



Editorial

The "F" word is back (Football, that is!) and those involved with the ISF Football Programme are regularly dropping the "F" word! Come 27 November and the Barclays Capital Football League kicks off in Phnom Penh and the ANZ Royal Football League in Battambang starts on 20 November!

The off season has proved hectic:

- The Washington State School (US) did their annual visit to SALT in Battambang. Sam took the opportunity to trial girls for the U14 Cambodian national team.
- ISF have been working closely with the Deaf Development Programme and Krousar Thmey to integrate deaf teams into both the Barclays Capital and ANZ Royal Leagues.
- The Social Awareness Training Programme was developed with assistance from Ripple Effect Consulting and the financial support of the Australian Embassy.
- Aravin Thatchamoor from United World College Singapore spent a week with the coaches assisting them with the deaf football integration trials and providing coaching tips.
- The beachside resort of Sihanoukville where the NGO M'Lop Tapang resides was the venue for a football festival hosted by ISF and SALT.
- Scott O'Donnell from Phnom Penh Crown Football Club arranged for some of our coaches to attend a coaching session with Ken Shellito of Chelsea fame of the 60's and 70's; those coaches lucky enough to attend enjoyed the whole experience.
- The goalkeeper is a special position in a football team; we were fortunate to have Shannon Hiller provide several goalkeeper workshops.
- Phnom Penh Crown Football Club is the venue for this year's Barclays Capital Football League. To facilitate this year's expansion of disable participation, disable toilet facilities are needed. Tim Lacey and the Dubai Larrikins have stepped up to assist the funding; good lads and great supporters of ISF.

While all this was happening our coaches were continuing to train teams twice a week, attend daily English classes, have started to learn sign language, while Samedy and Sam work on the Phnom Penh league formats with more teams involved in the 2011/2012 season.

One of the challenges facing the football programme is sustainability; access to football pitches will continue to be difficult in Phnom Penh. ISF are currently looking into the possibility of developing our own field. Another challenge for 2012 and beyond.

The football programme would not be the success it has become without all our great sponsors, supporters, and the dedicated ISF and SALT staff.

Leo Brogan

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Having some fun at Sihanoukville

No Rest for the Coaches

The football competitions may have been over in April, however there was little rest for Samedy and the football coaching staff.

All the ISF coaches attended a two day course with the NGO, Ragamuffin; the aim of which was to better understand and manage difficult behaviour expressed by some children. Ragamuffin has developed Art Therapy as a tool to reach out and heal the emotional and physiological pain of children. Song, dance and drawings are used as a means of interacting with children to understand and help children through their experiences.



Using football as a therapy tool, the coaches were educated in the importance of their role not only as a trainer but also a role model to the children they work with. Team building games and role-playing provided an insight to the coaches' understanding of the children's backgrounds and home life.

Not surprisingly, the coaches were quite in tune with the children they work with and had already created their own way of providing trust and a secure environment for the teams.

Collectively, they expressed their perspective in providing peace within the children. To them, this was an important quality because "when there is peace within a child, it is spread to their families, communities, and eventually throughout Cambodia." Many of the coaches view their role as a protector, supporter and as an example of how they too can make something of their lives, but putting a smile on the kids faces was their main objective.

"...when there is peace within a child, it is spread to their families, communities, and eventually throughout Cambodia."

A huge thank you goes to Sam and Carrie from Ragamuffin for providing our coaches with a greater knowledge and understanding of the children they work with and for the skills to help these kids work through their behaviour difficulties with football!!

Goalkeeping Training

Alexandra Hammer

As any football fan knows, goalkeepers play a vital role in every team. It takes a special type of player to step into the position that will ultimately determine the fate of the team. In order to ensure that our goalkeepers are trained and skilled properly to stay injury free, five of our coaches undertook training with expert goalkeeping coach Shannon Hiller, a volunteer from the US currently working with SALT Academy. The coaches attend a week long goalkeepers training workshop in Battambang in August.

In September Shannon travelled to Phnom Penh to provide more training to the other ISF coaches. The focus was on proper technique for coaching and playing in order to decrease injury among young goalkeepers. The key skills and techniques were taught at an intensive one-day training session held at the Phnom Penh Crown field. Our coaches spent hours practicing safe diving, rolling techniques and footwork. Speed and agility drills were also taught so that the coaches can pass on these lessons to their players over the next few weeks.

Feedback from the coaches was very positive, with all expanding their knowledge of the unique skills required by goalkeepers.

