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A1 CHALLENGE SCHOOLS OUTREACH PROGRAM 2017

ARUA DISTRICT REPORT

PREPARED BY;

A1 SCHOOLS OUTREACH PROGRAMME IN ARUA REPORT 2017

INTRODUCTION

A1 Challenge is a women's basketball club formed in January 1998. We are an association and affiliate of Federation of Uganda Basketball Association and Women Basketball Association.

The team is made up of educated and successful ladies who have excelled in various spheres of their lives hence role models to girls and women.

VISION

Promoting youth development and imparting life skills to the girl child in Uganda in schools and communities using basketball as a platform

SPONSORS

- Teammates for Life
- Lift Up Africa

A1 challenge team set off for Arua on Friday 1st June 2017 at 9.00pm and arrived in Arua District at 4.30am.

The team consisted of 15 Members (Active players in the league and the management team of A1 Challenge).

The Outreach program kicked off on Saturday 2nd June 2017 at the Arua Sports Complex. The program started at 11am and ended at 4pm respectively.

We had a team in Arua that was led by the Project Coordinator Mr. Mike Letti who was assisted by his colleagues (School Coach)



A1 Challenge Team during the basketball skill session and team warm up

WHY THE OUTREACH PROGRAM

- We continuously look to innovate and improve our programs and resources so that we can always stay on the cutting edge of leadership development in schools.
- While winning is very important to us and those whom we work with, we also believe the skills we teach should be applied in the classroom, in the community and in the game of life.
- We can create a fun and interactive learning environment with engaging experiential activities and captivating stories that inspire children to action.

OUTREACH ACHIEVEMENTS

- Trained over 95 Kids at the Arua Sports Complex in the different Basketball Skill Development Session.
- Trained in Life Skill Sessions (**KNOW YOUR SELF AND COMMUNICATION SKILLS**).
- The players received T-shirt's and learning aides from A1 Basketball Club Manager Miss Carol Kisukye.
- The most outstanding players received branded bottles from our sponsors.



Team Manager (Carol Kisukye during one of the life skills sessions (left) and (Right) Joana Birungi a player also engaging players in the life skills sessions.

“KNOW YOURSELF” focused on helping the youth understand better who they really are in terms of their behavior, character, manner and pointing out their strong points and areas that they could strengthen. This topic points the youth towards self-awareness and gives them skills to appreciate who they are and prepare them to look out for what lies ahead.

“COMMUNICATION SKILLS” focused on how to help the children with skills of communication. Communication is the basis of all relationships. The quality of a relationship is determined largely by the quality of the communication within it. That is why good communication is a skill that needs to be learned. We helped the children understand how they communicate and we help each individual with the specific skills they need to learn to communicate effectively.

BASKETBALL SKILL SESSIONS

The Players were taken through a series of Basketball fundamental drills that would help them improve on their basketball. Below is a list of the drills that were taught during the basketball sessions;

- Warm up sessions that consisted of a number of energizers and ice breakers
- Dribbling
- Passing and Catching
- Shooting
- Defensive Drills

Pictorials of some of the activities that went down at the Arua Sports Complex



In conclusion we would like to thank Teammates for life and Lift Up Africa for making this outreach possible and we look forward to the next thrilling outreach this year.

