

## Education

Master of Arts, Athletic Administration, Appalachian State University, 1985  
Bachelor of Arts, Sports Management & Business, Elon College, 1983

## Career Positions

Regional Director, Victory and West Point Family YMCAs  
Branch Executive Director, Victory and R. F. Wilkinson Family YMCA's  
Associate Executive Branch Director, Chester & Tuckahoe Family YMCA's, Richmond, Va  
Human Resources & Employee Services, Texas Instruments, Johnson City, TN  
Business Manager, CAPS, Inc., Johnson City, TN  
Intramural & Recreation Director, East Tennessee State University  
Senior Director of Fitness, Simmons Family YMCA in Charlotte, NC

## Significant Competencies

- Project Planning
- Strategic Planning
- Training & Development
- Problem Mitigation
- Equipping Others
- Results Oriented
- Networking
- Cultivating Relationships

## Personal Mission Statement

Remain grounded in the valued principles influenced by my faith, family and all those who have touched my life and hoping to use this to influence others that there is a real satisfaction of making a positive impact on society.

## Community Involvement

York County Chamber of Commerce Board of Directors  
Colonial Heritage Community Foundation Board of Directors  
CARES Coalition  
Association of YMCA Professionals (AYP) Board of Directors  
Strategic Community Partnerships  
Special Activities and Committees of various outside communities  
Former Rotarian

## Important Personal Values

- Visionary
- Commitment to Quality
- Service to Others
- Personal Growth
- Faith
- Golden Rule
- Shared Accountability
- Family

## Major Accomplishments & Certifications

Graduate of YMCA Executive Development Institute  
AYP Service Award  
YMCA Spirit, Mind, Body Award  
YMCA of USA Problem Solving Trainer  
Member loyalty program implementation  
Fundraising leadership  
New YMCA branch development and branch renovations  
Past National Wheelchair Games Director



## Victory Family YMCA of the Peninsula Metropolitan YMCA

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## Leadership Quote:

"A candle loses nothing  
by lighting another  
flame"

-unknown

**Professional Goals**

Leadership Institute participant

Collaborate with local medical community in building construction &/or program development

Making an impact in our community through collaborations and relationships

**Personal Life**

Family tobacco farmer until 1985 in Crewe, VA

Undergraduate from Elon College in 1983 and Graduate degree from Appalachian State University

Former church deacon and Sunday school teacher

Married to Sondra Mitchell Bennett in 1999

Live in Williamsburg

No children. Instead, have a four legged rescue dog name Jax

Enjoy working out, riding bike, learning to play golf

Completed the Appalachian Trail in 2012 after 11 years of section hiking

Love being around people, partnerships and community