

## MATCH CHALLENGE: WE DID IT!



On November 14, 2022, a group of WRCA families joined together in a 30-day \$200,000 Match Challenge for the community. Until Dec 14, for every dollar given, these families would donate a dollar as well. This meant WRCA would receive 2 dollars for every dollar given.

We are pleased to announce that the community met the challenge and completed the match! So, together, we have raised \$400,000 dollars for the school!

Thank you so much, WRCA community, for supporting this Match Challenge and sharing your blessings!

Proceeds from this challenge and other funds raised go towards our Sports Field project, Phase 1 and 2 Buildings, and our Tuition Relief Program.

GIVE TODAY AND SHARE YOUR BLESSINGS! wrca.ca/give-today



## LOCAL INITIATIVE WITH A GLOBAL IMPACT

The WRCA Global Citizens Initiative ran by our WRCA Senior School students recently took on a new challenge.

The collective group decided to raise funds to purchase goats for underprivileged communities globally. Through Plan Canada they bought 7 goats and some baby chicks. The group baked and sold goat shaped cookies and raised over \$500.



Congratulations on putting others first and making a difference This group is a great example of following our WRCA mandate - Mission and Service Learning using four contexts: Seeing God's world, caring for God's world, knowing God's world, and going into



### UPCOMING EVENTS

#### **Annual Gala and Auction**

(Northview Golf and Country Club) Saturday, April 22, 2023 wrca.ca/gala-2023

## Grandparents' Day

Featuring:

"Singing, Ringing and Strings" Concert Wednesday, May 10, 2023

> **Annual Golf Classic** (The Hills at Portal Golf Club)

Monday, June 5, 2023

## COMMUNITY SPOTLIGHT: DR. DAVEY GIN



DR. DAVEY GIN (2ND FROM RIGHT) CELEBRATES WITH THE WRCA CROSS COUNTRY TEAM, WINNERS OF THE BCCSSAA 2022-2023 CHAMPIONSHIP.

World literature is filled with allusions to spring — with good reason. It is the springtime that brings a rebirth and rejuvenation to the things around us. It is the time of year that we walk outside and hear songbirds singing and smell the freshly cut lawns. The transitioning to spring at WRCA means we are on the cusp of Track and Field season, a time that has become associated with excellence, success and good sportsmanship.

You will know its spring when you see large groups of WRCA students in athletic Warrior gear, all gathered around a very inspirational gentleman. For 15 years, Dr. Davey Gin has been at the helm of WRCA's track and field team. Coach Gin has led and inspired young student athletes to be well rounded in athletics, academics while preaching a "grow your faith daily" message. We asked Dr. Gin for his recipe for all the success his students have had on the track, in the classroom, and in their faith and here's what he had to say.

#### How many years have you coach at WRCA? What teams have you been involved with?

When our family returned from Nepal, where I was a missionary doctor, in 2008, our three children started attending WRCA. I initially helped out in Cross Country and Track and Field by running with the kids. Then in 2010, WRCA the previous coach resigned and I was asked to coach XC and T and F and I said yes. This is my 15th year coaching at WRCA (two years as an assistant and 13 years as the head coach).

#### What was the draw to being part of Warrior Nation?

When we knew we were returning from Nepal and were going to settle back to life in the Greater Vancouver area, we were praying about where to settle down. We had a house in South Surrey because my wife used to be a teacher at Heritage Christian school in 1992 to 1994 before we left for Nepal. We wanted to go to a school with a good sports program. WRCA always excelled in Basketball, Cross Country, Track and Field, and Volleyball in the late 1990's and 2000's, making it to the BC's every year and doing very well for such a small school. We chose to go to WRCA as we wanted to be part of a winning athletics program in a Christian school setting. I always thought I would just coach until my youngest daughter, Elizabeth, graduated from WRCA in 2019. However, after my daughter finished her time, we had such a great group of athletes at that time and presently in the XC and Track programs that I wanted to keep building into their lives, so I am still here.

You have continually shown excellence at the highest level in BC. What factors have made the program strong and consistently competitive?

First, we start every practice with a short devotion and prayer. We have been reading through the book of Matthew

## COMMUNITY SPOTLIGHT: DR. DAVEY GIN (CONTINUED)

for the last two years. We always ask the Lord for good injury free practices and races and that He will honor the hard work the athletes put in to the program.

