



2023

IMPACT REPORT

WWW.HEARTOFTHECITYSPORTS.ORG



MISSION

Heart of the City is committed to providing an accessible youth soccer program and access to high quality programs and experiences for our athletes.

Using soccer as the vehicle, our programs are designed to provide a developmental pathway for underserved youth to build social-emotional and leadership skills, access academic support, connect with free and reduced health and wellness resources, and learn about post-secondary opportunities that empower them to have a brighter future.

“It’s more **FUN** to play from the **HEART!**”

-Academy Student Athlete



FROM THE DIRECTOR & BOARD PRESIDENT

2023 was a year of transition, a great year of growth, and our largest program year ever. As we moved through the year, celebrating our student athletes' successes, overcoming challenges and barriers, and partnering with community organizations, we were filled with a heightened feeling of strength and purpose.

In this post-pandemic world, schools in underserved communities continue to struggle to provide high quality and safe afterschool spaces. Opportunities just aren't the same for families who battle socioeconomic challenges daily. And those opportunities, or lack thereof, can make the difference in whether a child thrives or just survives.

So, while we continued to support our families and grow our programs in our home city of Waukegan, we turned some of our attention outward to neighboring communities. Last year our expansion took us to three school districts outside of Waukegan: North Chicago School District 187 (in partnership with North Chicago Community Partners), Gurnee School District 56, and North Shore School District 112 in Highland Park and Highwood. Youth who hadn't been able to participate in programs like ours before, were excited to join us on the field, make connections with their peers, bond with caring coaches, think critically, communicate effectively, and feel a sense of belonging.

It's the holistic combination of play on the field and positive growth off the field - soccer and life skills - that make all the difference and chart a course of future success for youth.

All of these accomplishments would not be possible without our supporters, coaches, staff, Board of Directors, partner organizations, and families. Thank you for the enthusiasm and passion you have shown for our unique mission of sports-based youth development. And thank you to our student athletes for your energy, drive, and passion – you are our motivation as we are yours.



Rena Lee
Executive Director



David Motley
President, Board of Directors



ACCESSIBILITY

While soccer is the most popular sport in the world, it is one of the least accessible for youth in the United States. Astronomical costs, racial and social inequities, and many other barriers limit the opportunity for kids to benefit from playing sports. These inequities create an uneven playing field where the number of youth living in low-income households playing sports is just half that of youth from wealthier homes, which leads to physical, mental, and emotional repercussions far into adulthood.

Heart of the City was created to provide accessible youth sports and level the playing field for underserved youth in the Lake County communities that need it most.

Thanks to our donors, corporate sponsors, and funders, the total cost of our program is subsidized at 95% so that all youth have the chance to play, learn, and grow. Our low registration fees are spread out over the year or youth receive scholarships that reduce or eliminate their fees altogether.

With your help, we went from serving 690 student athletes in 2022 to serving 1,157 student athletes in 2023.





OUR PATHWAY

We use soccer as the vehicle to engage and develop our student athletes with skills and opportunities that they might not otherwise have been offered.

“ Our son’s confidence soared after participating in HOTC programs! Thanks for helping him develop into a stronger child and leader. ”

-Parent

OUR PILLARS

YOUTH VIOLENCE PREVENTION

In 2016, the Search Institute found that when youth had a greater number of positive relationships with adults, they reported higher academic motivation, stronger social-emotional skills, and a more responsible attitude and were less likely to engage in risky behaviors. Our programs are a positive outlet proven to be effective in keeping youth from turning to violence, crime, anti-social behavior, and drug use.

- **83% of our student athletes report improved leadership skills.**

HEALTH & WELLNESS

Healthy lifestyles are an important component for all kids. Our programs are proactive in improving lifestyle choices and emphasizing physical, mental, and emotional wellbeing through partnerships and referrals to community organizations, nutrition guidance, individual and group mental health support, physical therapy, injury prevention programs, resource tables at the field, and needs assessments.

- **75% of our parents report their child improved their physical health.**
- **100% of staff and coaches completed the Youth Mental Health and First Aid Training.**

SOCIAL-EMOTIONAL LEARNING

SEL is inserted into the program as a way to empower student athletes with essential life skills focusing on self-awareness, self-management, social and relationship skills, decision making, and conflict resolution. We carve out time before training with lessons that help youth manage their emotions, develop empathy, and reduce stress.

