



- 501(c)3 non-profit organization
- Founded in 2007 to provide kids ages 9 to 14 with a safe and healthy environment to discover the sport of triathlon, free of charge.
- Over the years, ACHIEVE has expanded from a single camp-site in Washington, DC to three camps in DC and one in Houston, TX
- ACHIEVE has trained hundreds of children to accomplish what they never dreamed possible, inspiring not only seasoned triathletes, but their families and communities as well



Hunter Kemper, 3-time Olympic triathlete with ACHIEVE kids at 1st Annual Olympic Day in conjunction with United States Olympic Committee and Chicago 2016



- Happy Hour Fundraiser with DC Tri Club
 - Fashion show with Craft Apparel
 - Ruffled off prizes from sponsors
- DC Kid’s Triathlon with over 100 triathletes from all three locations competing together



The Nation’s Triathlon Brand Ambassadors pose in Craft apparel and Xterra Wetsuits during the ACHIEVE Happy Hour.



ACHIEVE
needs continued support and funding to provide USAT- certified coaching, equipment and resources to camp locations.



It's rare in this life that one can point to the event that changed the course of their entire life. June 15, 2008, the day my daughter Aliza Royce Bolling, age 9, joined the DC Achieve Triathlon Camp at Kenilworth park side Recreation in North East Washington DC, was the day the lives of my family were transformed. On that day, unbeknownst to us at the time, the DC achieve program launched my family like a rocket on a journey that is now headed towards the [2016 Olympic games in Rio DeJaniro](#)

During that 1st summer program (the 2nd year of the programs operations in DC and expansion into far northeast), Aliza finished the race...her confidence was boosted and self esteem strengthened. This was fueled by the weight she lost and the sense of accomplishment she gained by limping across the finish line. In a city where 95% of all children ages 7-15 are morbidly obese (according to the BMI standard), Aliza had not escaped the symptoms of this epidemic ravaging the lives of so many families across this country. But in fairness to Aliza her parents (that's Melinda & I) are enablers that have contributed to her health circumstances. At 9, according to her pediatrician, Aliza was in the 97 percentile of her BMI chart.

When the DC Achieve camp ended, Melinda and I knew we could not go back to our old ways. The program had put Aliza in motion and we were determined to build on her success. Some of the Achieve coaches and staff encouraged us to seek out extra curricular activities that would build on the experiences Aliza had gained. And with that we sought out and joined the DC Wave swim team in September 2008. This local competitive swim team is sponsored by the D.C. Department of Parks and Recreation (DCPR) and is a member of the Potomac Valley Swimming league (PVSL). Over the course of the fall and summer competitions, Aliza participated in 5 meets including the 23rd District of Columbia Annual Black History meet and the 22nd Black Heritage Meet in North Carolina. At the conclusion of her first year with the D.C. Wave Swim Team, Aliza won the award for Most Improved Rookie in the 9 - 10 year old category.

During the summer of 2009, Aliza continued competitive swimming with the Takoma Park D.C. Swim Team. Aliza also participated for her second year in the D.C. Achieve Kid Triathlon. Both activities were enriching and exciting for Aliza and the family. Aliza vastly improved her time in the triathlon and won the award for Fastest Girl Swimmer. Additionally, Aliza and the Takoma Park D.C. Swim Team were successful and completed the summer league undefeated!

D.C. Achieve has ignited a flame in Aliza and exposed her to many rich opportunities as an athlete. She has been invited to Press Conferences and honored by the D.C. Mayor and City Council as a member of the D.C. Wave Swim Team. She has been invited to the Nation's Triathlon and watched some of her coaches compete. Over the upcoming year, Aliza continues to train and looks forward to entering a local kid triathlon and continuing to build the skill set she began with D.C. Achieve.

It is amazing the impact the DC Achieve program has had on our family. At 10, Aliza's sights are now focused on becoming a triathlete in the 2016 Olympics...[see her USA Today interview](#); her recent visit to the pediatrician revealed a drop in her BMI score to the 90th percentile; her brother, Absalom is now on the swim team trying to keep up with his sister; Melinda & I are working hard to improve the consumption of "Good food"; our family is biking along the Mount Vernon trail in route to Washington's home; and most importantly, my daughter is happy, her self esteem continues to improve and her comfort with her body image is growing.

