

AN INTERNATIONAL INITIATIVE OF GIRLS HELPING GIRLS THROUGH THE GAME OF SOCCER





“Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can. It speaks to people in a language they understand. Sport can create hope where there was once despair. It is an instrument for peace, even more powerful than governments. It breaks down racial barriers. It laughs in the face of all kinds of discrimination. The heroes sport creates are examples of this power. They are valiant, not only on the playing field but also in the community, spreading hope and inspiration to the world.”

— *Nelson Mandela*



GOALS FOR GIRLS

KAMPALA AND GULU, UGANDA

GOALS FOR GIRLS

KAMPALA AND GULU, UGANDA

cover art: Mark Beisser
 photography: Nick Spollin (top L, bottom R)
 back cover: Bruce Benson (top R and bottom L)



Who We Are

And Why We Are Doing This Project

We are a group of 15 students that play soccer for Timpview High School in Provo, Utah. We want to bring our love of soccer and all the game has done for us to girls in Uganda who may not have the same opportunities that we have had. We want to teach them how to play this wonderful game so they can experience the fun and excitement we love so much, and to learn the joy and satisfaction of being strong young women who can excel both personally and as part of a team.

We are well aware of the physical conditions many children experience in Uganda. We are also sensitive to the cultural norms and expectations these young Ugandan girls are confronted with daily. School dropout rates, male-preference, early marriages, early pregnancies, unequal opportunities, financial struggles, lack of resources, poor health and sanitation, and AIDS are all common in the lives of young Ugandan girls. These obstacles often create barriers which inhibit young girls from achieving their full potential.

Goals for Girls 2009 will stress the importance of goal setting and attainment in relation to overcoming harsh experiences and challenges many of these kids have faced. Northern Uganda has endured a 20 year war which has left many young orphan children as victims. Many of the young girls we will be working with have experienced horribly traumatic events, including abduction and rape. In addition, many have witnessed their family members being tortured, mutilated and murdered. Though these young women have experienced more than we, as an American girls high school soccer

team can imagine, they maintain their dignity and fight for life which is cause for great admiration. We know from our own experience that being part of a team that works hard to stay in great physical shape and to be there to support each other has been extremely important in boosting our self esteem and helping us overcome life's obstacles. It has helped us to always focus on having a goal in life, which is the message we want to bring to the young girls in Gulu and Kampala.



What is Goals for Girls



Goals for Girls is an international program for young girls that blends cultural exchange and education through the medium of soccer. The game of soccer creates a safe, team-based environment where young people from different cultures can build relationships and explore important and sensitive issues. In 2009, **Goals for Girls** will focus on promoting health, education, and goal-setting for girls from Provo, Utah and Uganda.

Goals for Girls will allow us to be ambassadors of our school, state, and country and to do something positive for the world. With the help of our Ugandan program partner, The Kids League, we will conduct a soccer clinic for about 100 young teenage girls in Gulu, hold a motivational goal-setting training at Laroo Primary School for formerly abducted children, and visit various orphan homes and schools. Participants in the program will:

- Learn soccer skills and techniques through coaching, tutoring, and tournament play
- Receive **Goals for Girls** soccer techniques and strategy handbook
- Receive a brand new pair of sport shoes, socks and a jersey
- Receive brand new soccer ball
- Receive breakfast and lunch
- Receive **Goals for Girls** Graduation Certificate, individual and team awards

Another goal of this project is to give these young high school players/students from America an understanding and appreciation of the resiliency of the Ugandan people, many who have experienced the worst that life has to offer, but continue to have a tremendous desire to rise above their circumstances. These young American women will have the opportunity to develop a cultural awareness beyond their own which will open their eyes and hearts to the people of Uganda, discovering the differences—and similarities—of what it's like to be a young woman in vastly different societies.

We have plenty of talent and enthusiasm to contribute to **Goals for Girls**, and we are trying to raise the funds we need to carry out our project and keep it going for years to come.

We need your help to make Goals for Girls a success!