- **78% of our parents believe their child improved self-confidence.**
- **85% of our parents believe their child improved sportsmanship.**





POST-SECONDARY READINESS & WORKFORCE DEVELOPMENT

Our youth development program utilizes a holistic approach to focus on the whole child with the goal of positioning our student athletes to succeed after their high school graduation. College trips, career exploration visits, career chats with local businesses, ACT/SAT prep, FAFSA workshops, and one-on-one coaching help them identify goals and a plan to achieve them.

- **100% of our high school seniors graduate and go on to a post-secondary institution.**
- **87% of our students say they have an increased desire to have a plan for their life after high school.**
- **82% of our students have an increased desire to go to college.**

COLLEGE SOCCER RECRUITMENT

Student athletes who want to play soccer in college receive assistance with recruitment through application assistance, college tours, entry to ID events, meetings with a recruitment specialist, informational sessions with college coaches, and the creation of highlight reels and a profile to send to college coaches.

- **43% of our high school graduates are recruited to play soccer in college.**

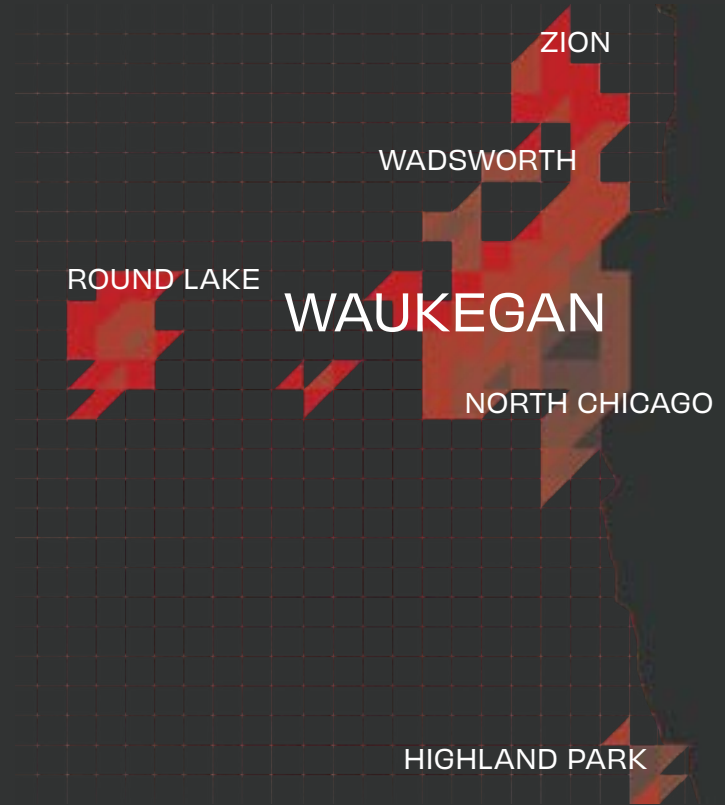
FAMILY ENGAGEMENT

As our student athletes are perfecting their skills on the field and off, our coaches and staff are providing support, workshops, social events, and more for the whole family. Throughout the year, we engage families at our team celebrations, holidays, and educate them on community information that can help them flourish.