To the DC Achieve staff, keep up the fight, your program is saving lives...one family at a time, you have saved ours.

Sincerely,

Anthony, Melinda, Absalom & Aliza
The Bolling Family



Aliza on the bike during the 2009 DC Kid's Triathlon



D.C.-based program prepares youth to become triathletes

By Cory Francer, USA TODAY June 22, 2009

WASHINGTON — Mayor Adrian Fenty is doing his part to help bring the sport of triathlon to the city's youth.



Cool out: Chris Hohn helps children swim in the Achieve Kids Triathlon camp in Washington.

Quantico Herald

Story Submitted: July 31, 2009

Inner-city youth form healthier lifestyles

Lance Cpl. Christopher Duncan WASHINGTON, (July 24) -- Volunteers from Marine Corps Base Quantico and Henderson Hall attended Achieve D.C.'s Nation's Triathlon Program, held at the Kenilworth Parkside Recreation Center, July 24. The program is geared toward helping inner-city youth form healthy and active lifestyles. Through six weeks of healthy eating, physical activity and team-building exercises these children are prepared for the triathlon that would test them physically, emotionally and ultimately be a display of personal growth and team spirit.



Swimming was one of the events during Achieve D.C.'s Nation's Triathlon Program, held at the Kenilworth Parkside Recreation Center, July 24.



Spokes Magazine, August 2009 issue
By Lisa A. Kilday

CAMP ACHIEVE

Another highlight of this epic weekend of triathlon was a pre-race visit of 20 elite triathletes to DC's Camp ACHIEVE.

DC's Camp ACHIEVE is one of the only triathlon-specific sport camps held in the U.S. Now, in its second year, the six-week camp allows inner city youth to learn about fitness and the fundamentals of swimming, biking, and running at three different D.C. park locations. Camp ACHIEVE's season will culminate with a USAT-sanctioned triathlon where the campers from the three sites will compete against one another on July 24th.

During the ITU weekend, the kids at Camp ACHIEVE had the opportunity to meet professional triathletes and get tips from the pros. A few of the elite triathletes helped the kids at each station, such as, bike transition and running.

After a group stretch and a few warm-up laps around the field, the triathletes posed for pictures with the kids. Among those who participated were 2008 Beijing Olympic gold medal winner Jan Frodeno from Germany, Olympian Tim Don from England, and many other triathletes from the US, Germany, Switzerland, Canada, and Australia.



The kids especially enjoyed meeting three-time U.S. Olympian Hunter Kemper and taking pictures of him with his Wheaties cereal box that featured him. Kemper was the first triathlete to ever be featured on a Wheaties cereal box. At this point, the kids marveled at the Wheaties box and really understood how famous the triathletes are.

Accomplished triathlete D.C. Mayor Adrian Fenty attended and proclaimed June 19 as Olympics Day in the Nation's Capital.



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Three-peat for DC's Kids Triathlon Camp

September 4, 2009 4:28 PMDC Sports Travel Examiner Lisa Kilday

The grim snapshot of DC's wellbeing makes ACHIEVE Kids Tri aka Camp ACHIEVE for inner city kids remarkable. Camp ACHIEVE is not just a sports camp. The free camp is in its third year and features instruction in swimming, biking, and running along with nutrition education that culminates in a United States Triathlon Association (USAT) sanctioned kids' triathlon on July 24th. This summer, the camp expanded to three locations in DC: Turkey Thicket Recreation Center, Kenilworth Parkside Recreation Center, and Benning Park Community Center. A satellite location of Camp ACHIEVE is located in Houston, Texas. McDonald's, Craft clothing, Kahru shoes, Bike Lane, and Speedo are among the sponsors of the free camp. About half of the kids attended the triathlon camp before.



Olympian Hunter Kemper with Kids Tri

