

PROJECT PROPOSAL

TITLE:

HANDBALL DEVELOPMENT IN RURAL AREAS TARGETING THE CHILDREN AND THE YOUTH.

DURATION:

IMPLEMENTORS AGENCY:

UGANDA HANDBALL@SCHOOLS COACHES ASSOCIATION (UHSCA)

FUNDING AGENCY:

BACKGROUND

Handball is a team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the other team. The object of handball is to score more points than your opponent. It's commonly played indoors but there are other variations such as field handball and beach handball that are played outdoors. Handball is played by both men and women. A handball game lasts for a duration of 60 minutes, split into two periods of 30 minutes each with a 15 minutes interval.

Handball was introduced to Uganda in 1971 by a Retired Detective Inspector of Police (DIP) and a Retired Senior Assistant Secretary General Uganda Olympic Committee (2013) who had travelled to Germany on the ticket of Olympics; *DIP Nicholas Onegi – p' MINGA (RIP)*. The Game developed very fast that from 1974, our National Teams of men and women started representing the Country outside and won several accolades within the African Continent.

Uganda Handball Federation (UHF) is the body mandated to promote the sport of Handball in Uganda. UHF is registered and affiliated to:

- and is registered with National Council of Sports (NCS)
- Uganda Olympic Committee (UOC)
- and internationally affiliated to the International Handball Federation (IHF),
- African Handball Federation (CAHB).
- The federation also affiliates to East and Central Africa Handball Federation (ECAHF),

To date, handball has managed to expand to districts forming District Associations creating clubs, schools and institutions of higher learning that engage in handball activities as per the annual calendar of events. UHF also works closely with schools and institutions as different levels.

Uganda Handball@Schools Coaches Association (UHSCA) is a not-for-profit organization that was formed in 2019 out of a Handball@Schools training program that was held that same year in Uganda by a German coach, Prof. Helmut Martin with Orotin Jimmy as the local coordinator. This association was formed to promote the outcomes of the Handball@Schools program that are in line with promoting the game of handball. UHSCA works in partnership with Uganda Handball

Federation (UHF), Handball District Associations, Clubs, Schools and Communities in developing the potential of the youth and adults to enable them improve their lives through participation in handball and any sports physical activities related to handball and personal development. UHSCA has a highly skilled human resource that has the capacity to undertake the campaign of participation in handball in schools and communities, because of their experience and expertise. The project will be run by Uganda Handball@Schools Coaches Association (UHSCA).

The project is geared to promote participation of children and youth in handball and it will roll out to rural areas across the country both in schools and communities to benefit out-of-school category. We aim to target between 200 and 500 children and youth per area. The target age group is 17 years as we want to keep in the brackets of IHF Challenge trophy age groups. Schools and communities will be provided with equipment and regular visits of an experienced instructor so that children and youth engage in regular physical activity and sport. This will be coupled with regular contact with the institutions and communities' sports officers for purposes of measuring performance and continuity.

THE PROBLEM STATEMENT

The youth and children in Rural Areas are lacking in both recreational facilities and equipment to play sports. Young people especially girls are the most vulnerable to social problems caused by idleness and sport is a sure way to meaningfully engaged and support youth in today's rapidly changing world. Because of idleness, it has become an increasing concern that much of the youth are being forced into life of crime. It is important to keep youth sports development program running. We want to encourage these children through sports and foster their social skills so they can develop a sense of achievement and shun early pregnancy and marriage, drugs, alcohol and crime.

There is a great lack of activities for children and youth that promote integral development of citizen, social inclusion and quality sports. Girls are limited to two sports they can choose to participate in and out-of-school youth have no sporting opportunities and exposes them to risky ventures. We want to provide opportunities to play for disadvantaged children and youth, and help them achieve positive change in their lives. This project will allow them to take part after school program and community sports program.

JUSTIFICATION OF THE PROJECT

Sport is a viable and practical tool to assist in the achievement of the MDGs. Engagement in play and sports gives children opportunities for natural self-expression, self-confidence, relief of tension, achievement, social interaction and integration as well as for learning the spirit of solidarity and fair play. Handball specifically being a team game will promote positive social integration and facilitate the development of social skills in young children and youth.

There is inactivity of youth, lack of sports activities and the project in addition to sports opportunities will teach health issues including HIV/AIDS and non-communicable diseases which is becoming a burden according to the Uganda's ministry of Health. There are no local coaches and the project aims to train local people to become coaches to promote sustainability of handball as well as opportunities in leadership and the possibility of long term involvement and work with UHF. The project will involve providing handball equipment, training of teachers and local volunteers to become coaches and help ensure the project sustainability and to maximize the benefits to the community.

Schools have unique opportunities to provide adequate sport and physical activity for all young people on equal basis through compulsory Physical education programs as well as through school sport programs and after school leisure-time sport initiatives.

The project will provide a forum to learn new skills such as discipline, confidence, tolerance, cooperation and respect. Children will learn fundamental values of effort and how to manage essential steps in life such as victory and defeat

GOALS AND OBJECTIVES

Goal:

The overall goal of the project is to promote children and youth participation in the game of handball and any physical activities attached that are geared at providing many health and social benefits inherent in sporting activity and form a greater sense of empowerment that will expand beyond sporting arena into everyday life.

