

Let's start our own sports club

Resources Manual

"Even the longest journey, starts with the first step" (Chinese proverb)

By
Arnfinn Solli

Livingstone City Council
Draft 2507 2003

How to use this manual

The manual is intended to serve as a tool for community leaders that intends to improve sports in the community.

You do not need to have education or money to make the first steps. A heart for the right to play and enjoy sport for the children and youth will be enough qualification.

Use your feet and go around to offices that might assist you.

The manual will guide you about what office to go to and what service you can ask for at that particular office. If they for various reasons can not give you the service you came for, ask them to advice you on alternatives or other places you can go and get that support.

Forge partnership with other people in the community who know more than you and can fill in where you come short. For instance, when you need to make contacts to organise support to the club, ask the families in your community for small donations to pay for stamps or important phone calls or send an e-mail. When you need to write an application for funds, ask the local school teacher or a retired civil servant to write the letter for you.

When you need to start sport on the local school sports field, ask the headmaster and talk to the Parent teacher association (PTA) chairperson for permission. Make your point by reminding them that the young benefiting from the club activities are the pupils from the school. Your club is enhancing the school's physical education efforts.

Basically, this manual will enlighten you about some of the opportunities that exist in Zambia. The focus is on Government, District Councils and charitable voluntary organisations that have as its objective to deliver various services to sports efforts in the community.

Those many offices, institutions and organisations that has among its objectives an obligation to provide services to sport and community activities might at times not be effective due to insufficient funding and staff training.

Despite their shortcomings, you, as a concerned community member will be valuable to these organisations by asking for their assistance so they can improve through learning about the need for Sports development in the Community.

Sport for All

You have a problem; - there are too many children in your neighbourhood who are not kept busy through sport, play and recreational activities, and therefore might resort to mischief.

Therefore these children are missing a lot of mastering skills, joyful experiences, learning ethics, discipline and leadership that should have prepared them for adulthood in the community.

You may ask: Is it possible to start our own club when we have no facilities, no money and no equipment? You may reply that it is impossible.

Be aware that your reply is based on your personal experience of how you have seen sports when you grew up. You may see a sports club as a building with an ablution block and a social club surrounded by nice grounds where a paid coach gives instruction to the athletes using nice equipment such as balls and nets.

On the other hand, how were the sports activities organised in your grandparents' days in the village? They also taught children and youth at initiation, about hunting and many traditional sport games as well as transferring traditional culture without any paid instructors, - without any sports grounds or buildings. Their emphases were on teaching practical sporting and leadership skills similar to your need in the community today!

Who were the instructors? Their "coaches" were the able knowledgeable men and women or volunteers in the community. Those days when you served the community by teaching the young, you were highly respected, you were trusted and your status was enhanced because of the service you rendered the community.

Learn from your forefathers! Do like them, use what you have available where you live, and build an active sporting environment from your own resources!

They believed in utilising the available resources in their locality. Their resource base was local and sustainable and will be sustainable for your club as well.

You too should see sport as play and education and a valuable activity in the development of your community in partnership with other organisations.

The First Steps

A community effort

First of all get your community and the parents interested in your idea of making sport available to the young, and may be to all ages in your neighbourhood?

There are many ways of doing this, call a meeting, go door to door and inform, brief the teachers to tell their pupils, make announcement in the Churches, put up posters or visit the "free play groups" around your community as they train in the late afternoon.

A community sports club can never be a "one woman or man show". You need help to identify people with interest and previous experience from sports. Coaching and administration are equally important. Identify people whom you can ask to assist.

If the parents understand your intentions, then boys and girls will be released from home duties and will be allowed to come for the training sessions. Make sure that the club from the start is a safe place from abuse so orphans and girls are known to be cared for and protected by the club's leaders.

Find your coaches

Look for people in your community who are known to have been keen on sports in the past, as athletes or administrators. They could be school-leavers, boys and girls from grade 9, 10, 11 or 12 and adults who are currently idle. Go and visit them one by one and convince them to join your community sport programmes.

