



YMCA of Greater Long Beach 53rd Annual Good Friday Breakfast

Featuring Keynote Speaker Valorie Kondos Field
Legendary Seven-Time National Champion UCLA Women's Gymnastics Coach



Long Beach, CA – The 53rd Annual YMCA Good Friday Breakfast will take place online this year, streamed from the Convention Center's Grand Ballroom on Good Friday, April 2, 2021 from 8:30a.m. to 9:45 a.m. Registration and ticket information for this event can be found at www.GoodFridayBreakfast.hubilo.com. For questions or more information contact: GFB@LBymca.org.

2021 Breakfast to feature Keynote Speaker Valorie Kondos Field, Legend-

ary Seven-Time National Champion UCLA Women's Gymnastics Coach.

Valorie Kondos Field is the retired head coach of the seven-time NCAA Champion, 22-time Regional and 18-time Pac 12 Champion UCLA Women's Gymnastics team. A UCLA Athletic Hall of Fame inductee, the four-time "National Coach of the Year" was also named "West Region Coach" of the Year and Pac 12 "Coach of the Century."

Formerly a professional ballet dancer, Miss Val, as she's affectionately known, was never a gymnast herself. Her reputation for teaching valuable life lessons, while encouraging individuality and joy is only one reason 46 former US national team members and half of the last two

Olympic teams committed to UCLA. Her many credits include choreographing and directing live variety shows, including 26 years for SeaWorld and the San Diego Zoo. Kondos Field is a dynamic and charismatic speaker with an extensive schedule of "Corporate Coaching" events and panel discussions. In her book, "LIFE IS SHORT, DON'T WAIT TO DANCE," the breast cancer survivor shares motivating messages, and in her TED-Women 2019 talk, she inspires people to reevaluate their definition of success, encouraging leaders to inspire without compromising the hu

Although the Y celebrates its Judeo-Christian heritage, this event is open to all. ♦

City, Soroptimist Lose Valued Employee & Club President



Anyone with business at The Centre at Sycamore Plaza, where Gay Givens was the Supervisor of Community Services, knows her dazzling smile and can-do attitude. As President of the Lakewood/Long Beach Soroptimist Club she guided and inspired members to move forward with a pandemic-curtailed, virtual Lakewood Run – the club's sole fundraiser – to fund two programs she adored: Live Your Dream Education Grants for Women and the Dream It, Be It program for high school girls.

Both the City and Soroptimist club were shattered at her passing after a brief illness on December 5, 2020, one day before her

63rd birthday. Gay brought a bright intelligence to her job and volunteer service after earning a Bachelor's degree and a Master's degree in Public Administration from California State University Long Beach. A 30-year employee, her contributions were recognized by the Lakewood City Council in 1993 with the "Manager of the Year Award."

Gay was the linchpin of her family, as well. She raised twin daughters, Ashley and Haley, to young adulthood, and was the person her seven siblings and numerous cousins looked to for advice and guidance.

The Lakewood/Long Beach Soroptimist Club is accepting donations for "Live Your Dream" and "Dream It, Be It" in her name through this City portal: <https://lakewoodca.wufoo.com/forms/m4lz2ii1y-e4o3v/> ♦

JOY IN FAITH

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Keynote Speaker
Valorie Kondos Field
Legendary Seven-Time National Champion
UCLA Women's Gymnastics Coach

Friday, April 2, 2021
8:30a.m. - 9:30 a.m.
Hosted Virtual Fellowship Lounge Rooms open at 8am.
Streamed from the Long Beach Convention Center, Grand Ballroom

Made possible by a generous gift from Dr. Mike & Arline Walter

the Y YMCA