



C.A.P Connect | Biannual Newsletter

Where vision meets action—and every story fuels purpose.

Twice a year, we bring you behind the scenes of our initiatives, partnerships, and the incredible young athletes at the heart of it all. More than just updates, each issue delivers inspiration—stories and tools designed to uplift, empower, and unite a community committed to changing lives through sport.

Get ready to discover how your support and engagement are shaping futures, one athlete at a time.

C.A.P. Launch: A Movement Begins



On May 10th, we officially launched the CheGal Athletic Project with a powerful gathering that set the tone for a year of purpose and impact.

To everyone who showed up and showed love—thank you. Your presence made the launch unforgettable.

CheGal exists to empower youth athletes through culturally rooted, faith-driven tools that nurture excellence, identity, and resilience—on and off the field. This launch wasn't just a beginning—it was a bold declaration: our youth deserve every opportunity to thrive especially those who may experience financial setbacks.

Resources for Resilience: Tools That Transform

This year, we introduced two powerful resources:

- The Volleyball Student Athlete Journal
- The Soccer Student Athlete Journal



Volleyball

Soccer

Each one is designed to uplift and equip athletes mentally, physically, and spiritually. With features like mental health check-ins, physical fitness track, and journal sheets to record and reflect. These tools help athletes stay grounded, focused, and inspired.

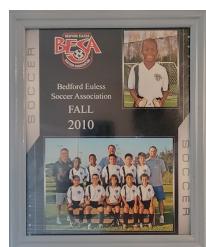
Because resilience isn't just built in the gym or on the field—it's cultivated in the quiet moments of reflection, faith, and growth.

Then and Now: Full Circle Moments



What began as a dream on the field has come full circle.

CheGal is proud to partner with **Bedford-Euless Soccer Association (BESA)**—a nonprofit committed to shaping our community through the beautiful game. BESA fosters growth by teaching teamwork, promoting leadership, and building lifelong relationships.



This partnership is deeply personal. Our children, Chenaniah and Galia, began their soccer journeys at BESA at just 9 years old. Today, we celebrate a full circle moment where CheGal was honored to give back to the very community that helped shape them.

Through your support, we're helping young athletes overcome financial barriers and pursue their dreams. Your generosity provides resources, mentorship, and opportunity to those who need it most.



Together, we're not just building athletes—we're building leaders.

Thank you for being part of this journey.

Looking Ahead: What's Next for CheGal

The second half of the year brings exciting new ways to connect and grow:

Monthly Streaming Events – Starting this month, join us on the last Sunday of each month for real stories. Hear from coaches, professionals, and mentors on everything from performance to purpose.

New Releases Coming Soon:

- The Libero Handbook Journal
- The Student Athlete Planner
- The Student Athlete Inspirational Devotion Journal

These tools are designed to empower, organize, and uplift athletes both on and off the field.

Every Dollar Fuels Ambition, Talent, and Determination

Join us in shaping the next generation of champions! Your gift isn't just a donation—it's an investment in hope, opportunity, and success.

Become a Monthly Donor

- \$25/month for 12 months = Supports 3 soccer players at BESA
- \$84/month for 12 months = Earns you Bronze Level Status

Whether you give once or commit monthly, your support helps us provide scholarships, journals, mentorship, and more to athletes who need it most.

When you give to CheGal, you become part of something greater than the game.

[Donate Today!](#)

Let's build a stronger, more supported community—together.

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