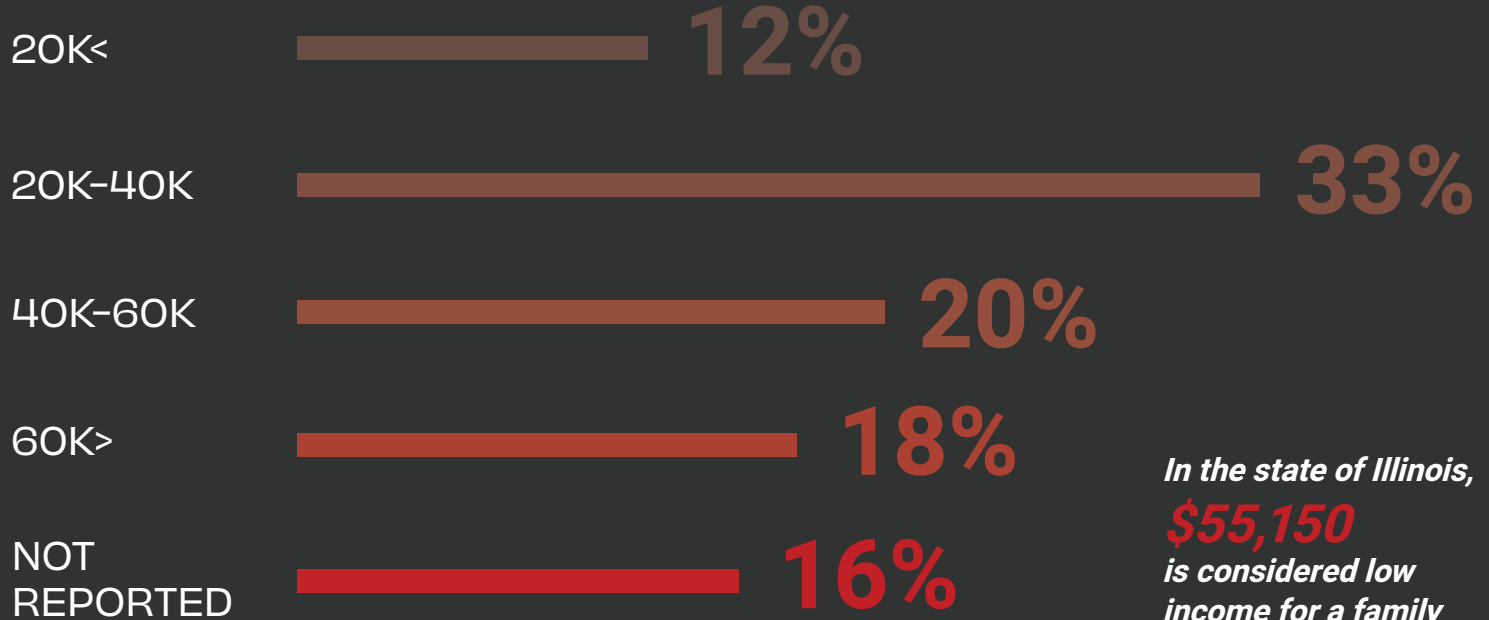
- **Hosted 11 family events and 23 resource tables in 2023.**

OUR STUDENT ATHLETES

35%	WAUKEGAN 405 STUDENTS
15%	HIGHLAND PARK / HIGHWOOD 175 STUDENTS
10%	GURNEE 116 STUDENTS
9%	ROUND LAKE 104 STUDENTS
7%	BEACH PARK 81 STUDENTS
7%	ZION 81 STUDENTS
6%	PARK CITY 69 STUDENTS
4%	NORTH CHICAGO 46 STUDENTS
4%	WADSWORTH 46 STUDENTS
3%	OTHER 35 STUDENTS



ANNUAL HOUSEHOLD INCOME OF HOTC FAMILIES



*In the state of Illinois,
\$55,150
is considered low
income for a family
of four.*

OUR PROGRAMS

SERVING **1,157** PLAYERS

380
PLAYERS

GRASSROOTS

Our free introductory soccer clinics and camps are implemented at partner locations, such as schools, park districts, and other nonprofit organizations. These one or two-day clinics focus on fun for elementary and middle-school youth, which gives them a positive introduction to the sport of soccer, helps build long-term healthy habits, and focuses on teambuilding.

457
PLAYERS

ACADEMY

Our recreational soccer Academy is a developmental program for ages 5-12 to learn the basics of playing soccer. Sessions are held for 6-8 weeks throughout the year, and practice is once or twice per week. The curriculum incorporates short social emotional learning exercises around teamwork, communication, and decision making, and introduces families to resources with our partner organizations.

320
PLAYERS

ELITE TRAVEL

Our Elite Travel program is high-level and competitive play for ages 8-19 focusing on more intensive player development to prepare students for college level soccer. Travel teams are formed by tryouts twice per year and teams practice 2-4 times per week. Games and tournaments are played in and out of the state. We incorporate more intensive social-emotional learning exercises and teambuilding field trips into the program. Our youth development team meets one-on-one with high schoolers to ensure they are on track to graduate, have a plan after high school, and help break down any challenges and barriers they are facing.



