



GOLD FOR **GHANA**

Be a Part of the Dream

I AM **AKWASI**

I proudly introduce myself as Akwasi Firmpong, a Dutch- Ghanaian sprinter, bobsledder, and skeleton athlete.

I have a dream – a dream I share with 25 million Ghanaians – the dream of bringing home the gold Ghana hasn't been able to claim yet.

I believe not just in that dream, but in my ability to realize this dream on my nation's behalf. Born and raised in Ghana, I moved to Netherlands when I was eight. It is where I acquired the training and qualification needed to become a professional athlete. After years of competing on various international platforms, I have decided it's time to give back to my heritage, my homeland, and my country. I am determined to realize the dream of winning Ghana's very first Olympic Gold medal by becoming the first Ghanaian born athlete to compete in the winter Olympics in the Skeleton.

I need your support in turning a new page in history in the 2022 Winter Olympics in Beijing, China. Let's get Gold for Ghana!

WHAT MAKES AN OLYMPIC CHAMPION

Together We Face the Challenge, Together We Win

Winning an Olympic medal takes more than just one person and his dream. It takes years of training under the supervision of the best coaches, and huge support from the whole nation and the respective government.

Doing my part, I have been trained in the mountainous valley of Salt Lake City, UT. This opportunity re-awoke the dream to represent my home country, Ghana, for the first time in the winter Olympics in the Skeleton. It took years a lot of dedication, motivation, and self-discipline to build a professional profile that will deem me eligible to compete, and win, in the Olympics as the first Skeleton athlete representing Ghana.

I have the honor to have been trained under some of the most known Olympians including American skeleton racer and gold medalist, Jimmy Shea, who offered to coach me after he heard about my quest and dream in 2016. Despite the fact that I had never slid a skeleton on ice before I met Jimmy, he had complete confidence in me due to my perseverance and positive attitude.

"Jimmy reported that the athlete's speed behind the sled during push training surprised him and he believes that Akwasi has great potential to become the first Ghanaian skeleton athlete to make it to the Olympic Games and bring home a gold medal."