Assisting the training was 18-year-old Sen Ryna from Kampong Chhnang Province. Whilst on tour with the Cambodian National squad in Singapore last November, she demonstrated exceptional goalkeeping talents, and 'on and off the field' leadership qualities, which quickly prompted ISF to employ her as our newest and youngest football coach.

With the goalkeepers training already underway, this football season is shaping up to be electric!



My First Visit to ISF by Aravinthan Thatchavarmoorthi

I landed in the capital of Cambodia on the 25th March at 9am. It was a sunny morning. Beautiful warm breeze when I left the airport. I went straight to Indochina Starfish Foundation (ISF) to visit the school and have a firsthand feeling of how Cambodian students study in the school. I was thankful that the students in Singapore have better studying conditions unlike Cambodians. After that I went to the nearby village where the students stay and looked at their living conditions. I felt very sad for them but they had one thing that we in Singapore don't have, JOY for life.

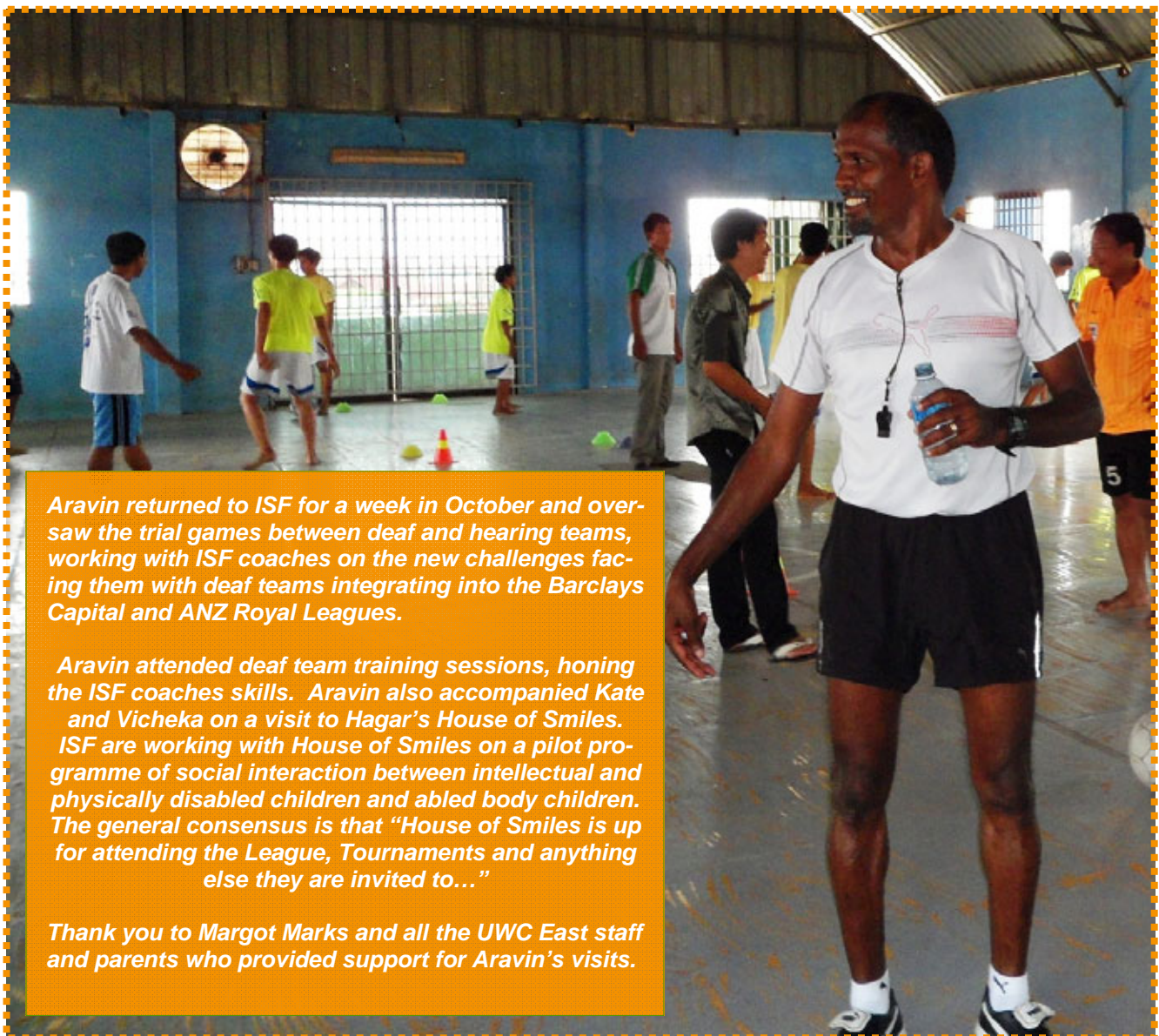
On 26th March (Saturday) I went to the Army stadium where the girls U14 and boys and girls deaf soccer tournaments were held. I was touched that I was selected by the organizing committee to referee a deaf soccer game. I also taught them how to use the flags in the game and how to referee a deaf soccer game. I gave away 3 sets of flags, 6 sets of yellow/red cards, 2 whistles and 1 toss coin to the referees. The referees also seek my advice to improve their game. I felt very happy and honored to be part of the competitions. I felt happy to bring joy to the Cambodians. I felt that they enjoyed my refereeing. I had the chance to mingle around with the coaches, referees and players.