They will be useful for the community and for themselves. They will gain experience and get exposed positively when assisting your community sports club and consequently new opportunities will open up for them in a sports discipline or in the society at large.

You kill two birds with one stone; creating exposure opportunities for school-leavers and adults while providing play and physical activities for all children and youth in your community. Opportunities are scarce for school-leavers and therefore volunteering at the community sports club, may become a break through in their lives.

Now you have unqualified volunteer coaches, which is a good start. Try to ask 10 people to assist your club as volunteers, - 8 may insist to be paid and therefore will refuse, that is ok, forget about them, - work with the two remaining who see benefit for themselves in the long term working with your club.

Find your administrator

You also need people to administer the club and to coach. Look around in your community for retired people who have been sports leaders or coaches, to serve as coaches and leaders. Also look for civil servants or any other adult with some education and work experience. The people you need are there. Some may refuse, but you will keep asking until you find one who can agree. After all it is an honour to be asked to

take such an important task for the community.

Find a place to practice

Then you need a ground to play and practise with your children and youth within walking distance. In Livingstone there are plenty of idle grounds run by various sports clubs around town. These grounds are mostly owned by the City Council and are leased to the clubs, but the City Council has at heart that the grounds must serve the needs of youth and children for play and sports. Contact the City Council for permission to have access to the sports fields if the sports clubs are unwilling to allow you access to their grounds.

What sports disciplines for a start?

In the beginning when you have no funds to buy equipment, start with the traditional sports. Arrange competitions and leagues locally for the various age groups to make publicity and stimulate interest. Ask old people to teach about the various games, the rules and the skills. Otherwise the least expensive sports discipline is probably athletics'; running. Other sports, like netball and football, do not incur costs either as you can use a homemade ball for training in the beginning.

Then hold some fundraising in conjunction with any festival or tournament. For instance bring your members with placards announcing the club and buckets with soap water and wash cars while people are enjoying the function. When coming out the drivers will sympathise with your cause and pay something. Use the income to buy better balls and equipment.

Congratulations

You have taken your first steps and started your own community sports club at almost no cost!

If you wish you do not need to read any further as your club is a fully sustainable activity based entirely on self help.

However, we are aware that some clubs have ambitions to grow, get more members, get better facilities and improve on caching and income to the club. For those that want to excel in sport, we have written the last part of the manual below.

You will see the club will soon be the pride of your community!

Step by step and your sports club will grow

"God helps those who help themselves"

Some people say when seeing half a glass of water: "The glass is half empty", they look at it from a negative point focusing on what is missing, others say "the glass is half full" and focus on the positive that still there is plenty of water!

We are aware that running a community sports club is no easy task, however, we would like you to look at the bright side; the glass is half full, - therefore this pamphlet will

attempt to guide you to look for a lot of opportunities for assistance that your club is entitled to, or be aware of various sources of assistance you can use in your initiative and apply to for help.

One step at a time

Do not look too far ahead! Take on today's problems and look for assistance and advice from people who know better as problems arise. In this way your club will grow slowly and your community will understand and support the community sports club under the way as it grows at the pace your community is capable of supporting. Do not despair when problems seem to be lining up. Remember, to any problem there are at least two solutions, - just seek advice and look for the solutions when the community sports club is in hardship!

For example if nobody comes forward and show interest, - may be you have asked the wrong people! Or rather than involving politicians, look for the genuinely respected soft spoken leaders and people that have a love for sport. Stay away from people that come to the club for economic gain, the club only needs volunteers that are willing to work and contribute because they want to see local sport develop for the sake of the children and community.

Your committee

Conduct elections among parents, guardians, leaders, coaches and the young athletes to elect a Community Sports Club Committee.

Then give your new community sports club a name and adopt a constitution. Decide on a small, nominal membership fee that is important for the show of commitment and belongingness.

For instance charge K 1000 per member per term. If so needed, add on to the membership fee through your first fundraising car wash at the next golf tournament event.