FOLLOW MY JOURNEY

From Ghana to Ghana, For Ghana

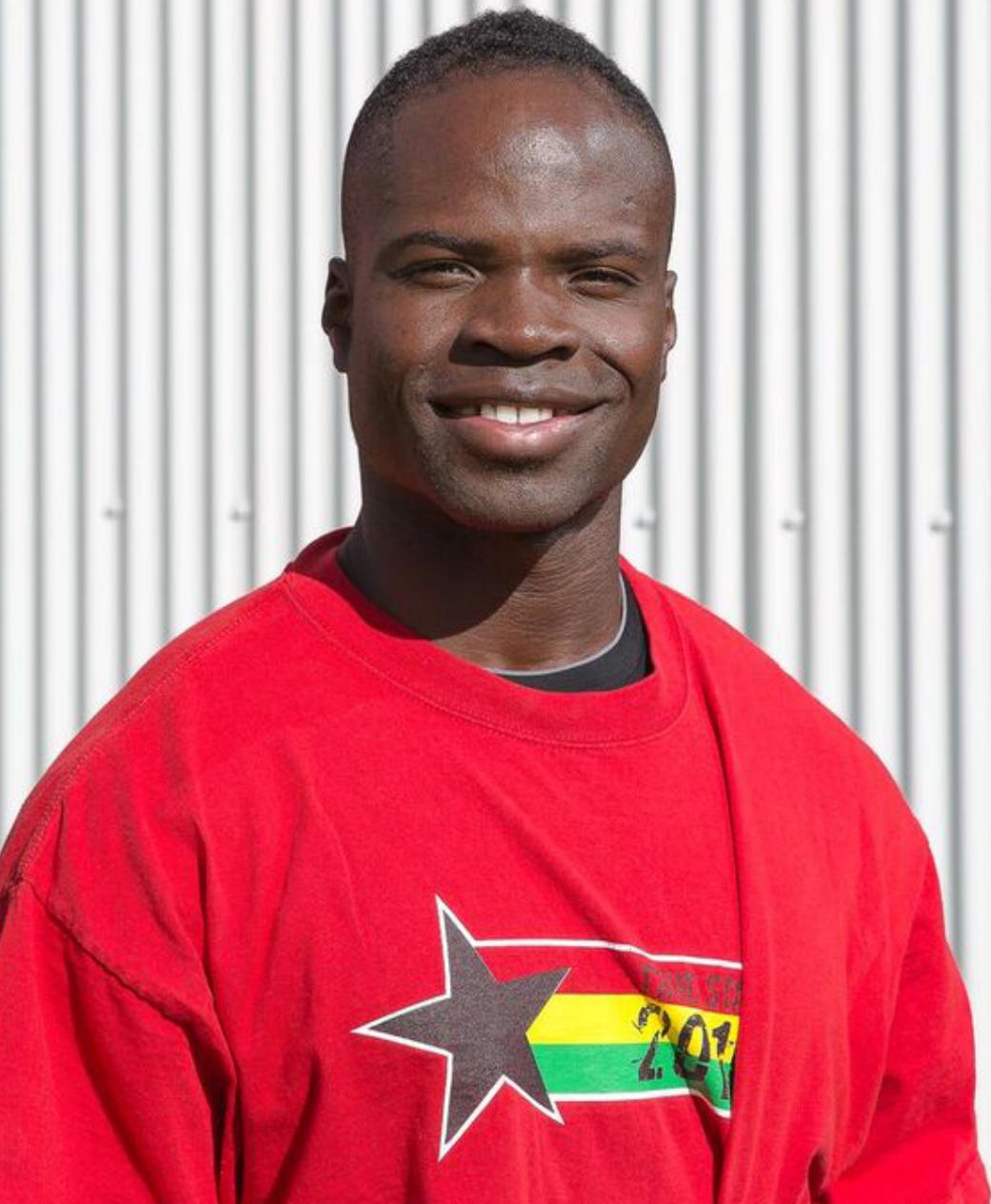


I have come a long way from the eight year old from Kumasi who moved to Netherlands and struggled with immigration issues for 13 years, until gained Dutch nationality in 2008.

My quest for gold started after a friend showed me his medal when I was just 15. It intrigued me to know what it feels to win. That is when I started running under former Olympian Sammy Monsels. By 2003, I was known to most people as the GoldenSprint - the Dutch National Junior Champion in the 200 meter sprints.

In 2004, my dream of becoming an Olympian was derailed after I injured an ankle and couldn't find a doctor in Netherlands who would treat an undocumented immigrant. Thankfully, a physiotherapist, Michael Davidson, had been following my story and offered his services for one euro. It took three year to recover enough to reclaim the dream.





By this time, I had decided to move to the US, the land of dreams and opportunities, to pursue my educational and athletic aspirations. I joined Utah Valley University in 2008, where I began running again. In May 2010, I helped the relay team break the school record during the 2010 Great West Conference Championships, with a time of 41.05 seconds. In 2011, my UVU 4x400m relay team won a gold medal and break meet record during the Great West Indoor Championships held in New York City.

I spearheaded toward success as I joined the Dutch Bobsled team in 2013. With only one sled qualifying for the 2014 Sochi games for the Netherlands, I became a second alternate as a brakemen for the Dutch team. In 2013, my sculpture was constructed in Amsterdam, titled the GoldenSpirit. I was also honored in the U.S. through an athletic race: The GoldenSprint Challenge.

"I battled for 13 years. Giving up was an option, but being patient and persistent were the chosen tools that nurtured the champion from within. What you need for success is already planted deep down inside of you. The root of your success starts in believing in yourself, then it is nurtured with a positive attitude, hard work and persistence, and that will bring your success to reality." © - Akwasi Frimpong



ACHIEVEMENTS SO FAR

History In The Making



2013:

- Sculpture made of Akwasi in Amsterdam.
- Golden Sprint Challenge organized in the USA in Akwasi's honor .

2012:

- Multinational Neways lets Akwasi play an active role in motivating colleagues, besides promoting their company and products.

