

# ANNUAL REPORT 2009



## SPORTS PROJECT EDUCATION PROGRAMME



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Vietnam**

[WWW.CNCF.ORG](http://WWW.CNCF.ORG)

**REPORTING PERIOD: JANUARY – DECEMBER 2009****PROJECT DESCRIPTION**

<b>Established:</b>	1998
<b>Location:</b>	Various venues around Ho Chi Minh City & 38 Tu Xuong
<b>Target Group:</b>	Disadvantaged Children, Street Children
<b>Local Partner:</b>	CROM
<b>CNCF Staff:</b>	Mr Nicolas Pistolas, Mr. Pham The Dung and Ms. Aine Rynne
<b>Monitoring visit:</b>	Pham The Dung & Aine Rynne
<b>CNCF Involvement:</b>	100%
<b>Future Plans:</b>	Expansion and development
<b>Report Compiled By:</b>	Aine Rynne

**PROJECT OVERVIEW**

The main aim of the project is to serve and help disadvantaged and street children. Through play, they learn to develop their social skills, confidence and more importantly the ability to work alongside others through games and sports, all while improving their general health and fitness. The children realise their potential to succeed and this is instilled in their minds as they concentrate and believe in their future. They are also introduced to the many avenues of support readily available to them and are equipped with the skills and knowledge to deal with the various social problems that they may be exposed to in their everyday lives. With our open-door policy for all disadvantaged children, we have managed to introduce many of them to our sponsorship, educational assistance and medical assistance programmes, to ensure their basic needs and rights are being met.

This year we successfully met the requirements of that objective by allowing over 300 children from various CNCF projects to benefit from over 36 weekly sessions in taekwondo, tennis, swimming and football. The children also benefited from extra activities such as the competitions and outings. Most of the children involved in the project are already aware of the other programmes that they and their families can benefit from.



## PROJECT BENEFICIARIES

There are up to 300 children from the Girls' Shelter, Boys' Shelter and Sunshine School (SSS) participating in the Sports Project at CNCF.

- Taekwondo - classes take place every day with sessions for Beginners, Advanced and Special Training
- Football - weekly session in Football catered for Children from Boys' Shelter and SSS and community children
- Tennis - 4 weekly special sessions for children from SSS & Shelters



### Quick Breakdown:

- 300 Children
- 4 Teachers
- 1 Coordinator
- 1 Assistant
- 4 Lessons
- 22 Weekly Sessions

## PROJECT UPDATE

The sports project in 2009 has been highly successful. This is the first year where all classes have fully trained coaches to work with the children. Although the number of children in the classes such as tennis is not extensive, the children are gaining in their ability and skills through one on one tutoring. This is a huge success as the children are now taking part in more competitions and tournaments as their confidence grows. The children respond well to the coaches and training is now considered a special skill for the children.

In football there is a new group of orphaned children from District 8 who have to come to play football with our children every Tuesday morning. The children from District 8, which is one of the poorer districts, all live a shelter similar to our Boys' Shelter and they all enjoy the opportunity to play and to make friends with the other children from similar backgrounds.

There is great progress in the taekwondo and football classes, however in the tennis class our children have requested that they have separate lessons to new comers in the new school year as they want to continue to grow and improve on their skills. Later this year we plan to increase their daily milk portion as they train hard during these sessions.

## PROJECT ACTIVITIES

Project activities include classes, outings and excursions other activities such as community games.

- **Taekwondo:** Participation is excellent in this class and the children are taking part in many competitions where they are winning medals. They are also getting better in their training and are now receiving black belts. Every year interest in this class increases and more classes are introduced. A number of students in the 2009 taekwondo class were assessed by The International Taekwondo Federation in Vietnam.

The chairman Tran Trieu Quan and the international taekwondo coach Mr. Mariusz Steckiewicz from Finland judged the CNCF taekwondo class and four children were selected. Vo Van Huy will represent Vietnam at the world championship in Argentina.

The other three children (Tran Thi Kim Lan, Dang Thi Kim Phung and Ngiem Van Dien) received black belt certificates from the International Taekwondo Federation.

- **Football:** Attendance in the football class has always been good with all ages attending the classes.
- **Tennis Class:** With the teacher in place since early 2008, the tennis class is doing very well with some of the children becoming very skilled. This class does not appeal to all children; however those who like it are doing really well and hope to have a future in tennis.
- **Swimming Class:** The boys and girls at the shelters like swimming a lot and every Thursday and Sunday they spent two hours swimming in the pool with the coach. There is a beginner class, which teaches the basics of swimming and there is an advanced class, which focuses on swimming techniques.
- **Excursions:** Excursions this year were plentiful with the children attending competitions. The Taekwondo class in particular had excursions for competitions but this coming year we hope to have more competitions for the other classes.

## CLASSES & EVENTS 2009

### Taekwondo Class

This year the taekwondo class boasts 45 children ranging from Beginners to Advanced and Special training all over 6 sessions per week. It is hoped that with new coach, Lan (a former Sunshine school student), that there will be increasing interest from students at The Sunshine School. The children have all worked hard in practicing for their classes and are continuing to grow and develop. The schedule

has improved to include more classes for newer children and to also allow the children who are doing very well to take part in special sessions.

Many of the children in the taekwondo classes this year received awards for their performance. Almost 20 children now have black belts in taekwondo and continue to improve and excel in these classes.

In November 2009, The International Taekwondo Federation chose Vo Van Huy to receive a scholarship to compete in competition in Buenos Aires. This was very exciting for Huy and has given him confidence and motivation to continue in this sport, which he loves. There are 4 children in the advanced class who all show excellent promise and continue to thrive and enjoy their achievements.