After registering your community sports club

You may request for the following benefit to your community sports club when you have registered with the District Sports Officer or District Community Development Officer. The correct office to look for depends on how your district is organised. However you have to be vigilant and ask now and again, as you will not get anything unless you are persistent and keep pushing!

Make your request to the District Community Development Officer.

Request the District Sports Officer (DSO) for a free copy of the standard community sports club **constitution**, which is developed by the Sport for All Project and available from National Sports Council of Zambia (NSCZ). Or you may ask a Sports Association for a copy of their constitution as a sample to amend for your club's need.

Request the DSO to have your **club registered** with the District Sports Advisory Council. If this body is not active in your area, urge the DSO to have it established.

Request the DSO for free copies of **coaching pamphlets** in the sports disciplines you would like to include in your club's training programme. The DSO should assist you to access the materials from National Sports Council of Zambia (NSCZ) or from the national, provincial or district association of the sports discipline of your interest.

Request the DSO to be invited to **short courses** for your volunteer coaches and leaders that are arranged from time to time by the District Sports Advisory Council, the Provincial Sport Advisory Committee, the District Board of Health, UNICEF or the voluntary Non Governmental Organisations. The Ministry of Sport, Youth and Child Development have an office in all the provinces. The Sports officer gives **technical advice** and co-ordinate sports activities. Sometimes they give equipment and material support.

The District Council may assist the sports clubs with **facilities**.

Request DSO to connect you to University of Zambia (UNZA), Department of Physical Education for coaching, teaching materials and advice on **traditional games**, if you want to practise traditional sports/ games.

Make your request to the District Education Officer (DEO)

Request the (DEO) District Education Officer to help you acquire free **coaches' manuals** from the Curriculum Development Centre of the Ministry of Education in Lusaka in **Physical Education** for your community sports club.

Request the DEO for application forms to send your grade 12 volunteer coaches for **Physical Education** teachers' training at a college after coaching at your community sports club for a few years.

Request DEO to have your community sports club **attached** to an established government school for professional and administrative support and for co-operation on physical education and sport.

Be community supportive and offer your coaches for teaching sports in the **community schools** and orphanages in your area.

Support from other sources

Netball Association of ZAMBIA

When engaged in netball, this is your mother body. When your netball team need to be challenged to compete outside your community or need to learn better coaching skills, they have the network and the instructors to train your coaches, umpires, referees and administrators. Register with the District Association or the Provincial Association, whichever are currently active in your area. You may also contact the national body to ask for advice. P.O.Box 71869, Ndola, Tel 02 65 53 25

Football Association of ZAMBIA (FAZ)

When engaged in football, this is your mother body. When your football team need to be challenged to compete outside your community or need to learn better coaching skills, they have the network and the instructors to train your coaches, umpires, referees and administrators. Register with the District Association or the Provincial Association, whichever are currently active in your area. You may also contact the national body to ask for advice. P. O. Box 34751, Lusaka. Tel. 01 22 11 45. Tel. 01 23 78 75.

Zambia Amateur Athletic Association

When engaged in athletics', this is your mother body. When your team needs to be challenged to compete outside your community or need to learn better coaching skills,

they have the network and the instructors to train your coaches, umpires, referees and administrators. The association might have support funds if you apply. Register with the District Association or the Provincial Association, whichever are currently active in your area. You may also contact the national body to ask for advice. E-mail: zaaa@zamnet.zm, P.O.Box 30521, Lusaka, Tel. no 01 22 67 92/22 67 77

Gewijzigde veldcode

Judo Association of ZAMBIA

When engaged in judo, this is your mother body. When your judo team need to be challenged to compete outside your community or need to learn better coaching skills, they have the network and the instructors to train your coaches, umpires, referees and administrators.

Register with the District Association or the Provincial Association, whichever are currently active in your area. You may also contact the national body to ask for advice.

