



SWORDE
Teppa

Sports in the Community **Programme:** **Coaching of New Sports in** **Kurgan-Tyube.**

Sports in the Community Programme

Background and Justification:

Sport is of great importance in the development of the community. It builds bridges between various groups, who may for various reasons be suspicious of each other. This has been demonstrated time and time again in many countries of the world. An example of this can be seen in Calcutta, India, where years of suspicion between the public and the police force has been largely erased with the help of the introduction of rugby and other sports. Sport is a great leveler and can lead to lifetime friendships. Further, participants are taught to compete, win and lose gracefully. A healthy choice in participation in sport has also been shown to reduce crime and anti-social behaviour within the young members of the community. This combination is very important in any society, but especially in this region of the world. The more fun and leisure activities available in Tajikistan, the better for all. This in turn creates a happier, healthier, fitter and more stable society.

The most popular sports in Tajikistan are football, basketball, volleyball and martial arts and gym sports. There is a lack of choice for the general public in other sports. However, people are very interested in participating in other sports and would jump at the opportunity to do so. There has been a lack of finance and specialist coaching knowledge to satisfy this hunger. Thus there is a huge amount of potential talent wasted. Participating in more internationally known sports will also help to foster

better relationships between the Republics sporting society and countries in the rest of the region and the world.

Goal and Objectives of the Programme:

The proposed Sports in the Community Programme is designed for all ages and abilities, young and the more mature in society, women, children and men. It will give opportunities for the community to participate in sports seldom played in Tajikistan, but sports, which are commonly played around the world. The programme will also promote healthy living and provide recreational opportunities and facilities for the less advantaged in the community. The programme will also compliment the SWORDE-Teppa English Studies Programme, as the sports concerned all originated in England and are widely played in English speaking countries.

The objectives are simple; to provide fun and leisure, enhance communication skills, give confidence, a sense of team spirit and improve physical and mental health and fitness. All this helps in the private and working atmosphere and is key to a more fulfilled life. There is an English saying: “All work and no play makes Jack a dull boy”, or for that matter, Jill a dull girl!

The ‘Sports in the Community’ Programme offers the chance to be involved in sports not normally played in Tajikistan. An international sports coach will train national coaches and players in the sports. These national enthusiasts will in turn coach others in a cascade training approach. This programme will help to build a more leisurely and fun future for all participants, players, aspiring referees or supporters.

This programme is also aimed at giving anyone with an interest in sports, to be given a chance to pursue that interest.

The Sports in the Community Programme has five phases:

- Phase I: Coaching and playing sports, (with a limited amount of equipment requested). These sports include; rugby, cricket, baseball, softball, swimming, fitness, etc. **ONGOING.**
- Phase II: Establishment of a fully equipped sports, fitness and leisure club in Kurgan-Tyube. Additional activities to the above sports include; golf, health spar, mobile bouncy castle for children, tug of war competitions, and many other activities, etc. **BEING ESTABLISHED FOR 2005.**
- Phase III: Establishment of Sports and Leisure Complex in Kurgan-Tyube.
- Phase IV: Further expansion of the programme to other parts of the Republic.
- Phase V: Further expansion of the programme to neighbouring countries.

This proposal deals only with phase I.

Expected Outputs:

Phase I:

Started in January 2002.

Approximately 100 people coached and playing the new sports.

Approximately 500 + people will be involved as supporters of the four new sports.

Phase II: Kurgan-Tyube Sports Club.

Proposed for April 2003.

A Kurgan-Tyube sports, fitness and leisure Club will be established.

A further amount of enthusiasts will be involved in the new sports.
Additional new sports will be introduced.
Phase III: Sports and Leisure Complex.
A Sports and Leisure Complex will be established in Kurgan-Tyube.
Additional sports will be introduced.
Regional and international sporting events will be staged.
Phase IV: The programme will be expanded to other parts of the Republic.
Phase V: The programme will be expanded to neighbouring countries.

Direct Beneficiaries:

Phase I: Approximately 200 participant coaches, players, referees and umpires.
Approximately 500+ supporters.

Indirect Beneficiaries:

Phase I: Future thousands of potential children, students and general public inspired and coached by participants to join in the newly introduced sports.
Thousands of potential fans and spectators of the newly introduced sports.

Project Activities:

The Sports in the Community initiative will take the following form:

Phase I:

- Group coaching sessions (general fitness).
- Group coaching sessions (skills).
- Video viewings.
- Introductory basic fact sheets about the sports (in English and Russian).
- Friendly matches.

International sports coach will train the programme sports officer, manager and assistant coaches in the sports.
These programme staff will in turn coach other enthusiasts to become potential trainee coaches, referees and umpires and players.
These enthusiasts will come from a wide section of society and inspire others to participate.
Sports will be open to all and advertised locally.

If available, guest coaches will also be invited to enhance knowledge and skills.

Partners:

- University of Kurgan-Tyube, Faculty of Foreign Languages. An agreement has been reached to use the faculty's sports field until a more appropriate site can be located.
- Guest 'coaches' from national and international organizations and institutes. Many have an interest in sports and have expressed a desire to be involved.

Fees:

In order to cover administration costs, help establish sports club facilities, expansion of the programme and to obtain further equipment for the Sports For All Programme, some participants (Un and INGO employees) will be invited to contribute.
Contributions are based on a proportion of total salary and benefits taken home each

month. Children, students, pensioners and the unemployed are exempt from contributions. Nationals will be supported and encouraged to set up their own clubs and or businesses in the field of sport, fitness and leisure based on this programme.

Monitoring and Evaluation:

- Number of participants.
- In-course assessment (assignments, skills levels, etc).
- Number of matches and tournaments.
- Sustainability of programme.
- Levels of community attention and support.

Programme Staffing:

The programme is to be implemented by volunteer staff employed by SWORDE-Teppa, until further funding is secured. These staff include:

Consultant / Coach (international).

Supervisor / Sports Officer (national).

Programme Manager (national).

Assistant Coaches x 4 (national).

National staff will speak English, Russian, Tajik and Uzbek, thus enabling them to communicate with all sections of the community.

NOTE: SWORDE-Teppa is currently seeking support for phase two of this programme. Any assistance would be gratefully received.