OUR STUDENT ATHLETES

77%

LATINX

10%

AFRICAN AMERICAN

7%

WHITE

1%

ARAB AMERICAN / MIDDLE EASTERN

1%

ASIAN / PACIFIC ISLANDER

1%

NATIVE AMERICAN

3%

OTHER

73%

MALE

27%

FEMALE

15%

5-7 YEARS OLD

60%

8-12 YEARS OLD

25%

13-19 YEARS OLD

YOUTH VIOLENCE PREVENTION

In those communities where violence holds victims, families, friends, and the entire community hostage, our soccer and youth development programs are a positive outlet that have proven to be effective in keeping youth from turning to violence, crime, anti-social behavior, and drug use and helping them to think positively about their futures.

Gun violence, homicides, and shots fired incidents continue to be on the rise in Lake County. From 2019 to 2023, gun related homicides increased by 425%, and 80% of those incidents occurred in Waukegan, North Chicago, and Zion. And not just community violence, over 30% of 8th grade students report experiencing or witnessing physical abuse, bullying, or domestic violence.

For youth that have experienced or been exposed to violence, sports is a positive activity where they can learn skills and be a part of a team with guidance from a caring adult mentor. The mental and emotional benefits are significant: reduced rates of anxiety and depression, decreased stress levels, and increased confidence and self-esteem. In addition, participation in sports has been shown to reduce substance abuse, lower risk of suicide and risky behaviors, as well as reduce children's risks of diabetes and cancer.





Our program includes five approaches on and off the field to address youth violence and support our student athletes:

- **Promote skill building and social-emotional learning.**
- **Create safe spaces.**
- **Foster positive relationships.**
- **Reduce stress through healing-centered sport, physical activity, and play.**
- **Facilitate relationships and connections to resources and services in the community and beyond.**

The combination of sports with caring adult coaches has been shown to lead to improved academic performance, increased graduation rates, and improved higher educational aspirations.

“ I was lost with what I was doing. Without HOTC, I think I would have been in the streets. They help kids like us keep playing soccer. ”

-Jair, Age 15, Elite Student Athlete

MARIO'S STORY

Last year, Mario joined us as a sophomore in high school because he was seeking a program that offered additional support on and off the field. He quickly became connected with our coaches and youth development team. When they started to notice a change in his attitude at practice and games, they reached out to his parents and learned that the family had been affected by community violence. Mario shares his personal story below.

"Being a goalie, it is a tough position. You learn how to work under pressure, how to communicate, and it all falls into real life. I was playing with a different club and when I came to Heart of the City, I felt so comfortable, everybody was so welcoming.

On the Fourth of July, it was nighttime, and a car pulled up, four guys hop out of the car and then they just start shooting up my house. My older brother was in the living room and a bullet grazed him. Seeing my parents was the hardest thing. They were broken, they were destroyed. They almost lost their son, and they couldn't do anything about it.

I have a very close relationship with Francisco at Heart of the City, and when he learned about what happened, he put my family in touch with resources to help us through. It just made me feel safe having a person that is there for me.

Heart of the City takes us on trips to colleges and businesses and, as a rising sophomore, I feel like I am doing things that juniors and seniors are doing. I feel like the college and career trips give me an advantage. My parents didn't go to college, they didn't complete high school. I can't go to them and ask them questions about how to do things like this. That is where Heart of the City steps in.

I want to play soccer in college, and I want to pursue my education. But in case soccer doesn't work out, my plan is to get a degree in psychology. I know Heart of the City can help me get there."



AFTERSCHOOL SATELLITE PROGRAMS

Participation in afterschool programs make a difference in the academic and social lives of underserved youth, including higher self-esteem, decrease in anti-social behavior, gaining interpersonal skills, and an increased sense of community. In addition, the presence of positive adult figures as role models provides a support system outside of school.

Due to a lack of access to safe afterschool spaces and programs for youth in underserved parts of Lake County, We formed partnerships with three school districts to bring programming to underserved families.

“...Muchas gracias por todo, mi hijo ha aprendido mucho. Era un niño muy tímido...jugando fútbol se desarrolló mucho más...si, me gustaría que participara en el futuro, gracias.”

...I thank you very much for everything, my son has learned a lot. He was a very shy child...by playing soccer he developed much more...yes, I would like him to participate in the future, thank you.