2009:

- Stared in "The Rabbit Theory," a documentary about Akwasi's life story

2008:

- Columnist for the Dutch newspaper Parool.

2007:

- Elected Johan Cruyff International Student of the Year, based on results and character.
- Won second place as Amsterdam Citizen of the Year Award.



ACHIEVEMENTS



- 2013 Silver in the 2 man bobsled Americans Cup in Park City
 - 2012 Gold GoldenSprint Challenge Invitational (USATF sanctioned) Indoor, 60m
 - 2012 Gold GoldenSprint Challenge Invitational (USATF sanctioned) Indoor, 200m
 - 2011 Gold USA Track and Field Association Championships outdoor Utah (Open) 200m
 - 2011 Silver USA Track and Field Association Championships outdoor Utah (Open) 100m
 - 2011 Gold Great West Championships relay indoor (USA) 4 x 400m
 - 2010 Silver Great West Championships relay (USA) 4x100 m
 - 2007 Bronze NSK (Dutch students) Outdoor, 100m
 - 2007 Gold NK (Dutch junior championships) Outdoor relay 4x200 m
 - 2007 Gold NK (Dutch junior championships) Outdoor relay 10x100 m
 - 2005 Bronze NK (Dutch junior championships) Outdoor relay 4x100 m
 - 2003 Gold NK (Dutch junior championships) Outdoor, 200 m
 - 2003 Gold ZHK(South Holland junior championships) Outdoor, 100 m
 - 2003 Bronze NK (Dutch junior championships) Outdoor, 100 m
 - 2003 Bronze NK (Dutch junior championships) Indoor, 60 m
 - 2003 Silver NK (Dutch junior championships) Outdoor relay 4x200m
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AWARDS AND HONORS



- Carried the Dutch 2012 torch of liberty from Wageningen to Amsterdam (100 km in the Netherlands)
- Best male athlete at the GoldenSprint Challenge Invitational (gave the Goldenshoe trophy to the runner up)
- Great West Conference Champion outdoor with Utah Valley University 2011
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- Great West Conference Champion outdoor with Utah Valley University 2009
- Great West Academic All-Conference 2011
- Great West Academic All-Conference 2010
- Utah Valley University International Academic Award 2008-'09, '09-'10, '10-'11
- Utah Valley University student/athlete award 2008-2009
- Winner Cruyff Academics Student Athlete Award International 2007
- Honorable mentioning ROC of Amsterdam (High school) Topper elections 2007
- Annual Youth Award 2005 (Honorary prize)
- Southeastern Amsterdam athlete 2003

SPONSORS



As a sprinter, Akwasi gained sponsorships from many global organizations, including:

Nike Europe

Intrige (Netherlands)

Acai Action (Multinational)

Neways (Multinational)

Eurotech Group (Multinational)

Top Sport Amsterdam

Manual Physon (Amsterdam)

Zuidoost.NL (Amsterdam)

Utah Valley University



MEDIA MENTIONS

Eurosport
Yahoo
nusport.nl / nu.nl
Daily Herald
Het Parool
NRC Handelsblad
De Telegraaf
Algemeen Dagblad
De Volkskrant
Metro



Het **PAROOL**

YAHOO![®]

deVolkskrant

De Telegraaf

DOCUMENTARY

The documentary film, "The Rabbit Theory (De Theorie van het Konijn)," by Dutch filmmakers Rinske Bosch and Nicole Batteke, begins in 2003 and follows me, Akwasi Frimpong, for five years in the Netherlands. The film follows my journey of training for the Olympics, while fighting for Dutch residency. My struggle, my determination, and my dream is central in this movie.

The documentary premiered in Europe in September 2010 and has since made it many festivals across the world.



THE COST OF CREATING A CHAMPION

A Long way to Gold

I am determined to give all I can to realize the dream that my country can live for years to come. However, as I said, it takes a lot more than one man and all he can do. The cost of creating a champion is more than I alone can afford, and here is a breakdown of what is needed and what's been covered.