Zambia Basketball Association

When engaged in basketball, this is your mother body. When your basketball team need to be challenged to compete outside your community or need to learn better coaching skills, they have the network and the instructors to train your coaches, umpires, referees and administrators. Register with the District Association or the Provincial Association, whichever are currently active in your area. You may also contact the national body to ask for advice. P.O.Box 35450, Lusaka, Tel. 01 25 44 55, Fax 01 25 40 05,

Other Sports Associations

Be aware that there are in all 27 Sports Associations in Zambia registered with NSCZ. Ask (NSCZ) National Sports Council of Zambia for their addresses.

Sport in Action (SiA)

Sport in Action is a non-governmental organisation that offers guidance and training courses. Most of their expenses when arranging courses are funded by UNICEF. Another of their sponsors is The Norwegian Olympic Committee and Confederation of Sports (NIF). They are concerned about training peer coaches in sports leadership and HIV/Aids awareness and development of traditional sports and games. Cell 097 82 17 97, Tel. 01-229836, Fax no. 01-229836. The Office address is at 15 Obote road, Madras, P. O. box 5144, Lusaka. E-mail: sia@zamtel.zm, Director Clement Chileshe

Gewijzigde veldcode

Edusport

“Edusport” is a non-governmental organisation that offers guidance and training courses. Most of their activities and courses are funded by (NORAD) Norwegian Agency for International Development and The Norwegian Olympic Committee and Confederation of Sports (NIF). They are concerned about training young peer coaches in sports leadership and HIV/Aids awareness through sports. Cell no 096 450114, Tel. no. 01-221919. The Office address is at 58 Malata road, Madras, P.o.box 51334, Lusaka. E-mail: edusport@yahoo.com, Director Kabanda Mwansa

Gewijzigde veldcode

Sport for All (SFA) at National Sports Council of Zambia (NSCZ)

Sport for All is a department under National Sports Council of Zambia (NSCZ) that offers guidance and training courses to community sports initiatives.

They are concerned about training peer coaches in coaching, leadership and fundraising/ administration. They have training materials available in a number of sports disciplines and administrative subjects. The Office is at the National Sports Development Complex (NASDEC), P. O. Box 33474 Lusaka. Telephone no. 01 250321, fax no. 01-250321 Cellular phone no. 097 84 72 56. E-mail: nscz@zamtel.zm

Trainers and Coaches

The Sport for All office at NSCZ may also have archives over some of the trainers that were educated over 10 years under “the Sport for All Project.” Ask them for the names of trained people in your area so that you can look for them and encourage them to assist.

National Sports Council of Zambia (NSCZ)

This is a mixed voluntary and state body for sports development in the country. The Government nominates half of the members of the Council and the Chairman, and the Associations elect the other half of its members.

The funds they receive from Government for sports development are distributed through the Sports Associations and the Provincial Sports Offices. NSCZ also receive funds for projects from their sister organisations in Norway, from Canada and UK that also support the sports NGO's such as Sport in Action and Edusport.

When you need assistance from NSCZ, ask the District Sports Officer or the Provincial Sports Officer to connect you to NSCZ. These officers are now also connected to programmes like the “Kicking Aids Out” network and community directed sports organisations such as “Edusport” “Sport in Action” (SiA) and Sport For All that all uses sport as a vehicle in the Aids awareness campaign. NSCZ will assist you to source training materials from a number of sports disciplines and administrative subjects. If the materials you need are not available in Zambia, they will be able to order from sister organisations abroad. The Office is at the National Sports Development Complex (NASDEC), P. O. Box 33474 Lusaka. Telephone no. 01 250321, fax no. 01-250321. E-mail: nscz@zamtel.zm

Gewijzigde veldcode

Comments

In case you want to comment on your response from NSCZ, SFA, SiA or Edusport directly to their sponsor, the address is NIF, Servicebox 1, Ullevål Stadion, N-0840 Oslo, Norway.