27th I felt very sad and burdened to leave my Cambodian friends. But I had to go back to Singapore.

I would like to thank UWCSEA East staff for giving me the chance to feel for the Cambodians and mingle with them. I thank them for allowing me to bring joy to them.

Aravinthan Thatchavarmoorthi, is a full time PE assistant at UWC East, Singapore.

The Return of Aravin



Aravin returned to ISF for a week in October and oversaw the trial games between deaf and hearing teams, working with ISF coaches on the new challenges facing them with deaf teams integrating into the Barclays Capital and ANZ Royal Leagues.

Aravin attended deaf team training sessions, honing the ISF coaches skills. Aravin also accompanied Kate and Vicheka on a visit to Hagar's House of Smiles. ISF are working with House of Smiles on a pilot programme of social interaction between intellectual and physically disabled children and abled body children. The general consensus is that "House of Smiles is up for attending the League, Tournaments and anything else they are invited to..."

Thank you to Margot Marks and all the UWC East staff and parents who provided support for Aravin's visits.



Cambodian U14 Girls National Team

In late April 2011 an invitation was issued by Asian Football Federation to attend a football festival in Ho Chi Min City starting on 10 June. Sam Schweingruber (SALT) wasted no time organising trials with 40 players from various provinces. Sam's final squad of 22 girls included 16 girls from the ISF/SALT football programme.

The competition was tough and included teams from China, Japan and both North and South Korea. The timetable was intense with the girls having to play 3 games on the first day. Our girls were smaller and less physical than most of the other teams, but once the team got over its initial nerves you could not fault their enthusiasm and motivation.

The team was mauled by China, however they were rewarded with a 2-1 victory over the hosts Vietnam. The first ever international win by a Cambodian girls national team! Sam had done a great job with the girls in a short lead in time and was rewarded with this victory.



Off the field the Cambodian girls did not allow language barriers to stop them from building strong relationships with girls from other countries; their biggest achievement being to get the North Korean girls to participate in social functions.

The Cambodian girls were the least experienced team going into the AFC Festival; they learnt a lot both on and off the field and can only benefit from being involved in future festivals.

ISF Coaches get ready for Deaf Football

Kate reported that eight ISF coaches and Samedy are attending sign language classes twice a week. The coaches are all enthusiastic about attending classes and where there is a clash with football team training sessions, they are rescheduling their training; that's how involved they are!

The fact that ISF have nine staff members attending the sign language course, shows their real commitment to the programme and reinforces what great staff we have at ISF.



Battambang Training Camp - July by Andy Davy

As the girls football programme continues to push forward, a group of young girls from ISF, A New Day Cambodia and M'Lop Tapang (Sihanoukville), made the 6 hour journey to Battambang to participate in a training camp and summer school organized by SALT Academy. This included football training sessions once or twice a day, with a mix of English, IT, and Crafts to keep the players busy during the daytime. The under 16 girls team from Washington State, USA joined the girls for training.

Of the 10 girls from Phnom Penh three from the ISF School attended, Channa, Srey Pich and Sona. ISF coaches Ranya and Srey Mau were given the unenviable task of controlling the excited teenagers for the ten days that they were taking part in the programme.

On the first day, training began at 8:00am and ran until 10:00am, at the Battambang Airport which now serves as the local football field. Despite the rainy season having arrived recently, the early morning sun was unforgivingly hot. The ISF truck donated by The Ruby Murrays (used to transport the players to practice and games) became just as useful providing some much needed shade during water breaks! The training sessions were designed to improve the girls ball skills (passing, shooting, and dribbling) and also focus on improving their intelligence on the football field. Routines designed to help them read the game better and work on their positioning were taught. Goalkeepers were grouped together and given specialized training.