Second, we try to get to know every athlete's strength and struggles both on and off the track. I still try to run as much as possible with the athletes in the warmup, workouts and cool downs. During those time, I try to get to talk to the athletes and ask them how things are going on in their lives. When an athlete is struggling with issues outside of athletics, I try to listen to their problems and try to offer suggestions on how to fix those issues. Also, I work to see what each athlete is capable of doing athletically and cater to everyone differently.

For example, if one of my athletes has a nagging injury before a hard workout, I will instruct them not to do the workout. On the other end of the spectrum, if I see my elite athletes are breezing through a work out, I will increase the intensity to push them harder. I have a 12-week plan for each XC and T & F season, so the athletes peak for the BC Championships. After each workout, I analyze how each athlete performed and tweak the 12-week plan accordingly.

As I studied engineering before medicine (and always loved statistics), I spend a lot of time studying our competitors' performances and do detailed statistical analysis before each major meet - both team performance and individual performances. I always look at the big picture on how the other teams are performing. I try to figure out if we have a realistic chance of winning any given meet and will make adjustments before each meet to maximize our team's performance. For individuals races like the 1500 meters, I try to break down the race for our athletes. I tell them what time they should hit on each lap and try to give them a prediction of which athletes will be with them and how their competitors will likely run the race.

Thank you and God bless you, Coach Davey and your teams of coaches (past and present), for 15 years of intentional excellence at WRCA and your commitment to "Inspiring and cultivating citizens of Godly character who transform their world for Christ".

WRCA is so incredibly blessed to have a coach and mentor that is deliberate about getting to know his student athletes personally while purposefully and deliberately building into their spiritual journey and maturity.







## CORPORATE SPONSOR SPOTLIGHT: ASCENSION BENEFITS INC.

We are pleased to announce Ascension Benefits Inc (who recently acquired Dent Benefits Consulting) as a Platinum Sponsor for 2023-2024.

Employee benefits have always played an important role in competitive compensation packages. With that, benefit offerings continually need to evolve to keep up with the changing needs of our fast moving world. After 20 years of serving our clients across Western Canada, we have discovered that benefit plans have 3 significant gaps:

Cost Certainty. Benefit costs continue to increase. There are a number of reasons for this but the reality is that plans usage is only one factor that contributes to increasing costs. Over time, these factors can have a significant impact to premiums. At Ascension Benefits, we have a proactive **ascension** benefits Inc. solution that addresses and stabilizes premiums over a longer term.



For those with higher expectations

- Mental Health Support. One of the largest opportunities for employee impact is supporting mental health. A traditional Employee Assistance Plan (EAP), while better than having no strategy, tends to have low success rates. Nationally, the uptake on EAP plans is between 5% to 7%. The effectiveness falls to about 2%. At Ascension Benefits, we have created a concierge driven solution that allows employees and their families to be supported in a very unique and personal way. The goal is to create a path to care that truly meets needs and create trust with regular follow ups. By building a relationship with a personal concierge, effectiveness increases significantly. This in turn affects productivity in life and in work.
- Effective Disability Assistance. Similar to our mental health support program, disabilities can be daunting and full of unknowns. With our disability concierge, we are able to address these concerns and assist in the process from beginning to end. Statistically this significantly reduces the duration of an absence while easing the stress that can be involved with the process. We have input in Return to Work strategies, pre-disability care, support with paperwork and a number of areas that allows for a smoother recovery period.

Working with Ascension Benefits provides an opportunity to maximize the investment of employee benefits. Better plans don't have to cost more, they have to do more. This is possible.

# CORPORATE SPONSORS (2022-2023)

















WRCA's corporate sponsorship program seeks to partner with business in our community with shared values with all proceeds being used to supplement our core programs. Please contact Mr. David Houston (CFO) at houstond@wrca.ca if you are interested. All levels will receive an invoice for the contribution so you can claim the amount as an advertising expense.



#### LIBERATED: THEME FOR 2022-2023

"You, my brothers and sisters, were called to be free but do not use your freedom to indulge the flesh: Rather serve one another humbly in love." (Galatians 5:13)

Our theme in 2022-2023 is LIBERATED. These words from the Apostle Paul call us to live in the freedom that comes with faith in Jesus Christ. We are to shift our focus from our own efforts and works to God's love for us as we strive to serve each other with the same love. As part of the Annual Drive, we ask that you consider how Paul's words, our theme, and our vision, inspire, challenge, and motivate you. As a community, let's continue to glorify God through the pursuit of excellence, knowing that in all our projects and events, He will guide us.



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