

Proposed Project Proposal
Mohamed Hamouda
Peer-led coaching soccer program

I propose to work with the SOS Children's Village in Cairo, Egypt whose mission is to provide abandoned, destitute and orphaned children a supportive and protective family environment. The village consists of about 100 children, organized into family houses. Each family house consists of approximately nine children, who live as brothers and sisters and together with their SOS mother build lifetime emotional ties. When the children reach the age of 14, they move on to an SOS youth facility in the area, where a youth leader mentors them on their path to becoming independent.

The family house structure of the village is meant to foster the children's sense of belonging and security by sharing responsibilities within their house and within the whole village community. I want to contribute to this aim by introducing and establishing sports as a crucial element in community building. With the support of a Walsh Award, I propose to utilize the unique structure of the SOS family houses and youth facilities in order to implement a peer-led coaching soccer program that has the potential to be sustainable solely by the youth in the SOS Village.

Participating in team sports has proven mental and physical benefits, but it is particularly the community-building aspect of sports that my project is based on. Transitioning from the children's village into a youth facility can be very difficult for a child. Providing a medium for teenagers to give back to the village by becoming peer coaches will not only maintain and strengthen the relationship with their SOS family but also equip them with leadership skills valuable in their future endeavors. I imagine this program functioning as a perpetual two-way support system between the children's village and the youth facilities - children from different family houses will bond with one another and will be mentored by an older brother or sister, who understands the struggles of an abandoned child, and the teenagers will feel accountable and obliged to return to their former village in order to coach and mentor their younger brothers and sisters.

This project serves another vital aim of strengthening the ties between the SOS village children and the local community. The soccer program will be open to children outside of the SOS village, in the same way that SOS private schools are already open to the surrounding community. By providing a program that serves the local community, a bond between the SOS village administration and local community will be initiated which will hopefully evolve into a community-wide support system. I have made initial contact with Dr. Amr Aboelazayem, the director of the SOS program in Egypt, and he has welcomed my project proposal.

My project proposal is anticipated to span a 9-month period sometime between the months of September 2013 - August 2014. During the first month of my project, I will review my plan with Dr. Amr Aboelazayem and become acquainted with the SOS family lifestyle. I will visit and interact with the children and mothers in all the family houses in the children's village and will also engage in discussion with the teenagers in the youth facilities. After the first month of purely interacting with the community, I will have an idea of who would be interested in the soccer program and will be able to adjust my project plan for any factors known to me only once I am on site.

The next two months will be for recruitment of players and peer-coaches training. The peer-coaches will consist of teenagers from the youth facilities. I will conduct a "training season" consisting of practices and games, where I will teach the teenagers, through demonstration, stretching exercises, soccer drills and basic nutritional guidelines. They will learn to be peer-coaches by first developing their interest in the game as players. Once a steady schedule is

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established, I will simultaneously begin to recruit children for the regular season.

The regular season teams will consist of a random mixture of children from different SOS family houses and children from the non-SOS local community. Number of teams, players, and leagues is dependent on several factors (interest, age, gender, field space, etc.), which can be easily adjusted for on site. I am aware of cultural/religious customs regarding mixed gender teams. Recruiting children from the local community should not be difficult since SOS children and local children already mix both in the SOS village school and the local schools.

In order to foster interaction between the family houses and youth facilities, each team will be assigned at least one teenager peer-coach who will use what they learned during “training season” to guide the younger children through the various exercises and drills. The regular season will last three months and I will be at every practice and game to act solely as an assistant coach. The next three months will be dedicated to program assessment. In order to assess the effectiveness of the program, I have developed a three-step assessment process: 1) Skills Assessment 2) Attitude Assessment 3) Financial Assessment.

The Skills Assessment will assess how well the peer-coaches and children players know the material that was presented to them during their respective seasons. If the peer-coaches demonstrate a significant increase in their knowledge of the material after the training season, then this may suggest that my training manual is effective. If the children players show a significant increase in their knowledge of the material after the regular season, then this provides insight on the effectiveness of youth-peer led coaching.

The Attitude Assessment will allow me to determine the overall opinion of the program. Did the peer-coaches like coaching? Did the players like being coached by their older peers? Are any of the players interested in becoming peer-coaches? It will also allow me to determine if there was a change in community perception and if a unifying purpose (fun, camaraderie, teamwork, health, etc.) exists. Both the Skills Assessment and Attitude Assessment will be in the form of a pre and post survey and the results will allow me to make any correlations.

The Financial Assessment will allow me to determine the funds necessary to sustain the program. Some expenses include soccer equipment (goals, balls, cleats, shin guards, uniforms) and community barbecue events in order to remind everyone that although we are competing, we are a family. Ideally, self-sufficiency is the goal and one way we can attain that is by charging the families of the children from outside the SOS village a small registration fee to enroll in the soccer program. Also, during the regular season games, we can ask for entrance donations from spectators attending the games. If these fundraising mechanisms are possible, they will serve as a constant flow of money into the program contributed by the Egyptian local community.

If I were not wholeheartedly committed to making this peer-led soccer program sustainable, I would not pursue it. Stability is very important for this population of children; therefore, the children must not be attached to me but must understand and believe in the mission and purpose of the soccer program. I chose SOS Village because it is an established international organization. If a holistic peer-led community based model involving the family houses, youth homes and non-SOS community is successful, then I will present my findings to sponsors and donors. My hope is that the program can be established in other SOS villages in Egypt, which in turn might serve as a model for SOS villages in other North African countries.

Budget

<u>Expenses</u>	<u>Unit cost</u>	<u>Unit count</u>	<u>Total Cost</u>
Housing	\$400/month	9 months	\$3,600
Food	\$120/month	9 months	\$1,080
Internet	\$33/month	9 months	\$297
Phone	\$25/month	9 months	\$225
Arabic Private tutoring	\$20/hour	150 hours	\$3,000
Airfare (Ft. Lauderdale, FL to Cairo, Egypt)	\$1,500/round-trip	1	\$1,500
Equipment			
Soccer balls	\$22	10	\$220
Soccer cleats	\$40	70	\$2,800
Soccer goals	\$100	2	\$200
Shin guards	\$5	70	\$350
Uniforms	\$13	70	\$910
Community Building Events			
Barbeque	\$400	2	\$800
Printing			
Training program packet for peer-coaches	\$.05 / page	12 (10 page packets)	\$6
Training program packet for players	\$.05 / page	70 (10 page packets)	\$35
Total			\$ 15,023

Notes concerning the Budget

Equipment- If I receive the Walsh Award, I will contact sporting goods stores (Sports Authority, Dick's Sporting Goods, etc.) to see if they will donate or discount the above-mentioned Soccer Equipment.

Also, some of the above-mentioned equipment isn't vital to the program and can be cut if funds become an issue. For example, uniforms may be substituted with pinnies (\$19.99/12 ct). Also, if I find that playing conditions are still safe, soccer cleats can be substituted with tennis shoes that the players already have.

The Unit count for the Equipment is dependent on the number of players who enroll in the program. I anticipate that 70 would be the maximum amount of players.

Other forms of funding

As mentioned in my Proposed Project Proposal, I have fundraising mechanisms (charging families outside SOS village a small registration fee, entrance donations to the games) in effect, which will help decrease the above costs.