

# POSSIBILITIES IN MOTION



## Finding the Spark

As a young teen, Charles felt trapped - all aspects of his life seemed bleak. He is one of 4 boys in a family struggling to keep their heads above water. His mother is unable to work; his dad's job does not provide full-time employment or enough income to support the family. His father was depressed and suicidal. His older brother struggled with drugs and spent time in prison. The family was homeless at times, living in a van. Charles works to help support his family while going to school. Many times, school was not a priority - his daily concerns for survival far outweighed his desire or need to study. His grade point average was 1.2. One of his assignments for school was to go to the S.D. Velodrome to document a new program at Hoover High School - San Diego VeloYouth.

More than just a school assignment happened that day. A spark was ignited. The enthusiasm and energy from SDVY permeated Charles to his core. He was the first person to submit his application for the next SDVY session.

As we often see, there is magic at SDVY that opens new possibilities. Charles learned that hard work and perseverance paid off. Even though he was overweight and had a previous mind-set of quitting, he realized that he could not abandon his commitment to SDVY without negatively impacting his teammates. He heard his team and coaches cheering for him as he kept pedaling toward his goal. The spark ignited set off a pattern of achieving that affected his entire way of thinking. He entered into a contract to improve his grades, and now, as a senior, has a 4.0 GPA. He continues to work to provide for his family, but does it with a newfound optimism and hope for the future. His goals are to attend college, join the military and fulfill his dream of becoming a police officer. In the meantime, he volunteers for SDVY and participates in police training programs. He was recently promoted to Sergeant, becoming responsible for 14 other students. He shares the VeloYouth STARs values with those students.

Once again, SDVY has set off a spark that changed a young life.

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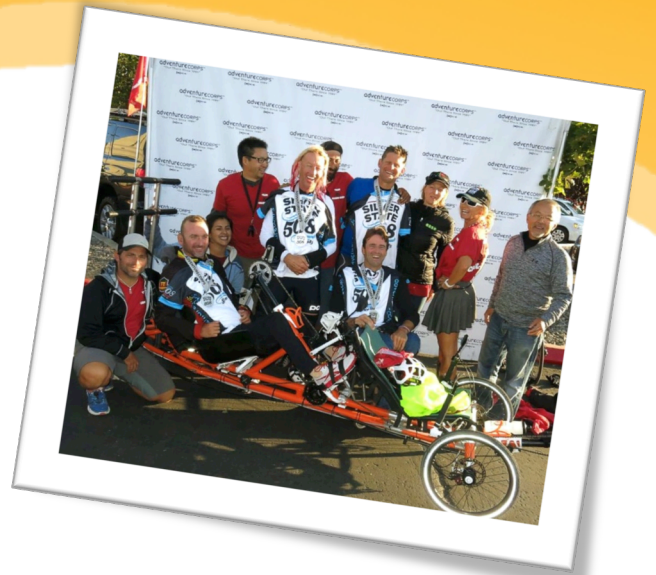


## Coach's Corner

by Coach Matt Hoffmann

Through VeloYouth, I have been fortunate to meet and work with many amazing people. I get to see the kids who come into the program blossom, grow and change. Especially rewarding is witnessing the graduates inspire others.

I also work with The Challenged Athlete's Foundation, helping them with their goals of competing in and completing races. I have come to realize that the challenges they face are different, but similar to those of the VeloYouth kids. Watching two of the challenged athletes, Lance Weir and David Lee, complete a Silver State 508 Race was incredibly inspiring. They worked together as a team to reach the finish line just as the VeloYouth kids work to overcome fears as they fit into a new team.



These athletes know that they have the mental strength to accomplish the goal, but often need a helping hand.

VeloYouth kids don't always see their strengths, but with the helping hand of the program, they come to the realization that with hard work, commitment and focus, they will be successful and reach a finish line.

Through our differences we often find our similarities.

**The Silver State 508 cycling challenge took place in Nevada on September 19-21, 2015.**

Visit [2015 Team Chase 508 Movie](#) to hear the story and share the journey of Lance Weir and David Lee.

## 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 received recently speaks volumes about the effect of SDVY:

*"Responsibility means picking yourself up when you fall and looking for other doors when you think all of them are closed."*

- Cristobal, Hoover High

# Looking Back, Looking Ahead

## Looking Back

More than just a cycling program, VeloYouth allows at-risk kids to experience new ways of thinking and being. With your help and support:

Since 2006, SDVY has:

- Touched the lives of nearly 1,000 youth
- Provided a means of increased physical exercise, fun and transportation, with nearly 500 kids earning bikes
- Given back to the community through over 2,000 hours of community service.

SDVY is proud to report:

- Over 83% of graduates improve confidence and self-esteem
- Athletes have ridden more than 800,000 miles
- Increased regular physical activity by 68%
- Over 87% improve exercise and healthy eating.

## Looking Ahead

Our future is looking even brighter than our past. In 2016 we will continue to grow:

- New funding partners, including welcoming the Duane Roth Legacy Foundation to the VeloYouth team
- Expanding opportunities with new school partners
- Adding vocational training with our high school partners
- Hiring our first part-time staff to guide our growth and link our partners.



## Realizing A Dream

On January 14, 2015, Tommy Caldwell and Kevin Jorgeson made history by becoming the first to free climb the Dawn Wall in Yosemite. They used only their hands and feet and completed a climb many thought impossible: 3,000 feet straight up to the summit of El Capitan.

In October 2015, Lance Weir and David Lee became the first challenged athletes to finish the Silver State 508 cycling race. Lance is quadriplegic, and David is paraplegic. Together, with their team of helpers, they overcame huge obstacles with mental and physical strength and crossed the finish line.

In June 2015, Coach Matt Hoffmann crossed the finish line in the Race Across America in 11 days. He rode 3,000 grueling miles from California to Maryland and is one of only 305 people worldwide to ever finish the race solo.

In the spring of 2013, a young teen diagnosed with autism, rode a bike with no gears and no brakes around the San Diego Velodrome. She had never ridden a bike before and had limited balance and confidence. She worked hard at every SDVY class session and through determination and the help of her teammates, she accomplished a herculean task.

What do all of these athletes have in common? They all had fears and doubts surrounding their dream, but they had determination to overcome, to do what many thought could not be done. They set a goal and worked hard. They did not give up.

With the right attitude, any dream can become a reality. This is just one of the lessons shared at SDVY.

# 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@QOLC.org  
www.qolc.org

Positively Impacting  
Our World, One Life  
at a Time

Visit our website for photos, program updates, and our video: [www.qolc.org](http://www.qolc.org).  
The public is welcome to watch **SDVY** cyclists in action at the San Diego Velodrome on Balboa Park's Morley Field.



## Wish List

*"It's time for me to try  
something new, learn about  
new places and exercise more."*

– Arianna, 8<sup>th</sup> 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 \$125,000 for the purchase of: 80 Helmets & Bicycles

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