Objectives:

1. To increase children and youth participation opportunities in sport, recreation and physical activity in a sustainable manner.
2. To build capacity of school teachers and local youth to enhance provision of sport and physical activity services.
3. To increase the level of participation in sport and physical activity for children and youth in rural areas to improve their health and wellbeing.

CORE ELEMENTS

As we look towards handball development in Uganda, below are the essential aspects that will form the basis of this project

1. Talent identification and nurturing

We look at having a positive impact on Handball's culture, growth and commercial success through creating an engaged and committed crop of players. Through this program, we shall ensure that players develop themselves through the skills attained hence raising their standard in all aspects of life and ability improve motivation, correct performance issues, amend negative behavior and overcome personal obstacles.

2. Social life empowerment

This program will aid players in their ability to address problems and move forward towards achieving both their goals and those of handball. They will further have control over their own lives through proper positive decision making based on what they want as is one of the great aspects in being a successful handball player hence leading to stronger performance, satisfaction and commitment to the game of handball.

3. Community services volunteering

Through this program, there will be involvement of community service volunteering as way to showcase one's talent and also help to improve communication skills through best practices. We want to drive at creating a better and suitable mutual relationship and understanding among people and handball. This in the end will make the players more responsible with higher self-esteem and resilience as well as gaining new skills necessary for

the development and spread of the game of handball throughout the country easily such as leadership, communication skills, dependability, time management, and decision making

4. Education

Through this program, children and youth will get a chance to access better education services as there will be a link between the program coordinators and the schools to which handball is appreciated and even to those where it less appreciated through contacts. Taking this direction won't only benefit handball but most importantly improve personal lives of these upcoming children and youth as well as helping the society to run smoothly

RISKS INVOLVED IN THE PROJECT.

- Families need girls to stay at home
- Activities will stop when the project ends
- Cannot get the number of volunteer teaches and coaches to run the project
- Possibility of the sports equipment being stolen and damaged
- Members of the community may not be willing to participate in the program

HOW TO AVOID IT HAPPENING.

- Talk to parents and encourage girls to play
- Local youth and teachers will be trained to become coaches to run and manage handball activities. Implementers are strongly committed to ensure program continuity.
- Highlight teacher and participants benefit and recruit more volunteers
- Participants will be taught to look after the equipment and if damage occurs youth groups and schools will replace them.
- Promote the project and its benefits to the community

- Reward and celebrate with all the people engaged in promoting the game of handball as a way of motivating them.

Work plan

Activity	Months							
	1	2	3	4	5	6	7	8
Identification of teachers and youth leaders among the community to work with the project staff.	■							
Preparation of training/coaching manuals for teachers and out-of-school youth leaders in volley ball, soccer, netball and first aid manual	■	■						
Conduct a one-day launch to publicize the project		■						
Workshop for teachers and out-of-school youth leaders to train them in running organized sports programs.		■	■					
Providing sports equipment the schools and communities (out-of-school youth) – 1 st phase		■						
Organization of sports competitions for children and youth (school sports days, inter-school and inter-villages monthly sports competitions).		■	■	■	■	■	■	■
Providing sports equipment for schools and communities (out-of-school youth) – 2 nd phase						■	■	
Evaluation of project workshop.								■
Writing the project report								■

MONITORING AND EVALUATION

UHF will monitor the implementation of the project to see that the goal, objectives and expected outcomes are accomplished. UHF (Vice President Technical and Chairman of the Commission of Coaching and Methods {CCM}), and the Project Officer will keep visiting beneficiary schools and in the communities project area two times a month. Monthly reports will be written and evaluate the project for improvement and assessing the objectives against outcomes. At the end of the project, there will be an evaluation meeting between the project staff and, beneficiary schools and communities.

Monitoring and evaluation will involve:

- ✓ identifying number of participants and regularity of attendance,
- ✓ identifying number of participants successfully completing the project,
- ✓ recording participants from schools and observance of participants in communities,
- ✓ designing questionnaires for participants to assess their satisfaction with the Programme,
- ✓ recording of the number of volunteer coaches who successfully complete the program and continue to work with UHF,
- ✓ Interviewing participating schools/participants/head teachers and communities,
- ✓ the condition and use of sports equipment provided , and
- ✓ Surveying the teaching time table to observe whether Physical Education lessons are included.

SUSTAINABILITY OF THE PROJECT

1. Sustainability will be achieved through training teachers and youth as volunteers and coaches from schools and communities to become volunteer coaches so that they run and manage sports and physical activity programmes.
2. The program will continue to be managed by UHF and partner schools, who are committed to supporting sports project and are enthusiastic and dedicated in seeing the Programme develop to benefit children and youth.
3. Youth will form groups, and once the initial equipment has been purchased and worn out, groups will purchase new ones but also participants will be taught to look after the equipment that will be in use.
4. Communities which do not have sports facilities will be linked to schools to share facilities.
5. Clubs will be established in schools and run by games teachers and schools will integrate the project activities into their regular schools sports.
6. Physical Education will be promoted in schools.
7. Tournaments will be organized regionally on the basis of the IHF Challenge Trophy program to which players will be selected to take part in the IHF Challenge Trophy tournaments and any other such tournaments in that line.