues.



BRICK



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