-Parent

D112 IN
HIGHLAND
PARK /
HIGHWOOD
112
STUDENTS

D56 IN
GURNEE
80
STUDENTS

D187 IN
NORTH
CHICAGO
63
STUDENTS

30% ILLINOIS YOUTH
GO UNSUPERVISED
AFTERSCHOOL



CAREER / COLLEGE VISITS

Our Youth Development and Support program positions our students to achieve postsecondary success. We use a holistic approach that focuses on our student athletes' mental, physical, and social needs. The program strengthens students' communication, relationship building, and intrapersonal skills with the goal of positioning our student athletes to flourish after their high school graduation.

12 COLLEGE VISITS

Alverno College
Carthage College
College of Lake County
Edgewood College
Eureka College
Illinois State University
Lawrence University
Mount Mary University
Northwestern University
Rosalind Franklin University
University of Wisconsin – Madison
University of Wisconsin – Parkside

8 CAREER CHATS

Angie Coronado x2
CEO of Opulent Trucking

Everett Osborn

Actor

Janea Harris

Author

Kei Kamara

Professional Footballer

Marybel Willson

Owner of WWM Fitness

Mykalena Kopystynsky

CTA Mechanic

University Center of Lake County

10 CAREER EXPLORATION TRIPS

Abbott Laboratories

Bel Brands USA x2

Classic Kia

Coca-Cola

Frontline Pro Wrestling

Illinois State Capital

Waukegan Harbor & Marine

Waukegan Fire Department Station #5 x2



COLLEGE RECRUITMENT

As part of our travel soccer program, Heart of the City focuses on college soccer recruitment for those student athletes hoping to play college soccer. We use high tech equipment to record games, provide personalized marketing for individual student athletes, and have a team of college recruitment specialists to guide families through the process.

We provide assistance with applications, tours of nearby universities and colleges, free entry into college ID events, and highlight reels to send to coaches and recruiters.

Our ID events each year are open to any student athletes in Lake County who are hoping to get in front of coaches from colleges in Illinois, Indiana, and Wisconsin. The events are also recorded and shared with coaches who were not present for the events.

Last year, 225 high school and college athletes attended HOTC's three ID Events with 27 colleges represented.



SIGNING EVENT

We highlighted outstanding achievements at our College Signing Event where our student athletes committed to their new college careers. They were joined by staff, board, and families to celebrate their next steps into the post-secondary world.



CONGRATS TO OUR SENIORS

Amairani "Ronnie" Hernandez
College of Lake County

Isaac Rivera
College of Lake County

Jasmine Ortiz
College of Lake County

Jasmine Salgado
Carthage College

Kayli Morales
City Colleges of Chicago - Harry S. Truman

Krystal Hernandez
University of Illinois Urbana Champaign

Mariana Tejada
University of Las Vegas Nevada

ARI'S TRIP TO MEXICO

Ariadne (Ari) Gonzalez, a 17-year old from Round Lake, is a part of Heart of the City's Elite travel soccer program. Ari participated in our winter College ID event that was held in partnership with Tigres FC, a professional Mexican soccer team. Prof. Pavel Alvarado, a recruiter for Tigres FC, was in attendance to scout players.

Ari immediately caught the attention of Prof. Pavel and was invited to travel to Mexico for one week to try out for Tigres Femenil in San Nicolás de los Garza, a city in Monterrey, Nuevo León. Realizing this was a once-in-a-lifetime opportunity for Ari, Heart of the City provided funding and a trusted staff member as chaperone so that she would be safe and comfortable because her parents were not able to travel with her.

Ari was nervous about this opportunity and initially considered not going. However, her family and coaches encouraged her, emphasizing that this was a unique opportunity that should not be missed.