Ministry of Youth, Sports and Child Development

This is the overall body for sports development in the country. The funds they receive from Government for sports development are distributed through NSCZ, sports associations and Provincial Sports Offices. Telephone no. 01 25 39 82 or 25 38 71 or 23 18 79 or 23 24 33.

Zambia Olympic Sports Committee (ZOSC)

This is an independent national sports body that receives funds annually from the

International Olympic Committee, if they make a project proposal and apply, to develop sports for women and for the disadvantaged communities, they may have funds available to support community sports initiatives. Propose through a ZOSC member in your area. P. O. Box 36119, Lusaka. Tel 01 23 53 60

Churches

Community sports clubs co-operating with or initiated by churches have good chances to get support from sister churches both within the country and from abroad, provided the community sports club committee can prove to be accountable and trustworthy.

Partnerships with civic organisations and others

Many foreign donor agencies and embassies have funds aiming to support awareness efforts in the communities such as HIV/Aids, health/STI, human rights, democracy and environment care. The donors have realised that the awareness efforts directed towards the children and youth works more efficiently when done through play and enjoyable sports and recreational activities in the community sports clubs. In case your club is interested in getting access to such funding for capacity building in sport and assist in awareness campaigns, your sports club needs to make contacts and establish partnership with Non Governmental organisations (NGO's) in your area. Look for organisations such as World Vision, "Redd Barna"(the Norwegian Save the Children), Scope OVC, Family Health Trust, Red Cross Society, District Health Office, YWCA, YMCA, human rights organisations or environmental awareness organisations.

Despite the fact that foreign donor agencies and embassies do not have funds for sports development, they still may fund sports development indirectly. They fund awareness efforts through sports in the communities about issues such as HIV/Aids, health/STI, human rights, democracy and environment through the NGOs. Your club may benefit by having your training programme and capacity building funded through partnership with the NGOs mentioned above.

Foreign donor agencies and embassies

Be aware that the club may not successfully apply to the donors and embassies for the above mentioned funds because the application must only be submitted by one of the above partner organisations.

Look up the addresses in the telephone directory that you can read free of cost and take notes when visiting Zamtel, DEO and other Government or private offices.

Just to mention a few donors, look for SIDA (Sweden), NORAD (Norway), FINNIDA (Finland), Embassy of European Union, Belgium, British High Commission, DANIDA (Denmark), Italy, Ireland etc. Apply only through your civic organisation partner!

However, for instance in the case of the American Embassy, apply to "The American Ambassador's self help fund", the club may apply directly for funds to this self help project.

Hope for African Children Initiative (HACI)

This is a new umbrella organisation comprising Plan Zambia, Family Health Trust,

CARE Zambia, World Vision, and Society for Women and AIDS in Africa Zambia (SWAAZ), and the World Conference on Religion and Peace (WCRP). HAI provides a conduit for funding that stimulates rapid scale-up of successful care for orphans and vulnerable children. When you intend to make sports programmes for vulnerable children and orphan this will be one place to apply. The HAI Country Programme Council, c/o CARE International- Zambia, P. O. Box 36238, LUSAKA.

Lion's club, Rotary, Jaycee's and local businesses

Find out if there are service clubs, such as Lion's club, Round Tables, Rotary, Jaycee's etc. in the area where you live. You may apply to them for support to improve your community sports club. Explain what you want to buy/construct/improve and enclose a detailed cost estimate of the expenses you appeal to them to support. Be realistic and apply for the funds needed only and not large amounts.

Make a follow up visit after submitting your application letter, see the club Chairperson to explain your application and invite him/her to come and see the community sports club. You can apply in your club's name and you do not need support through a partnership when applying to these sponsors. Businesses like Sun Hotel and Shoprite have an interest to support community initiatives and the application from the sports club might be welcome. Provided you write a proper application letter with a budget, the chances are good to be funded by the service clubs above or the business houses.