THE POPULATION WITH WHICH WE WILL BE WORKING WITH:

- 7% infected with HIV
- 2 million orphans
- Over one million living in internally displaced persons camps
 - 30,000 formerly abducted children
- 31% of girls either pregnant or mothers by age 17
- 15% gender disparity in enrollment favoring boys

4



5

“My goal on this trip is to make a difference, even if it is just in the life of one Ugandan girl. I want to make her feel like she is worth something, and that someone from so far away was willing to come to make her feel like she is someone.”

— *Laura, Forward*



PHOTO: ALICE KEENEY

OUR HOST WHILE IN UGANDA:

The Kids League (TKL), is an international NGO working in Uganda that provides sports programs for young people 5-15 years old. TKL aims to improve children's lives by breaking down religious, social and economic barriers within communities. They do this by bringing boys and girls together to convey health and education messages through sport. TKL runs programs in conflict areas across northern Uganda to socially integrate ex-child soldiers and traumatized children. Now they are actively encouraging more girls to take part in soccer.

"I want to let those girls see me playing soccer and realize that they can not only play soccer but do whatever they want to if they just put their mind to it."

—Kathy, *Midfielder*

“The girls we will be meeting in Uganda have been through so much, and I really want to be able to help them. The idea of doing something I passionately love, playing soccer, and helping someone at the same time is a beautiful thing and it gives me hope. I personally do not want people to think of this trip as a chance to go to Africa, but as a chance to help girls find joy. ‘Every girl should have a goal’ is our theme, and I really want that to be a well known saying in Uganda, here in Provo, and across the world.”

—Alex, Forward



“I really feel that young girls can inspire each other for good.”

—Susan, Chaperone



WHY SOCCER?

By far the most popular sport in the world, soccer sets the stage for effective learning because it breaks down cultural barriers, creates opportunities to teach from the game, and brings communities together around important issues. Soccer also provides natural role models and educators in the form of coaches, professional players, and peers. Soccer captures the attention of young people in an environment where they feel comfortable exploring serious and sensitive issues.

“When I get to Uganda to coach and teach these young girls I want them to see my love for soccer. I want to teach these girls all that I know.”

—Jenny, Defender

Goals for Girls

Project Itinerary & Camp

While in Uganda, the **Goals for Girls** team will be involved with a variety of activities and opportunities to serve. During each day and in each activity the **Goals for Girls** team will spread their message that *“every girl should have a goal.”*

OBJECTIVES

- Help Ugandan girls develop basic soccer skills and proper fitness techniques
- Increase understanding of the importance of goal-setting
- Encourage dialogue between young women from different cultures
- Inspire youth participants to teach others in their community
- Develop an awareness and historical knowledge of a different culture
- Motivate young girls to break down physical and cultural barriers
- Inspire those affected by the war and leave them with a sense of hope
- Gain a greater understanding of the complexities of development

During the two weeks in Uganda, they will:

- Travel to Katanga (the capital’s largest slum) to meet with community members and implement soccer activities
- Conduct a motivational seminar at Laroo Primary School for formerly abducted children and make a life “game-plan”
- Visit Unyama Internally Displaced Person’s (IDP) Camp and interact with community members
- Meet with child victims of the war at SOS Children’s Village and hold soccer games
- Play in an exhibition game in the capital
- Visit various orphans homes and schools
- Participate in cultural exchange activities
- Hold the **Goals for Girls** Soccer Clinic at Peche Stadium for a day and half in war-torn Gulu

Goals for Girls Soccer Clinic: U.S. coaches and players from **Goals for Girls** will prepare and implement soccer and fitness activities including: dribbling, trapping, shooting, heading, and passing. As the camp progresses, the activities will become more advanced. The camp will conclude with a graduation and a special message from the **Goals for Girls** team to all of the young girls that participate.

