



The
Raleigh Sports Club



Dear Members, Guests, and Friends of Raleigh Sports Club:

We are winding down our 2022-23 season and with the NCAA changes the RSC has been able to have several exceptional current student athletes serve as our weekly speaker.

This week we are pleased to have another remarkable student athlete, UNC swimmer, Grace Countie.

Grace was the Raleigh Sports Club student-athlete of the week in 2017 a few months before leading her Raleigh Leesville Road high school swimming team to the 2018 4A state championship. She is now in her final semester at UNC where she has continued her winning ways. Grace is the two-time MVP of the Tar Heel women's team, a multi time All American, and is the fastest women's sprint freestyler and backstroker in the history of the university with multiple school records. She will provide us the perspective of a current athlete on the training and discipline required to achieve the top levels in the very demanding sport of competitive swimming.

Grace is also the granddaughter of proud grandparents Judy and Pete Benda. It all makes for a great program!

A reminder; only two more weeks to sign up for our Annual Banquet. It will be a great evening honoring four student athletes with scholarships and a financial award to an outstanding Coach. Our keynote speaker will be Dereck Whittenburg!



Come join us this week, Wednesday, March 22, 2023 for good food, fun, and camaraderie.

About the Raleigh Sports Club:

Our meetings are held in Bradley Hall in Highland United Methodist Church, 1901 Ridge Road at the intersection of Lake Boone Trail, just inside the Raleigh Beltline. **Buffet lines open at 11:30 a.m., and the meeting is from Noon until 1:00 p.m. on Wednesdays.** Meetings typically occur every week (except Thanksgiving, Christmas, and New Year's holiday) early September through late March. Please continue to check out the Raleigh Sports Club website (www.raleighsportsclub.org) for details on the 2022-23 meeting season.

As part of our weekly program, we recognize a local Wake County high school student athlete! The student and coach speak briefly. **This week we will honor Gabi Beudet an outstanding student and lacrosse player from Wake Forest High School.**

Member attendance fee is \$20 per meeting whether eating or not. Guest fee per meeting is a very affordable \$25 whether eating or not!

Please feel free to attend as a member, guest, or perspective member. We look forward to seeing you.

Best Regards,

The Raleigh Sports Club Officers and Board of Directors