

Virginia AYP Chapter 25:
Dedicated to the support of
Virginia YMCA professional staff.

Today's Tip: Beat Procrastination

Your boss expects you to complete projects on time and to keep up with even the most tedious aspects of your job. Procrastination can keep you from doing your job well and leave your boss dissatisfied with your performance.

Here are four things you can do to help you overcome procrastination.

Reward Yourself for Not Procrastinating: Give yourself a small reward after you complete a dull task.

Make Procrastination Unnecessary: You may put off a large project because it seems overwhelming. Break large projects into small chunks. Dividing a big job into a series of smaller tasks will make it seem less overwhelming.

Prioritize the Tasks That Cause You to Procrastinate: List the things you've been putting off from most to least important, or in order of when each item needs to be completed. Cross off items as you go.

Don't Give Yourself an Excuse to Procrastinate: You may put off starting a task because you don't think you'll have enough time to finish it. For example you have ten minutes left until you can go home. Use the little time you have to do something that will only take a few minutes, such as putting away files. Before you know it, you will get all those short, annoying tasks done.

Adapted from <http://careerplanning.about.com>



A little more than a month ago, our Chapter 25 team of Board Members and Conference Committee put on one of the best spring conferences in Charlottesville. The Friday afternoon as I headed east back to South Hampton Roads, I had a big smile of pride for working with some of the finest YMCA professionals from around the state and the nation. They are in their own right some we call High Performers.

Is there a secret ingredient for being a high performer? Were they stars in the athletic arena in school? Was there some special influence on them when they started their Y careers? Being a high performer is not just climbing the executive ladder as fast as you can or running the most successful programs. It's about being successful on their terms in all aspects of their life. A great life is the best measure. Highly successful people share the following traits.

Seekers

These people will look for and attain responsibilities that will help them get to the next level. They enjoy growing and creating for the sake of growth and creation. They will try new and different ways to do things; will actively seek out

Letter from our President, Bill Zazynski

people to help them learn. Many of these high performers add more tasks because they are hungry to learn and experience new things because as they plan their future; a new experience along the journey will help them learn a new skill.

Investors

High performing people invest in themselves. They value themselves and recognize the importance of personal investment whether its finding a mentor that holds the job of their dreams, getting certified to be a trainer, stepping up to lead a new initiative or just volunteering for a community project. They will always try seeking out people who have been where they want to get to in order to learn from them. Their investment in self-learning, networking and skill building will take them leaps over their colleagues who wait for opportunities to happen.

Executors

It's always nice to prepare yourself for opportunity by searching for challenges and continuing to educate yourself, however, the bottom line is you have to move on your opportunities. Whether it's taking a risk no one else wants to, or stepping forward to add more to your plate. You are the one to control your destiny.

You need to be committed to making a difference each and every day. Plan your work; work your plan to make you the best Y professional out there each and every day!

At the 2011 Spring Conference I announced Chapter 25's new Board

for the 2012-2014 Triennium. Please welcome the following:

Jay Parker - President, YMCA of Central Virginia

Tricia Hutnan - President-Elect, Greater Richmond YMCA

Jo Ann Watts - Secretary, YMCA of South Hampton Roads

Michael Bennett - Treasurer, Peninsula Metropolitan YMCA

Anna Schemmel - Recognitions, Greater Richmond YMCA

Jaime Gambaccini - Membership, YMCA of Greater Richmond

Jennifer Cass - Leadership Development, YMCA of South Hampton Roads

Kim Midgette - Support Services, YMCA of South Hampton Roads

Kim White - Communications, YMCA of South Hampton Roads

Kelly Bridgman - Spring Conference Chair, YMCA of South Hampton Roads

Trisha Reynolds - Association Liaison, YMCA of Roanoke Valley

Nancy Byrum, Member at Large (Communications), Peninsula Metropolitan YMCA

Buzz Lambert, Member at Large (Support Services), Peninsula Metropolitan YMCA

Jana Smith, Member at Large (Membership), Great Richmond YMCA

Elizabeth Clark, Member at Large (Leadership Development), Rappahannock Area YMCA

Brookes Simms, Member at Large (Recognitions), Piedmont Family YMCA

Andre Moore, Member at Large (Treasury), Peninsula Metropolitan YMCA

Bill Zazynski, Chapter Advisor-Past President, YMCA of South Hampton Roads

Emergency Assistance Fund Update



At the Spring Conference we were able to hear firsthand from a recipient of an EAF grant. You never know when this could be you. As YMCA professionals, we build our lives around helping others. Each day children, adults and families come through our doors in need of help; this is our turn to help out a colleague.

At our conference we raised over \$12,000, and that is phenomenal. However, we still have work to do. Last year alone we gave out over \$15,000 to those who would be suffering without our assistance. It is not too late to donate. You

may have missed the opportunity at the Spring Conference, but rest assured knowing that it's not too late to help.

If you would like to make a gift, please contact Kim Midgette at 757.366.9622.

Spring Conference Award Recipients

On May 12 and 13, the below individuals were honored at the Spring Conference for their hard work and dedication.

Character Commitment–Karen Wilbourne

Outstanding New Director–Angela Sproul

Partnering in the Community–Marco Callender

Achievement in Activate America–Childcare and Outreach Branch, YMCA of Central Virginia

Distinguished Leadership Award–Scott Williams

AYP Service Award–Megan O'Neill

Outstanding Development Work–YMCA Camp Silver Beach

Achievement in Christian Emphasis–Chester Family YMCA

Director of the Year Excellence Award–Allison Reynolds

Each year the board encourages Chapter 25 members to take the time to nominate fellow YMCA friends. A warm thank you goes to those who submitted nominations. There are several deserving recipients in our Chapter 25!



[Click here to view all the photos from the Spring Conference on our Facebook page!](#)

News from AYP Chapter 25

With all the recent changes in our national YMCA and AYP branding, you may have noticed we decided it was time to change things for our local AYP chapter as well. We have redesigned and restructured our website as well



as this newsletter. We want to keep our new site fresh, so please send photos of activities at your Y to Kim White (kwhite@ymcashr.org). We hope you like our new look!

2012 & 2013 Spring Conference Site

Your conference committee is pleased to announce that Virginia Beach will be your conference destination for the next two years!

Your South Hampton Roads' friends are looking forward to sharing a little bit of the beach life with the rest of the Chapter during your stay at the four star Westin at Town Center. Next year's dates: May 10 & 11, 2012.

News from National

The Association of YMCA Professionals is the organization dedicated to your well-being and professional development as a member of the YMCA community. Have you seen our new website www.ayponline.org?



Check out the tab MyAYP and you will have the ability to:

- Post questions
- Download or share resources

- Exchange stories of success or struggle
- Ask for suggestions or feedback
- Participate in discussions
- Join and create community group
- Receive updates on industry trends

You can also connect to professionals who share similar professional interests or areas of expertise. This is just one of the many new features this great site has. What are you waiting for? Check it out!



Registration for the national AYP conference July 20-22, 2011 has been extended!

Visit www.ayponline.org to register today.

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SAVE THE DATE!



This year's Autumn Seminar will be held on **Friday, October 21** at YMCA Camp Thunderbird in Chesterfield, VA. If you haven't attended in previous years, please plan to do so.

This year's Spring Conference provided many opportunities to connect with your

AYP peers. Don't miss this opportunity to continue building those relationships and expand your network!

More information will be available this summer at www.ayp25.org.