

POSSIBILITIES IN MOTION



San Diego VeloYouth and The Olympic Experience

This August the world watched in awe as the 2016 Rio Olympic Games showed us excellence on every level, from speed to endurance to perfectionism. We saw athletes embrace a challenge and perform at their best; and win or lose, we witnessed the epitome of good sportsmanship. There is such admiration and respect for athletes who made a commitment, set a goal and did their best. These are lessons and examples for all of us at San Diego VeloYouth to embrace.

We don't have to reach for the Olympics, but we have to reach toward our highest potential. This is a message that Coach Matt Hoffmann shares with our young athletes on the track.

And it is a message that lives within our Board of Directors. The Olympic spirit resides right here within the family of SDVY. Coach Dave Grylls embraced the challenge and won a Silver Medal in Cycling in the 1984 Olympic Games. We are honored to have an Olympic hero among us.

A Coach's Inspiration

By Coach Matt Hoffmann

As a coach, my goal is to be the expert who trains kids learning skills on and off a bike. It can be challenging striving to inspire young boys and girls to keep trying, to never give up, to set a goal and go after it. I, also, need to be inspired. I discovered that my inspiration comes from the residual effects of the kids' successes. When an athlete brings a parent to our program; when a young teen finds self esteem as they complete a race and earn a bike; when a student recognizes their worth and goes from failing grades to A's in months; when the blossom opens. This is inspirational.

The real experts in the VeloYouth program are the kids who learn that they can achieve anything by believing and never giving up. I was humbled when SDVY graduate, Ulysses, introduced his entire family to our program, and then confidently shared with a room full of adults how he became part of a team that changed his life, when I see the spark of self esteem in his eyes. My goal is to expertly plant seeds so that all of our graduates will blossom at some point in their lives. This is my inspiration.

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Meet Our Board: Bob Kaplan

We are fortunate to have multi-talented Dr. Robert “Bob” Kaplan, PhD as a Board Member who brings years of experience in fundraising and Board leadership to San Diego VeloYouth. Bob is a life-long athlete with a passion for cycling. He serves as the Associate Program Director of the Leadership of Healthcare Organizations Masters of Advance Studies Program, and an adjunct clinical professor in the Department of Family Medicine and Public Health at the School of Medicine at the University of California, San Diego. Dr. Kaplan is a founder and partner with The Torrey Pines Health Group, Inc. providing consulting to health care organizations, including strategic planning, network development and post-acute care analysis and management services.



Why does Bob choose to share time with VeloYouth?

“I love being involved with San Diego VeloYouth because I see teenagers get excited by learning to ride a bike on a velodrome track, just as I did. It is impressive to watch the gains they make in bicycling skills, but even more so the strides they make in school and life. It is so invigorating to see them mature over the course of a class. And, in many cases, the skills and lessons learned on the bike carry over to their lives.

It is a privilege to be involved with SDVY, and my goal is to spread the word of the good that the program does and increase sponsorships so we can positively affect the lives of more kids.”



Congratulations to 31 new graduates of San Diego VeloYouth from Hoover High and Monarch Schools. The bikes they earned by giving back and paying it forward were delivered in June – just in time to ride over summer break!

Words of Wisdom

At SDVY, the biggest lessons learned are usually not about the bikes. Our program is about values and respect. It is amazing how quickly the message is heard and absorbed. We see changes in behavior, language, and attitudes because the program reaches out to each youngster’s highest and best self. The kids overcome challenges on and off the bike. It is their time to prove themselves, to be of service, and it is their choice.

Some of the feedback we receive speaks volumes about the effect of SDVY:

“When I started VeloYouth, I felt nervous, but I realized that to achieve my dreams, I need to engage in more fearful activities. At the end, I felt I could do anything.”

- Billy, Monarch School
for the Homeless

Gratitude

Gratitude comes in many colors and shows up daily at SDVY. The smiles on the faces of our athletes as they conquer fear and experience the freedom of cycling fill our hearts, making us grateful that they have found our program to bring new opportunities to their lives. We are filled with gratitude for our community partners and supporters who help us with fundraising and awareness. You are the folks who make the smiles possible.

Heartfelt thanks to **Encontro North Park** for a beautifully hosted fundraiser in May; to **Ambrose Business Consulting** and **Pink Payroll** for their pro bono assistance; and to **Cycling Camp San Diego** and the Great Western Bicycle Rally for raising awareness. Gratitude colors our lives. Thank You!

Visit our new website

VeloYouth.org



It's Family Biking Time

Not so long ago, before instant communication, families tried to come together at dinnertime to catch up on the day's activities and to share plans and dreams. It was a time to slow down, to just be as a family unit. In today's world, we have moved on to busyness, filling every moment with an activity and spending free time with electronic devices. Some call it progress; some see it as a loss of important family time. At VeloYouth, we see another opportunity to connect in a different way, through the power of the bike. Biking can bring the family together, as it did with one of the amazing VeloYouth families we are proud to have worked with.

At a recent SDVY Community Service Day for Chula Vista Middle School, one of our athletes arrived with her brother and dad to help weed and clean the Velodrome. Her brother had graduated from VeloYouth the previous year, had earned a bike and was still riding. Her dad, realizing he would have another cyclist in the family, bought a bike for himself on Craig's List. He was thrilled that his son and daughter had earned bikes and they could now have family time together as they ride, laugh, share and bond. Maybe the family isn't gathered around the dinner table as often, but they are called to the bike and have found a way to be together. There is power in the SDVY program and in the bike.

About Our Organization

QOLC is a California-based 501(c)(3) founded in 2006. We operate with a volunteer staff and Board of Directors. QOLC is funded by in-kind donations, grants and private gifts. All monetary donations benefit the youth we serve.

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Positively Impacting
Our World, One Life
at a Time.

Visit our website for photos and information: www.VeloYouth.org The public is welcome to watch **SDVY** cyclists in action at the San Diego Velodrome in Balboa Park's Morley Field.



Wish List

"I learned that I can do more than what I think I'm capable of."

– Tesfohr, 8th Grade
Monarch School

As a nonprofit organization, **San Diego VeloYouth** is limited by financial constraints. Dedicated people who believe in making a difference are vital to the ongoing success of the program. We welcome your support and have many opportunities for gifts of time, money or equipment.

- Volunteers to support young athletes – cheering and encouraging the kids. Cycling experience is not required.

- In-kind donations: Helmets, Cycling shorts, Jerseys, Bicycles in good condition, and Office Supplies.
- Monetary donations: QOLC is working towards our 2016 goal of raising \$120,000 for the purchase of: Bicycles & Equipment.

All donations are welcomed, appreciated and tax deductible TIN #20-5173974.