

Executive Summary

Leap for Your Dreams Foundation is a 501c3 federally tax exempt nonprofit organization based in the city of College Park, outside of Atlanta, Georgia. Founded in 2018, the foundation partners with the cities, schools, nonprofits and civic landscape on the south side of Fulton County (College Park, East Point, City of South Fulton) to build a future generation of leaders who heal from challenging backgrounds, take advantage of opportunities, and aspire to lead with clarity and purposeful conviction.

Children who believe they can impact the world are inspired to achieve milestones and success based on their dreams. Our goal is to transform neighborhoods and communities by nurturing children to become community-centered, socially-conscious problem solvers. Keeping the metro-Atlanta in mind, we focus our efforts around underserved and under-resourced families in East Point, College Park, and South Fulton. Our vision is to create hubs of hope around Title I schools where children, teachers, and administrators see access to our programming, and our program model, as a key intervention to poverty and poor outcomes for children and families.

With the understanding that “Movement Matters,” the Leap for Your Dreams Foundation strives to provide youth with the knowledge, skills, and experiences needed to have the confidence to leap for their dreams, whatever those dreams may be. We foster resilience in education by emphasizing the importance of access to physical education, service-learning, and intergenerational community mentorship.

You can only go as far as your mind will take you. Our evidence-based programming intervention links exposure, which motivates students to dream bigger; and skill-building, which helps students build confidence; to high-quality physical education access, which promotes trauma release, healing, and resilience. By centering access to physical activity in our program model, our goal is to deepen the impact of exposure and skill-building focused programs. Brain science provides evidence of the ways in which poverty limits mental cognition and future orientation of children and adults. There is also ample evidence that physical activity changes brain chemistry and promotes healthier outcomes. This evidence necessitates that we design interventions that go beyond academic preparation and career readiness.

Our goal is to provide scholarships to students each year to work with dedicated youth sports educators across gymnastics, yoga and other team-based sports through our Leap for Your Dreams scholarship fund. These educators are vetted and trained in positive youth development and we are in alignment about the transferable skills sports training, physical activity, and structured play can provide to young people facing poverty and other adverse childhood experiences.

In 2026, we also plan to work with up to 5 students to pilot the PEARL program as the next layer of building our Hubs of Hope. In addition to the scholarship, these students will receive intensive tutoring, mentorship, skill building, community service, and mentorship opportunities. In a wraparound, 2-generation model, whole families will participate in the intake process and a suite of programmatic interventions will be tailored to each participating family.

By 2036, our vision is that every Title I school in College Park, East Point, and South Fulton has 2 participants each year. Our pedagogical sound, evidence based work in leadership development and learning transforms lives and creates socially conscious leaders who are community-centered problem-solvers. Our yardstick is that students who have benefited from the program come back to the community to serve as mentors and leaders in the program; and eventually become public servants working to change policy and institution. By building hubs of hope in underserved communities, children believe they can impact the world and are inspired to achieve milestones and success based on their dreams.