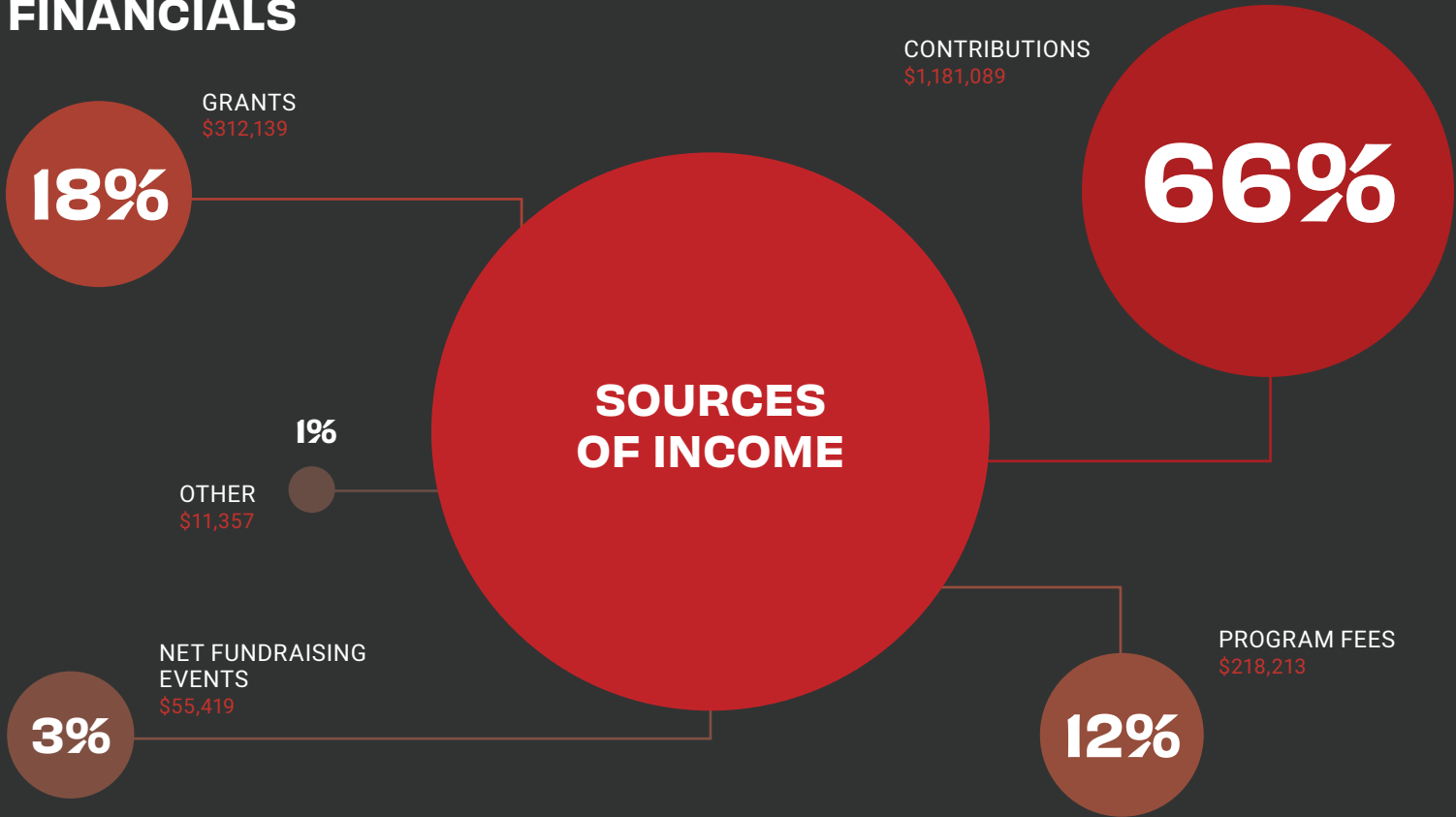
Practicing with the team was physically demanding on Ari, but once practice ended, the players on the team engaged with Ari and reassured her with kind words that she was a valued member of the team.