CAMP DAY

GOALS FOR GIRLS SOCCER CAMP

CAMP PARTICIPANTS

- U.S. Players: 15 (14-18 years old)
- U.S. Coaches: 2 (adults)
- Ugandan girls: 100 (10-15 years old)

TRAINING SESSION:

Evening Session 3-6 pm

- Registration
- Soccer skills

Next Day 9-12 am

- Soccer skills
- Soccer drills
- Small-sided games
- Fitness

12-1 pm

Lunch

1-4 pm

- Continue small sided games
- Soccer matches

4-7 pm

- Dinner
- Cultural exchange
- Message from Goals for Girls team

How to Help



BECOME A CONTRIBUTING PARTNER!

14

Join the team and help us make **Goals for Girls** a true success! Your tax-deductible contribution will ensure that we maximize the impact of **Goals for Girls** in Uganda.

With the right mix of partners, **Goals for Girls** can become a long-term, sustainable program. In 2007 the program was launched in South Africa focused on HIV prevention. This year's Uganda program is the next step in the growth of **Goals for Girls** and its impact on young girls around the world.

100% of your contribution will be applied to **Goals for Girls** Uganda 2009.

CONTRIBUTIONS WILL HELP DEFRAY THE COSTS OF:

Life Skills Soccer Camp

- Soccer equipment donation for community
- Water and daily breakfast and lunch for youth campers
- Graduation day celebration
- Handouts in motivational seminars

Travel Logistics

- Airfare
- In-country transportation
- Lodging

HOW DOES IT WORK?

Goals for Girls makes it easy to get involved and all contributions are tax-deductible. HELP International, a 501c(3) charitable organization, will send a tax receipt for your contribution.

Visit HELP International online to make your contribution through Network for Good using a credit card: <http://help-international.org/donors>

Or make checks payable to:
HELP International
363 N. University Ave. #110
Provo, UT 84601

*Please reference **Goals for Girls** in the memo line to ensure your contribution is correctly applied and a receipt is issued.

AN OPPORTUNITY FOR EXPOSURE

Contributing to **Goals for Girls** is a win-win! Contributing companies and organizations will be recognized in all media coverage and at all official **Goals for Girls** events including fundraising activities in the U.S. and project activities in Uganda. Logos will be prominently displayed on all promotional materials and the web sites of HELP International and **Goals for Girls**. Contributing individuals will be recognized on the web sites of **Goals for Girls** and HELP International.

A final project report complete with results and photos that can be used for public relations purposes will be made available upon request.

*For more details about becoming a contributing partner to **Goals for Girls**, please contact:*

Jackie Skinner & Suzy Gillies
2009 Project Directors
(801) 836-5292
goalsforgirls@help-international.org

Ian Oliver, Founder of Goals for Girls
(202) 550-4829
ian@dcsoccer.com

We would love for you to follow our journey at
www.goalsforgirls.blogspot.com
or www.goalsforgirls.org.

“I want our community to be involved and have a part in the service we will be doing. I want them to know what we stand for, and the work that is going to be done in Uganda. I want everyone to be invested in this project, so that maybe others will follow in our footsteps.”

—Alex, Forward

15

Partner Bios

The following institutions support **Goals for Girls** by marketing and promoting the project to potential sponsors and by endorsing its objectives. These institutions are not providing financial support for **Goals for Girls**.



Timpview High School is a public High School located in Provo, Utah. It is the home to all 15 players /students traveling to Uganda for the Goals for Girls 2009 Project. Timpview High School supports and endorses this project.



HELP International is a registered 501c3 charitable organization that provides life-changing opportunities to students through service to the poor around the world.



The Kids League: The Kids League (TKL) is an international NGO working in Uganda that aims at improving children's lives through sport.



