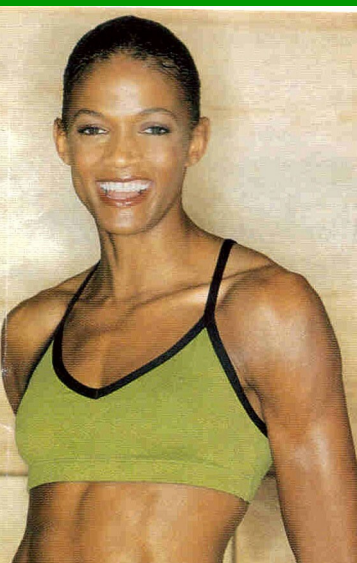




Women on the GROW

February 1, 2010

Featuring Penny Blackwell



My golf game is a "Masterpiece in the making!" Penny Blackwell comments. Penny became associated with GROW in Spring 2009. She plays golf about 3 times a month during the typical, warmer months for golf. She states that GROW has provided a wonderful opportunity to network, socialize, and enhance her golf game at the same time. "I have met several new acquaintances through GROW, as I am new to Tennessee."

She moved to Nashville from Atlanta, lived in Los Angeles for 10 years and is a graduate of University of North Carolina at Chapel Hill. It is apparent that Penny has always been on the GROW! She has a passion for health and wellness, which is greatly influenced by her former athletic and modeling career. Being a world class track and field athlete instilled a true dedication to health, nutrition, wellness, and overall fitness empowerment. A lifestyle of health and wellness is also necessary in modeling. Represented by Wilhelmina Models Inc., Penny has over twelve years of modeling and acting experience. The entertainment industry is one which is extremely image conscious. Taking a holistic approach to fitness, health and nutrition has truly been one of her secret weapons. From international advertising campaigns, nationally televised commercials as well as gracing the pages of numerous publications...beauty, confidence and overall health and wellness have proven to be invaluable. Penny is currently CEO of Masterpiece Academy, www.masterpieceacademy.com. Her programs, services, and educational forums have three primary areas of focus: inspiration, preparation, and motivation. Services include: personal training, small groups, boot camps, speed and agility training, sport specific skill clinics, coaches workshops, and nutrition consultation.

Yet Penny's greatest gift lies in her humanitarian efforts. Away from the arena of track and field, runways, commercials and flashing cameras Penny has donated her efforts and heart mentoring and serving youth nationwide. She has been affiliated with organizations like the BGCMA (Boys and Girls Club of Metro Atlanta), YMCA, United State Olympic Committee Speaker's Bureau, Go Girls Go!, Options House of Los Angeles, Women's Sports Foundation, Girl Scouts of America, and other youth and community serving organizations. Presently, Penny's heart and hands have joined with supporters as Masterpiece Enrichment Academy (MEA), a pending 501(c) 3 has been established. MEA is a youth serving organization which utilizes sports, health & wellness as a podium through which teens and children are inspired, prepared, and activated in body, mind, and spirit.



Questions or comments or to add or be removed from the mail list info@growtoday.com
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Growing Golfers One Stroke at a Time!

A Message from President Tracy Pointer www.growtwoday.com

Hello ladies! As I reflect on the year in review and preview, I was introduced to Penny through the efforts of GROW. Likewise, I am hopeful that the GROW network allowed you to meet other professional women that have like-minded interests that pertain to golf at any level, but are *not limited* to the game though. Through these efforts, I can also proudly say that I our relationship grew and experienced first hand the more than beneficial work of Masterpiece Academy, as my daughter participated in the summer long academy that Penny facilitated. Thank you Penny for your leadership!

Let's talk for a moment about the GROW year in review and preview. It was time in '09. Time to explore new resources for GROW -- resources i.e. staffing, partnerships, other choices for lessons. The lesson schedule was doubled and we added a new golf course -- offering lessons at The Vinny Links and Hermitage Golf Course. Members are recognized as those who purchase goods or services (currently including paraphernalia or lessons), we had approximately 60 members last year. I recruited an intern, who assisted with interviewing and writing features for the eNewsletter - Women on the GROW (WOG). 12 women were featured in the issues throughout the year. The vision of collegiate and youth components (GROW Girl) became a reality through collaborations with Leadership TSU and Big Brothers Big Sisters. Last year, I also started the process of the GROW being officially recognized as a 501c3 non-profit organization.



Previewing the year, the 501c3 application has been sent. I anticipate another exciting year! We will feature more women in WOG, kick the season during the week of the 2010 Masters Golf Tournament, conduct GROW Girl sessions, have a Golf Tournament and much more! Stay tuned for more information and Seed You Soon!™

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