



March 2026 Newsletter



EHS mentor Aidan and his buddy

Mentor

Athletes for Kids has been a truly meaningful part of my life, and it continues to teach me about friendship and kindness. I started in the program in 9th grade to learn and prepare prior to being matched with my buddy in my sophomore year. Each week, I look forward to spending time with my buddy. Even when my schedule is packed with school and sports, meeting with my buddy gives me a welcome break and a chance to focus on what matters.

We spend our time building with Lego, chatting about our week, or just hanging out at the park. Every visit feels worthwhile and helps us connect more. I enjoy listening to my buddy share about his day and watching him grow and change. It's rewarding to see moments where he lights up as we try new things together, and I appreciate how our friendship develops with each meeting.

My buddy's positive attitude and energy encourage me to be more present and bring a positive attitude to my own life. I'm grateful for our friendship and for the chance to be part of his journey. I'm looking forward to creating more great memories together and appreciate the opportunity to be a mentor in the Athletes for Kids community.

Mentee Parent

Over the past year, our son and Aidan's bond has grown in such a genuine and joyful way. Our son often talks about Aidan, and recently he told us, very earnestly, that "Aidan will go to college and I will miss him a lot. When will he come back from college to meet me?" Hearing this from our son truly speaks volumes about the kind of person Aidan is and the trust, connection, and warmth he brings into our son's life.

We are incredibly thankful for Athlete for Kids and the role it has played in our son's growth. Through this program, he has gained confidence, felt a sense of belonging, and been inspired by positive peer relationships. In fact, his experience with Aidan motivated him to sign up for the Mustang Mates buddy program at Margaret Mead Elementary, where he is now excited to be a buddy to a kindergartener. That sense of empathy and leadership is something we directly attribute to his experience with Athlete for Kids.

Aidan will truly be missed, and we are so grateful for the impact he has had on our family.

Thank you as well to the entire Athlete for Kids team for creating such a thoughtful, supportive program.

Upcoming Event

LET'S SKATE!

A special event for matched mentors and buddies

**SNO-KING
ICE ARENAS**

Join us for an afternoon of skating at Sno-King Ice Arena in Kirkland. Rental skates will be provided, and mentors and buddies will be treated to a short performance from Ice Arts Northwest!



Saturday, April 4th

from 3:45 - 5:00 PM

Please arrive between **3:15 - 3:30** to be fitted for skates and assigned a locker.

Due to limited staffing at Sno-King, this event is only open to matched mentors and buddies.

Please register ASAP!

AFK Youth Mentoring

Let's Skate! - 2026

One of our favorite events of the year is back! All matched mentors and buddies are invited to join us for a free and fun afternoon of skating at Sno-King Ice Arena on **Saturday, April 4th**. Rental skates will be provided, and this special outing will also include a short performance from Ice Arts Northwest!

Space for this event is limited, so we encourage you to sign up as soon as possible to guarantee your spot.

[Click Here to Register!](#)

With Gratitude



Thank you to the Rotary Club of Snoqualmie Valley

On January 24th, mentors and buddies met for the 7th year in a row at the annual Movie with my Mentor Event. The afternoon allowed mentors, buddies, and siblings to gather in a safe and inclusive atmosphere, to watch a movie (Monsters University was a hit! 😊), eat popcorn, laugh, and have a great time.

This event would not be possible without the continued generosity of the Rotary Club of Snoqualmie Valley. Each year, the club funds this very special day. It has become a favorite gathering, and the fact that it continues to be funded by the Rotary Club of Snoqualmie Valley is a testament to the Club's support of inclusivity and acceptance.

Thank you also to the North Bend Theater for making this day possible and for welcoming Athletes for Kids with open arms each year! We look forward to next

year's event and appreciate the continued support from the Rotary Club of Snoqualmie Valley. Your kindness continues to make a significant impact on the community and the lives of children with disabilities.

AFK Moments



As we reflect on a month of memories, we look forward to more mentorship moments and embracing acceptance, friendship, and kindness every day.

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