

POSSIBILITIES IN MOTION



Living San Diego VeloYouth

In 2015 we shared Charles' story – an at-risk youngster failing in school, financially supporting his family of five, and his dream of joining the police department dwindling. Through San Diego VeloYouth, he found a spark that shifted his momentum. In 2016 Charles graduated from Hoover High School and began working as a security guard for Macy's. In 2017, still on his path to become a police officer, Charles began working for the Union of Pan-Asian Communities as part of their Alliance for Community Empowerment as a Gang Prevention Specialist.

Recently Charles reached out to VeloYouth in an email that read, "VeloYouth inspired me not only to a healthier life, but with the STARS program it showed me that I have self-worth and motivated me to be an active member in the community and help others."

As part of helping others and giving back, Charles is returning to VeloYouth to talk with Hoover High School students, combining his gang prevention work with the STARS curriculum of Self-Respect, Teamwork, Achievement, Responsibility and Success.

Not only did Charles incorporate what he learned in VeloYouth into his own life, but he introduced it to his two younger brothers and encouraged them to participate in the program; consequently, Danny graduated from VeloYouth in 2017 and David will graduate this spring. When VeloYouth principles live in the heart, they have the power to transform individuals, families and communities.

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Congratulations!

In February 7 athletes from Chula Vista Middle School earned bikes AND raised over \$500 to Pay It Forward for another group of students.

Thank YOU!

A big THANK YOU to Dan Sbicca and John Sarkisian for being our celebrity bartenders at our January 31st fundraiser at Sbicca's in Del Mar. It was a tremendous success, raising nearly \$40,000 to support at-risk youth in San Diego. Thank you to all of our donors and supporters for making the evening so memorable!

Also THANK YOU to Las Patronas for granting funds for (80) new San Diego VeloYouth jerseys. Las Patronas is a philanthropic organization with a long history of giving. Since its inception in 1946, Las Patronas has donated over \$20 million to over a thousand charitable institutions in San Diego.



THANK YOU Team Podium & Team Sprinter Sponsors

J& L Pie Company – Podium Sponsor
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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:

"I learned that I am responsible for how focused I am, how hard I try and how much success I achieve."

- Albert, Monarch School
for the Homeless

Coach's Corner: Moving From Head to Heart

As VeloYouth grows, I continually look for ways to describe some of the amazing interactions we have with the kids - things that touch my heart and make me proud.

We entice kids into a fun program with a cycling experience, and then we teach values. We offer experiential learning, defined as "learning through reflection on doing", in a mix of on-the-track and off-the-track lessons. Recently I was at the track coaching one of my athletes, watching his hard work and improvement. There was that one special moment when all the training had moved from a skill he had worked on, that lived in his head, to a feeling that moved into his heart. It was very rewarding to see this athlete pumping his fist and truly experiencing his accomplishments.

During the six weeks of San Diego VeloYouth, we transfer such on-the-track experiences to lessons in a class setting, off the track. VeloYouth's unique program introduces the kids to the ideas of S.T.A.R.s. – Self-Respect, Teamwork, Achievement and Responsibility. After each class session, we have a drill on the bikes that works constructively with our STAR's concept. This allows us to communicate with the kids, opening their eyes to new ideas, as well as new ways of doing things. We plant seeds of change.



Then we move onto the track and offer the kids immediate feedback on how they are practicing the concepts they have just learned. For most, this is the "Ah-Ha" moment where the suggestions and ideas we plant in their heads become a feeling, and the reality is right there for them to experience. This is that moment where we see shifts from head to heart - from thinking about something to feeling it, from thinking it's a good idea to feeling it's a good idea. For many, this creates a desire to find these feelings again and again. This is so very important for growth. We all know in our heads the correct thing to do, however we don't always do it. I believe when you attach feelings to knowledge, head to heart, change and growth begin to happen. This is what I strive to impart to our youngsters, on and off the track.

Congratulations, Monarch Team!

San Diego VeloYouth welcomed 10 girls and 9 boys from Monarch School for the Homeless to experience S.T.A.R.S and earn a bike through Paying It Forward and Giving Back to our community.

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.

San Diego VeloYouth
c/o Quality of Life Connections
3455 Malpazo Court
Bonita, CA 91902



Info@VeloYouth.org
www.VeloYouth.org

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. Our class schedules and driving directions to the velodrome are on our website.



"I learned that I am the only person in control of myself and my bike."

– Keila, 8th Grade
Monarch School

Wish List

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 2018 goal of raising \$180,000 to operate our programs.

All donations are welcomed, appreciated and tax deductible.