All of these competitions this year have proven to heighten the children's interest in the class and also boost their confidence, the children parents are also delighted with their success and proved to be very happy and excited as they acknowledged the special skills their children have been developing under the programme.

The new taekwondo class on Saturday's in the CNCF Playground for Sunshine School Children has been a huge success with nearly 50 children participating each week.

CNCF is very proud of these children because of the time, effort and hard work they have put into their training, despite their difficult personal circumstances. We cannot imagine how much they have sacrificed in order to attend the many training sessions, and the obstacles they have had to overcome to achieve their goals.

### **Taekwondo Student Coach**

Tran Thi Kim Lan has been part of the Foundation for over ten years. She completed grade 5 in the Sunshine School and after leaving to go on in her studies she stayed on with the Foundation as a community child benefiting from extracurricular activities. Lan is very fortunate to have very supportive and hard working parents who see the importance of education and involvement in activities for their children. Lan has been involved in the taekwondo class for many years now and is the top student in the class. In 2008 Lan received a 2<sup>nd</sup> Dan black belt in taekwondo and is now training as a coach. Lan helps the taekwondo teacher with training sessions at the Foundation and in 2008 has been involved in refereeing on many taekwondo tournaments. Lan is

a very lovely and bright young adult. Both her parents and her brother work hard as labourers to support Lan and her younger sister; however with Lan's promise it may well be that she is paving the way for a brighter future for her family too. Lan is also training in the Army Taekwondo team.



### **Tennis Class**

In tennis there are two girls, Le Thi Thuy Loan and Pham My Ngoc who have both participated in HCM city teenager's championship with one girl from the SSS making it to the semi-final round. After one year of training, their skills have improved a lot. Ngoc has been learning for over one year and the coach is very impressed with her ability; she is a good tennis player, has good behaviour and is a responsible student. We are hoping that Ngoc will continue to improve her skill in tennis and in her study at school. Ngoc shows great skill and is becoming more confident in her work the better she gets at tennis; she has started to take part in tournaments and competitions. Since 2008, the children have been coached professionally, which allows them to focus on their training and helps them with motivation and discipline. Ngoc is also on the waiting list for a bicycle from the Christina Noble Children's Foundation.



### Football Class

In 2009, football was as popular as ever with the children and continues to grow with more challenging sessions. During each football session the professional football coach, Do Thanh De, has noted how much the children are developing not only in physical but also in behaviour. In these Tuesday sessions, they have warm-up exercise routines and skills training e.g. passing, dribbling and goal shooting. This is certainly a demanding part of the class for them, but they also realize that because of this, their skills have improved a great deal.



*Sunshine School students at Saigon Sports Academy September 2009*

On September 26<sup>th</sup> the Saigon Sports Academy had a Soccer Tournament, which the Sunshine School football team participated in. There were many teams playing, including local and international school children. This tournament was a great experience as it enabled the children to learn from each other, socialize with a vast group as well as gaining an insight into each other's community through team sport.

## SUCCESS STORY

### Vo Van Huy

Vo Van Huy is 17 years old and is a grade 10 student of the Sunshine School. He has just completed his 2<sup>nd</sup> semester at school and is a very good and hard working student. At the weekends, Huy helps his mother to sell soft drinks at Saigon Train station. His father left when he was just 4 years old and he has one younger brother who he helps to support. Huy has been receiving CNCF sponsorship for the last 5 years and this enables him to continue to study and thus supports his pursuit to compete in taekwondo events at professional level

In November 2009, Huy was sponsored by the International Taekwondo Federation to compete at a professional taekwondo event in Buenos Aires, Argentina. This was Huy's first time away from Vietnam and he loved Argentina but did not like the food! He lost his first fight to an American competitor and the coach from Finland remarked that as this was his first time to compete he can progress and grow as an athlete. This was a huge achievement for Huy and this experience gave him confidence and motivation to continue to improve. The highlight of his time in Argentina was meeting with other Vietnamese people who live there and making friends with them. He also met other international competitors there and this was also a great learning experience. He hopes to continue to compete at this level and is eager to improve all the time.



## PLAN FOR THE YEAR 2010

### Taekwondo

Due to the popularity of this class, there will be more sessions at the CNCF playground most likely every Tuesday and Thursday evening. It is hoped that from the Sports Budget, we can purchase taekwondo uniforms, practice mats and advance DAN, which is the term used when the student advances to the black belt stage.

Students in this class who are progressing towards DAN level are:

- Tran Thi Kim Lan will be in 3<sup>rd</sup> DAN
- Nguyen Van Nga in 2<sup>nd</sup> DAN
- Thai Chieu Nhi in 2<sup>nd</sup> DAN
- Dang Thi Kim Phung in 2<sup>nd</sup> DAN
- Thach Thu Dan in 2<sup>nd</sup> DAN

When Lan is teaching and she will be assisted by Huy and one other assistant for this new class.

### Swimming

Start an additional swimming class for all children living in the Boys' and Girls' Shelters. During the summer holidays the children have a lot of free time and therefore want to continue their swimming classes. There are 40 children altogether from both shelters participating in this class. It is hoped that in 2010 the children will receive a small snack and milk after each class.

### Tennis

We will have many events in 2010 such as the HCMC Teenager's Championship, which takes place in District 10, every year. This is an under 14 event and is very big competition in HCMC that is open to all children in the city.

### Football

As a result of the popularity of this class in 2009, the Sports Project hopes to put on an additional class every Thursday. This is to accommodate specific training in football skills for the advanced and the beginner's class.



*"The future of our world is the future of our Children, our beautiful Children. For many of them, it is a matter of giving them back their future, giving them a life, giving them hope."*

**Christina Noble**

Report prepared by Aine Rynne

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