

**THE 8TH ANNUAL GIFT OF THE HEART TOURNAMENT IS BACK
FRIDAY, NOVEMBER 25, 2011**

In Damien's Words...

My name is Damien Minna and in 2004 I broke my neck leaving me paralyzed from the neck down. When I woke up from a 10-day coma to find my body all lame, I tripped out! Most of the doctors I spoke with gave me bogus info that reflected the ridiculous idea that I would be bound to a wheelchair for the rest of my days. When I arrived home from a 4-month hospital stay, I was greeted at the airport like I was the next American idol. Its everyday miracles like this, which have turned this so called 'accident' into a lifelong blessing.

Some people that are recovering from paralysis plateau, which is something I've never really had to deal with. In the last year I have begun to make voluntary coordinated walking patterns and my sensory perception has almost returned entirely. For those that have traveled the distance with me, you all know, this means we have moved mountains. So as we approach the 8th Gift of the heart flag football tournament, I offer to you all my humble invite to yet another request for your help.

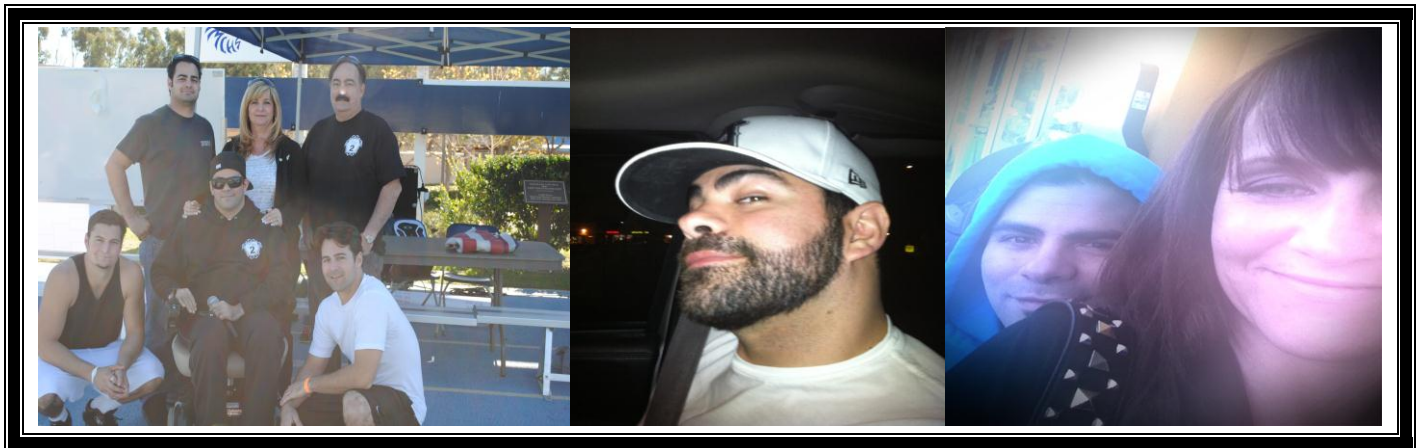
As we build the idea of rolling this injury into my Life's purpose, a few obstacles arise. I have to continue doing therapy because I keep getting better. I see no reason why at this point that I can't make a full recovery. So I'm going to keep pushing. But the reality of it all is that I don't have big money and I'm not a doctor, so owning a rehab facility has proven to be highly difficult from my vantage point thus far. I am developing a consulting firm to help others until our master plan falls in place, but a career path has begun to haunt my lofty ideas.

So while I chase corporate dollars, do a bit of rehab and catch up to life, I still need to ask for your help. Keeping the lights on and putting gas in the tank should not be this hard, even from a wheelchair. But I'm not hustling some everyday small business startup; I'm working on something beyond incredible. I don't want to just walk; I want to change everything about how others react to traumatic life changing experiences. And I want to bring everyone that has been on this journey with me.

So for the 8th year standing, whether you've just heard about it or you've been a part of this movement from the beginning, my family and friends are throwing a charity flag football tournament the day after Thanksgiving at Santa Margarita Catholic High School. The proceeds are going towards an effort that will change spinal cord injury forever. Together with Faith, Family and Friends we already have. So come play football, or just grab a hotdog. It's a pretty awesome experience and I'm inviting you to be part of something special.

THANK YOU for EVERYTHING.

Damien



8th ANNUAL GIFT OF THE HEART FLAG FOOTBALL TOURNAMENT
To Benefit Damien Minna
Friday, November 25, 2011 - 8 am to 4 pm at SMCHS



Damien Minna, a 1997 graduate of SMCHS, inspires his family, friends, and community daily with his determination to fully recover from a spinal cord injury he suffered in August 2004. His words, **"I will fight until I have no fight left"** reflect his courage and passion for life. After eight long years of intensive rehabilitation and physical therapy, Damien has gained sensation and movement throughout his body. However, his treatment continues to be extremely expensive and funding has run dry. *Gift of The Heart* Tournament organizers hope that soon Damien will be walking on his own and that funds raised at the annual tournament can go to another worthy cause; but this year the signs are clear that all of us need to help Damien take that next step...literally. Help us prove that miracles can truly happen! The tournament is a joint effort of Family and Friends of Damien. Your participation is crucial to making Damien's continued progress a reality and the charity tournament **A LONG LASTING TRADITION.**

ALL ARE WELCOME TO JOIN THE TRADITION. Fun Family Event! Food and Beverages Available for Purchase.

AWESOME RAFFLE PRIZES

7 ON 7 FLAG FOOTBALL TOURNAMENT

- 20 minute games, clock stops last 2 minutes
- 2 games guaranteed per team
- Mulligans (5th down) one allowed per game & may be purchased at \$100 per Mulligan
- Prizes for 1st, 2nd & 3rd place
- Up to 12 members per team (no pro, semi-pro, substitutions or league teams)
- Complete rules and format announced on game day

\$1,000 - DREAM TEAM

1st round bye (first registered & paid Dream Teams)
Personal team cabana stocked with cold drinks & snacks
Shaded with chairs to conserve energy between rounds
Team photo with Damien Minna
Official tournament T-shirt for all team members
One free team mulligan (fifth down) per game
\$50 gift card to Ballpark Pizza for post-tournament party

\$400.00 - STANDARD TEAM

Sign up 7 minimum - 12 maximum team members
Ask family and friends to contribute \$\$ to your team!

\$40 - INDIVIDUAL

Want to play but don't have a team? Sign up as an individual and we'll find a team for you!

You can raise more funds for Damien by:

- Rounding up. Instead of \$40 per player, make it \$50. EVERY DOLLAR MATTERS!
- Asking family, friends and businesses to sponsor your team & make it a DREAM TEAM!

REGISTRATION FORM AVAILABLE AT WWW.DAMIENMINNA.COM OR WWW.SMHS.ORG UNDER ALUMNI EVENTS

Thank you for your GIFT OF THE HEART! Questions - contact Debbie Wagner 949.589-1129 or rwagner11@cox.net or Vicky Minna 949.770.9470 or vminna@cox.net.

Please sign up to play, make a donation or just come on by to support Damien and reunite with old friends or make some new ones! Please check www.damienminna.com or www.smhs.org for registration and donation form. Any questions contact Debbie Wagner at 949.589.1129 or rwagner11@cox.net.

In the event of non-playable weather conditions or team cancellation, no refunds will be given. All donations will be made to the Damien Minna Fund. If weather conditions preclude play, join "Damien's Friends" at SMCHS and meet with Damien.

**Santa Margarita Catholic High School is a "Dog Free" and "Alcohol Free" Campus-No Exceptions*