JUSTIN HACKWORTH PHOTOGRAPHY



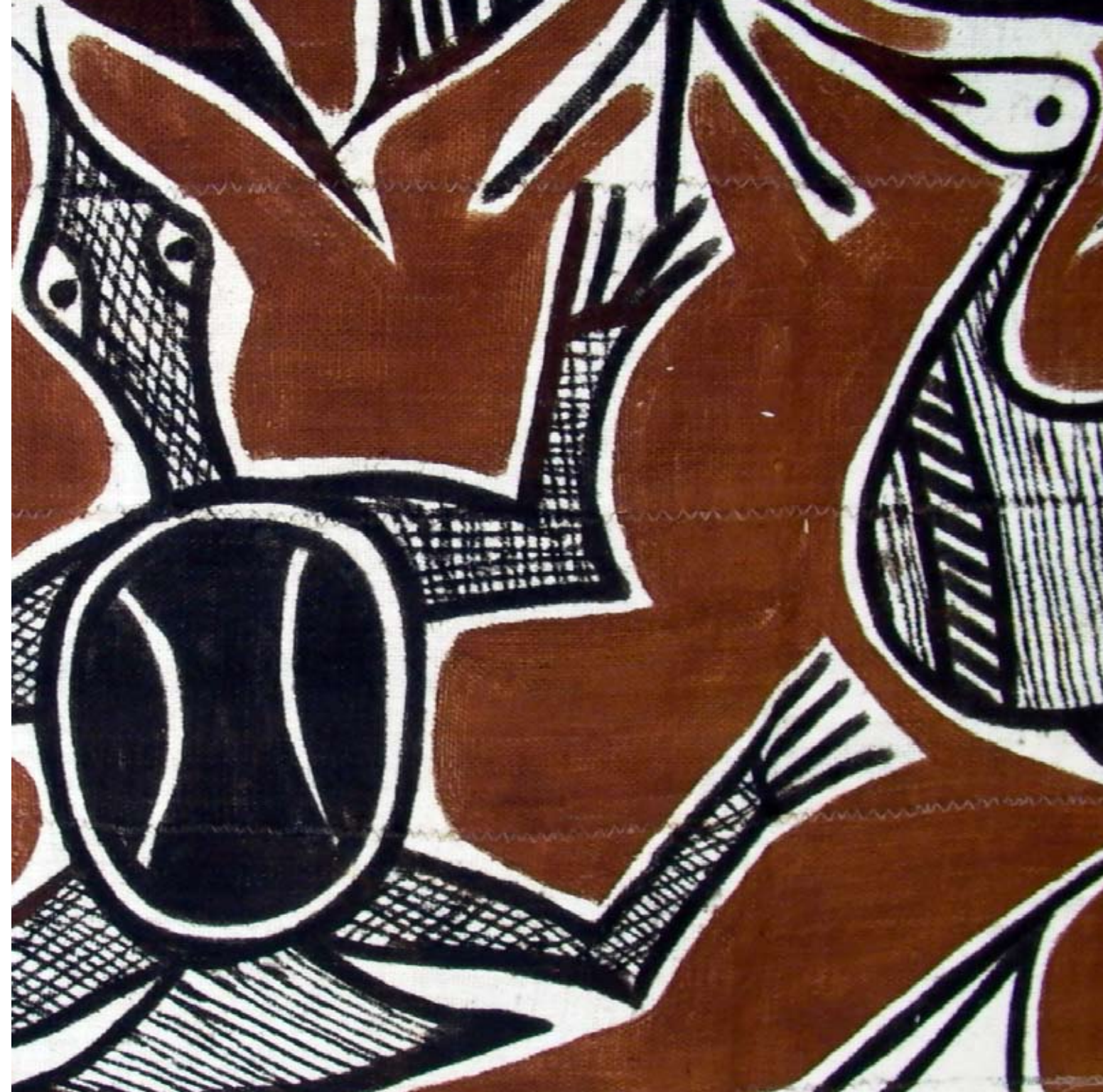
DC Center for the Development and Promotion of Soccer (DC Soccer) is a non-profit organization supporting the game of soccer in the nation's capital through inner-city youth soccer scholarships, online information portals, and community resource partnerships.

DESIGN CONTRIBUTED BY:

LLOYD GREENBERG DESIGN, LLC
www.lloydgreenberg.com



INSTITUTIONAL PARTNER:





Contact: Jackie Skinner & Suzy Gillies
goalsforgirls@help-international.org
(801) 836-5292
www.goalsforgirls.org