

helping HANDS

By Ivanna C. Sukkar

Each month, Helping Hands features a mortgage professional or group that has volunteered to lend a hand to others in need.

Name Douglas Muir, CEO, Credit Justice Services

Project Volunteering as a high school wrestling coach

Site Fernandina Beach, Fla.

Why When Muir's son Ian started high school at Fernandina Beach High School in 2005, he wanted to get involved in wrestling, Muir says. But the school didn't have a wrestling coach.

Muir, who competed in wrestling through his high school years, volunteered to co-coach the team with another parent, John Williams. They helped start the team in 2006.

How Muir says about 11 students initially joined the team. Although this wasn't enough to form a varsity team — 14 wrestlers are required, Muir says — he and Williams, along with Fernandina Beach High School teacher and head coach Mark Durr, set up practices and worked with the team.

The coaches also encouraged other students to get involved, ultimately attracting enough students to fill junior-varsity and varsity squads. The team now has about 28 to 30 wrestlers, Muir says.

Along with school-year practices and competitions, Muir says many team members also practice twice a week and attend weekend tournaments and camps during the summer.



Douglas Muir (bottom left) and the Fernandina Beach High School wrestling team celebrate the team's district championship. Photo: Muir.

In addition to volunteering as a coach, Muir says he also has donated more than \$10,000 to the team. The donations have gone to painting the school's gym, buying new equipment and uniforms for the team, and paying for team members to attend a summer camp and tournaments, among other things.

Impact Within two years of its inception, the wrestling team improved its record from 2-15 to 17-2, Muir says. In addition, Muir says the team won its county and district and placed fifth in the regional competition. Two of the team's wrestlers went to the state competition this past March, and one — Williams' son Jack — finished fifth.

"The school is proud of its wrestling team, and fans pack the stands during competitions," Muir says.

Try it For advice on how to become a volunteer coach for local high school sports, contact your local school district or e-mail Muir at dmuir@creditjusticeservices.com.

Ivanna C. Sukkar is an associate editor at *Scotsman Guide*. Reach her at (800) 297-6061 or ivanna@scotsmanguide.com. To share your company's story, e-mail helpinghands@scotsmanguide.com.