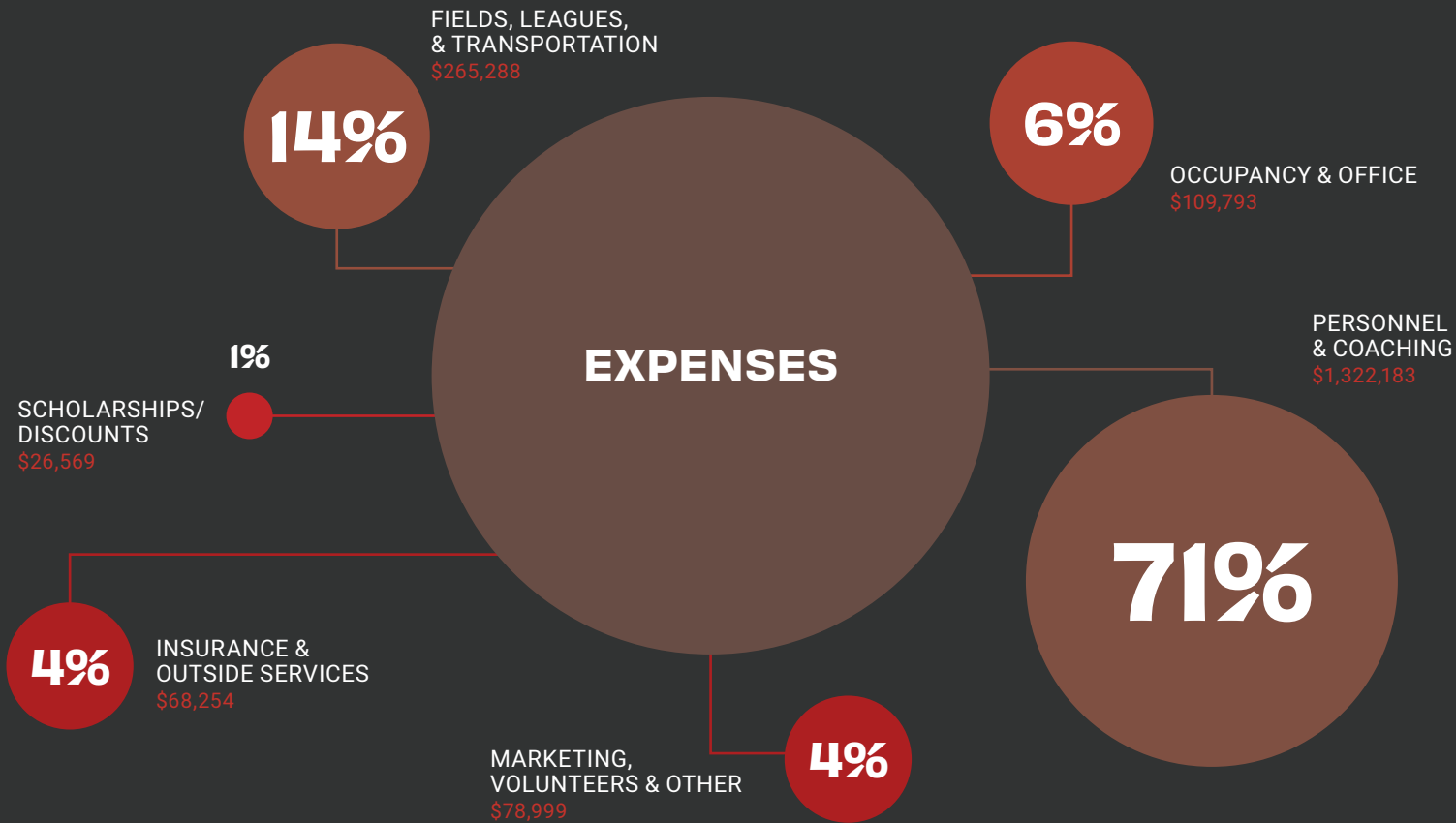
Although it was fun, she had moments where she felt overwhelmed from people sending her messages and well wishes. Overall, she said that she would do it all over again, and be more physically and mentally prepared next time.

The coaches shared that Ari is a dynamic player with a lot of talent, and with continued work can have a future at a professional level of play. Great work Ari!



FINANCIALS





EXPENSES

14%

FIELDS, LEAGUES,
& TRANSPORTATION
\$265,288

6%

OCCUPANCY & OFFICE
\$109,793

PERSONNEL
& COACHING
\$1,322,183

71%

1%

SCHOLARSHIPS/
DISCOUNTS
\$26,569

4%

INSURANCE &
OUTSIDE SERVICES
\$68,254

4%

MARKETING,
VOLUNTEERS & OTHER
\$78,999

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Victor Rico

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Jennifer Hernandez,

Nathalie Sanchez Beltran, Robert Lach,

Tristan Torres Madrid, Yarelle Fajardo

Coaches In Training:

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Samuel Shapiro

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#PLAYWITHHEART

HEART OF THE CITY

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