SCOPE OVC

Strengthening Community Partnership in Empowering Orphans and Vulnerable Children (Scope OVC) is a non-governmental organisation that support community based projects that improve the livelihood of the less privileged people. Among the projects they support are survival skills training. Apply through your civic organisation partner to SCOPE OVC, P. O. Box 36238, Plot 4624, Mwaimwena Road, Rhodes Park, Lusaka, and Tel. 01 25 53 43, 25 22 46, 25 16 95, fax 25 23 04. E-mail: scope@zamnet.zm or their local office in your area.

Gewijzigde veldcode

Micro projects Unit (MPU)

When you are ready to improve the community sports club and rehabilitate the grounds or turn the old building into a proper club with ablution block, changing room etc., contact MPU that is funded by the European Union. In Livingstone the office is situated at the Mosi U Tunya house. Their aim is to ensure sustainable development through community participation. Ask for application forms from MPU. They will give further advice on how to go about the application. Address: Micro projects Unit, P. O. Box 50268, Lusaka, Tel. 01 25 25 19/ 25 37 23. E-mail: mpu@mpu.org.zm. The club can apply directly in its own name and chances to be funded are good provided the club is prepared to mobilise plenty self help work.

Gewijzigde veldcode

Zambia Social Investment Fund (ZAMSIF)

When you are ready to expand your community sports club and build your own permanent ablution block or build your sports field contact Zamsif that is funded by the World Bank. In Livingstone the office is situated at the Permanent Secretary's building. They add funding to your own self-help efforts. After your community has collected all the stones and sand to the building site that is needed to construct the community sports

club or the sports grounds, ask for application forms from your District planning officer at the District council. They will give further advice as your community sports club now is eligible for funding. The chances to be funded are good provided the club is prepared to mobilise plenty self help work.

Land

Before you start the application process for funds to improve the sports grounds or build the ablution block, the club must have ownership of the land where the building will be located and constructed. Speak to the owner of the land that may be the Chief or the District Council and get their consent to your club project and secure a title deed. Get enough land so the club can expand in the future, although in the beginning you just need enough for the first building, sports fields and play grounds.

Transport

When preparing to apply for the funding of a self-help club project, you will need transport assistance to take sand and stones to the building site in order to qualify for funding. Your club members and parents must be sensitised to do the manual work. Ask private businesses that have trucks to transport cheaply for you as a part of their community commitment. The same is possible to arrange with some Government offices or District/City Councils that have trucks. However, first you have to fundraise to have enough money to pay for the cost of oil and fuel. You may also try to apply to Lion's club, Rotary, the Mosque, the Hindu's, the Church or similar organisations to assist the club paying for the fuel costs.

Department of Community Development

If your community sports club feels like taking on the task of offering education to those that missed out school when they were young, you may ask for help at Department of Community Development or from District Education Officer. They have an office at the District Council. They will advice you on how you can adapt sports education materials to literacy training and train your illiterate coaches. When you need funds to adult education, apply to the same sources we have recommended in this manual.

Twin community sports clubs

Modern tourists wish also to see how real life is in Zambia. The community sports club is a colourful, magnificent demonstration of local initiative and co-operation. Arrange with a tour operator to take their clients/tourists for a guided tour to your community sports club. Be prepared to hold a talk and give out a written presentation about the community sports club with the address and an expressed wish that you are looking for a twin/friendship community sports club aboard. Also have a donation box available and you might raise some funds this way, as well as making friends with children and coaches and leaders from far away places. Mind you, some tourists are coaches and leaders or members of sports clubs in their home countries and can become your "Ambassadors", - if you inspire them in that direction.

Volunteers from abroad

Some countries support volunteer services that place volunteers to support local communities without any cost for you. Some of them might ask you to nominate a host

family where the volunteer can stay. The countries that are known to fund sports volunteers are: USA has the Peace Corps, Japan has the Japan Overseas Volunteer Service, Norway has Fredskorpset, the UK has VSO, Finland has Finnish volunteer service and Denmark has MS. These volunteer services are sometimes operating under their embassy and sometimes they are non-governmental and independent of the embassy. Any way, the various embassies will give you the addresses you need to find that country's volunteer service's office in Zambia. If for instance, a group of community sports clubs apply jointly for a volunteer to work with many community sports clubs in an area, your chances are better to present a successful application.

