

POSSIBILITIES IN MOTION



Keeping Our Promise

With your help and support, the 11th year of San Diego VeloYouth is off to a great start, keeping our promise to positively impact at-risk boys and girls in our community. Since January we have hosted 65 students from four schools, with 80% of the kids earning bikes by paying it forward through bike-a-thons, letter writing, and community service.

As a confirmation of the value of the program, Mark Braun, School Counselor at Crawford High, sent the following message.

"This SDVY class was as diverse as they get. Nine countries and 10 languages were represented among the 14 students that finished. Each of the students had a unique life story. Whether the student was a refugee, immigrant, or native born, each found success through SDVY.

"Ling" & "Ler": Ling & Ler both came from South Asian refugee camps. They represent different ethnic groups that are in conflict.

At the beginning of the SDVY class, one said to the other, "I don't like your kind." After a brief mediation, the two boys began supporting one another. The last day of SDVY, they were playing together and laughing. Seeing them put aside years of cultural differences to find common ground was inspiring.

"Bennie": Bennie won the Visa Lotto a few years ago. He and his sister came from the Congo to live with his Aunt while his mother stayed in Congo. During his time here, he as not only mastered English, but has maintained a high GPA and received scholarships for his academic performance. He stepped up from the start as a leader with this group. His support of classmates and genuine leadership by example truly demonstrated his resiliency. He was very proud to show his bike to his mother when she arrived from Congo for his graduation.

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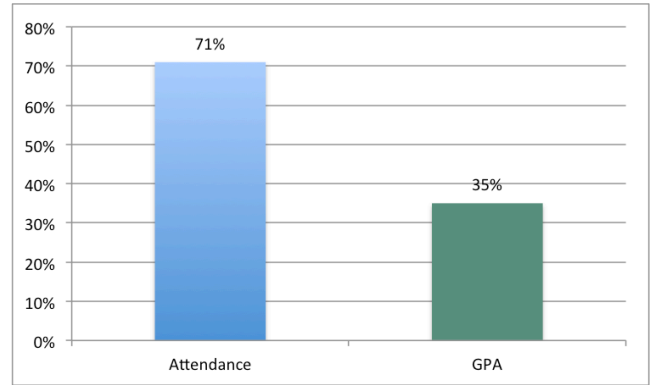
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“Memo”: Memo is a young man that came to the US from Mexico with his sister in August of 2017. His English was very limited and he was in classes geared to English Learners. He seemed a bit insecure and dependent on his sister. SDVY provided him an opportunity to meet students outside of the English Learner program. He finished the program with new friends and a new connectedness to Crawford.

During the SDVY program, **71% of the participants improved their attendance at Crawford and 35% had an increase in GPA.**

“Seeing such a diverse group of students come together in a successful program has been one of the most rewarding experiences I’ve had in 20 years of education.” – Mark Braun, Counselor.

Attendance & GPA Improvements



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:

“You taught all of us how to use effective communication.
I learned about teamwork when I was lacking it...
this has made me a better person in and out of class.”

- Keira, Monarch School
for the Homeless

Coach's Corner: Intersections

Written by Coach Matt Hoffmann



I once heard a man say, "When we are so busy just surviving, there is no time for dreaming." These words have stayed with me both in my own life and in what I see in many of the kids in SDVY. One of my goals during the 6-week program is to help each student create a vision; to look forward and dream of the life they want, a life beyond uncertainty. We talk a lot about the power of choice and not leaving things to chance, on and off the bike.

Everyone has their own path in life that is paved with ups and downs, twists and turns. We hear this all the time, but what we don't always hear is that the paths have intersections. Intersections are different than a "fork in the road." The forks offer a choice of just one way or the other, but intersections are the places where there are opportunities to meet new people and have new experiences. At each of these intersections are experiences that could easily be missed when the head is always down in survival mode. These intersections provide an opportunity to learn about ourselves, have conversations that shape our lives and begin to reveal a greatness that rests deep inside each of us, allowing us to make healthy choices.

What helps me make an impact with VeloYouth, is sharing my life experiences. My journey was not an easy one, and it has only been in the recent past that I discovered my own sense of greatness. It has become my responsibility and privilege to make sure that every kid who comes through our class knows and feels that I see greatness in them. Only then can they start to see it for themselves. The bikes and the program help to manifest this outwardly, but believing it inwardly is the challenge. Once they begin to believe in themselves, they have the choice to live and dream at a higher level. When our kids are flying down the road of life, working hard to just survive, I show them the intersections where they can pause to dream and discover their own greatness.

Thank You!

A big THANK YOU to Jonathan and Rebecca Collopy and Ray and Kim McKewon for hosting our May reception at the Rancho Santa Fe Foundation. We raised awareness and \$8,000. Thank you to all of our donors and supporters for a memorable evening!

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



*"When I was riding my bike, I
felt very happy and proud."*

— Ana M., 7th 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.
- Donations: QOLC is working towards our 2018 goal of raising \$180,000 to operate our programs.

All donations are welcomed, appreciated and tax deductible.