Costs to travel and compete in International and local qualifying tournaments in preparation for 2022 Olympics :	\$55,000
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Living expenses from August 2016 till February 2022 :	\$66,000
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Private coaching in Utah and coach's travel expenses to competitions for 66 months :	\$55,000
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Medical Expenses (doctor + therapists) :	\$26,000
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Competition and training equipment (skeleton sled, helmet, sled runners, etc.)	\$60,000
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Subtotal estimated investment:

\$262,000

My out of pocket contribution

\$15,000

Total estimated sponsor investment needed:

\$247,000

LETS MAKE IT HAPPEN

History Awaits Your Contribution

I need your support to make 'our' dream a reality. If you want Ghana to bring home gold for the first time in history, you have this opportunity to play your part. Let's write history together, in a way most feasible and convenient for you.

"The media value of Akwasi Frimpong absolutely exceeds the needed investments. With full enthusiasm, Akwasi will put his positive energy in promoting your organization. Commercial communication is second nature for Akwasi. He becomes an ambassador for the brands he represents, but more than that, being on the Akwasi team, you become a history maker yourself."

Select Swag for Your Contribution

- **\$500**
A personal thank you email, shout-out on my Facebook page and Akwasi Frimong Making History pin and poster.
- **\$1,000**
A personal Thank you email, shout-out on my Facebook page and Akwasi Frimong making history pin, poster, and ten signed T-shirts (unisex) for your organization.
- **\$2,000**
All of the above AND for every \$2000 contribution that I get, I'll mail you the documentary movie, "The Rabbit Theory," about my struggles to success as a kid.
- **\$3,000**
All of the above and your name or business displayed on my personal website www.akwasifrimpong.com for a year

- **\$3,500**
all of the above, and your name or business displayed on my skeleton helmet for a year via a specially designed sticker. Great advertising for you! You will get pictures of this.
- **\$4,500**
All of the above, and a one week personal fitness training by me anywhere you are in the world
- **\$5,000**
All of the above and a greet and meet with your organization including the GoldenSprint shoes for your office. The special sprint shoe I received as a sprinter after winning gold in 2003 in the 200m sprints in the Netherlands. Yours will be in a form of a trophy
- **\$5,500**
All of the above and a 1-hour motivational speech at your office, playing the Rabbit Theory documentary and speaking about the power of persistence, the power of discipline, the power of believing in yourself, and the power of surrounding yourself with positive people.
- **\$6,000**
All of the above and a sculpture of me on a sled for your office. Saskia de Rooy, a professional sculpture artist from the Netherlands will be making it.
- **\$7,500**
All of the above including your name on my traveling vehicle for a year. This vehicle will be used for traveling to training every day and for competitions in North America.
- **\$8,000**
All of the above and spend 3 days with me for training, lunch, and dinner in Park City, Utah.
- **\$10,000**
All of the above and have your name on my Olympic competition sled for a year.
- **\$15,000**
All of the above and spend a week with me in Amsterdam, the Netherlands where my athletic dreams started and tour of the Anna Frank house.
- **\$20,000**
All off the above and a week with me in Ghana, Africa.

- **\$25,000**
receive tickets to the 2018 winter Olympics.

- **\$30,000**
Become one of the delegates that will be walking with me at the opening ceremony of the Olympic Games.

*All donations are tax deductible

- **\$60,000**
Become one of the head sponsors and receive my Olympic helmet after the Olympics. This will be the history-making helmet from the first African to make it to the winter Olympics in Skeleton.

- **\$247,000**
Become the head sponsor and receive my Olympic sled and I will be wearing your company's logo on all my clothing in interviews and competitions till the 2022 Winter Olympics.

BE ON THE **WINNING** SIDE

Join this multi-national athlete representing Ghana, the Netherlands, and the USA. Become a part of history and join team

AKWASI

Web : www.akwasifrimpong.com
Email : akwasi.frimpong@gmail.com
Phone : [+18014943060](tel:+18014943060)



Akwasi Frimpong



frimpongakwasi



akwasifrimpong86



Akwasi Frimpong



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