SCORE

(Score) Sports Coaches Outreach is a South African voluntary organisation with a branch in Zambia. Score is engaged in the international exchange of sports volunteers and training and placement of volunteers in local communities. They work closely with Sport in Action, Edusport and National Sports Council of Zambia (NSCZ). Score is funded by NIF (The Norwegian Olympic Committee and Confederation of Sports). The Score office is at the National Sports Development Complex (NASDEC), P. O. Box 33474 Lusaka E-mail: scorezambia@yahoo.com, Cell. No. 097 875797. Project Co-ordinator Pelle Kvalsund

Follow up your initiatives!

Note that whenever applying for support somewhere, - make follow up enquiries by personal visit or by telephone to find out if your letter was received, - or may be you omitted some important information so your application is not attended to. If you are not used to writing an application, seek advice from partners you trust, look for one among those we have mentioned earlier on.

We wish you good luck in your very noble task of providing sports to the children in your community. You will succeed by going step by step, - and this journey will surely take you very far.

Do you need more coaching?

If you get stuck somewhere in the process of developing your community sports club, or you feel that the assistances we have recommended to you, are disappointing you, – you are welcome to contact the writer of this "step by step" manual: Arnfinn Solli, P. O. Box 60393 Livingstone, e-mail: arnfinnsolli@hotmail.com, and I will reply to your questions as soon as possible. If you have good experience of getting assistance I like to hear from you about that as well to commend them in the next edition

Help us improve “Let's start up our own sports club”

If you experience other opportunities that are not mentioned in this pamphlet, or that I have given you wrong advice, please send me corrections so that the next edition can be better than the first one.

Recommendation to the implementers,

The manual is a catalogue over some of the currently available support in Zambia for communities that want to start or develop a sports club.

However, the catalogue is mainly accessible to educated people which might be few in disadvantaged communities. There is therefore a need to train facilitators on how to communicate the manual's intentions and facts as well as coach the communities to overcome obstacles encountered when trying to acquire the support tabled in the manual.

The facilitators could be community development field staff, church staff and others that have a heart for the vulnerable.

The facilitators must learn the sociology of poverty and the lack of alternatives. Disadvantaged areas tend to focus on obstacles rather than opportunities and this may easily make the communities give up when approaching a problem such as meeting disinterested or negative people when asking for support from the authorities such as organisations, institutions and offices.

The facilitators must coach the participants in understanding their rights and learn how to handle the short comings and ineffectiveness of some of the support agencies. They must learn to be patient, persistent and vigilant in order to receive the support they are entitled to.

Each entry in the manual has limitations as well as may open up possibilities depending on how they go about presenting their needs and follow up their application to that particular agency/organisation.

The facilitator course must explain thoroughly each entry in the manual so the communities can be realistic when seeking support. The manual is the back up, the encouragement and the facts, the resource book for the facilitators.

For the communities it is a reassurance print, a book of opportunities they know is there to guide them, written specifically for them, listing support from the perspective of getting support to their sports club.

Depending on the level of leadership the various communities will be able to recruit to the sports committee, some might be conversant in writing application and solicit for support on their own, others will need hands on, close coaching by a facilitator or a mentor to keep the spirit high and build up courage to carry on developing the club despite setbacks and numerous obstacles.

Such usage of the manual has the potential to provide more sports to more children and youth in Zambia through self help by empowering communities to build community based sports clubs with the guidance by the facilitator and the resource manual.

Acknowledgements

I am indebted to Mr Mwape E.C. Walumba, the Provincial Social Welfare Officer, the District Education Officer in Kazungula, Mrs Rosemary Muyangwa, the co-ordinator for SCORE-Zambia Mr Pelle Kvalsund and the Chairlady of Liwomadi Mrs Charity P.L. Mulenga for reading through the first drafts and bringing suggestions on improvements.