An afternoon off allowed the Phnom Penh girls a chance to swim in the local pool – much to their excitement!

On day two the American girls team reached Battambang. Morning training was scheduled as usual, and with the arrival of the Washington State team around midday, the afternoon was spent playing 5 a side football on the concrete air strip of the Battambang airport. There were 12 teams and 4 pitches leading to 2 games for each team. The matches made for some exciting viewing, and although it sounds clichéd, football really is a universal language! The standard of fitness, skill and technique was indistinguishable between the American players and their local teammates which really speaks for itself in terms of how far these girls have come in the past year. The games finished just in time for the first rainstorm of the trip, although this certainly didn't stop the locals from continuing to have a kick around!



The summer school and coaching programme is set to run for 2 months, with the 10 children from Phnom Penh / Sihanoukville staying for 10 days. After the first couple days it was clear that this was an exciting opportunity for the children to do something they would otherwise not have the chance to do. A few of these girls may also have their eye on earning a place in the U16 team that plans to travel to Singapore in 2012! Thanks to all the members of staff from SALT who organized the project and made it possible for the girls to participate in the programme.

Note:

For those that have visited ISF, Andy and his mate CB did all the artwork outline for the top floor of the ISF school.



A letter from M'Lop Tapang

Dear ISF and SALT

Sports play an important part at M'Lop Tapang. We believe that sports can help to develop healthy bodies and healthy minds, build confidence, encourage cooperation and teamwork, and learn the principles of fair play.

M'Lop Tapang shares ISF's belief that all children, no matter how disadvantaged, should be given the opportunity to enjoy themselves and participate in organized sport. And with that in mind it was terrific to have collaborated in organizing a three-day football event recently in Sihanoukville from July 15-17, 2011.

More than 400 Cambodian children and youth participated in the activities over the course of the weekend. It was particularly exciting to see so many girls take part in the football practices and tournaments.

On the Friday we used the football pitch near M'Lop Tapang's Main Center to hold matches for just the girls. On Saturday we moved to a bigger field to allow for a couple hundred more children, both boys and girls to take part in the playing. Although we are in the middle of rainy season right now in Cambodia we were all lucky when it only rained a little and everyone was able to get out and enjoy the event.

Everyone from M'Lop Tapang had a really fun time and we all hope we can do this again. Thanks again to all the ISF and SALT staff and coaches who helped to make the weekend such a success!

*Sincerely
Eve Sao Sarin
Director, M'Lop Tapang*



Samedy and 5 ISF coaches helped SALT organise the running of a Football Festival in Sihanoukville with more than 400 children from the NGO M'Lop Tapang over three days. For some of our staff it was the first time they had seen the ocean and been to a beach. We are looking to add this festival to the calendar as an annual fixture.



U13 Boys National Competition

In July, ISF was proud to be invited to enter a team in the Football Federation of Cambodia's (FFC) U13's National Boys Competition. Each Province in Cambodia sends a team to the competition and with plenty of U13 players throughout the country, the competition is tough.

ISF's team, The Flying Tigers, high from their PwC / ISF Cup win in March entered the competition with great expectations of how they would do. The team made it through the round robin part of the competition, qualifying for the quarter finals after winning 2 of their 3 matches. The later was lost 2-1 to last years FCC U13's runner up team, Kap City.

The quarter finals proved tougher for the team. Although both sides were well matched, the striking opportunities for The Flying Tigers weren't forthcoming. In the end the team from Kaôh Kông Province progressed to the semis with a 4-2 win.



The team made Cambodian history with Srey Mom (one of our female students) as the first girl ever to participate in a Cambodian National Tournament. She joined the team as the striker and was the only girl in the whole competition!

There success was rewarded and celebrated with a much appreciated trip out for ice-cream!!

Well done to the Flying Tigers!



ISF Staff Profile

Sen Ryna

Ryna came to the attention of ISF when she was selected as the Number 1 goalkeeper on the November 2010 girls tour to Singapore. Ryna's on field performances were exceptional, however it was her off field character that made the biggest impression; as a senior player in the team she displayed good leadership and role model qualities. A number of the younger girls had never been outside of their provinces, let alone board an airplane to travel to a foreign country. There were a few who got home sick; Ryna was there with a kind word, a hug and a smile!

ISF were pleased to hear that Ryna passed her Year 12 exams last July and is now attending university in Phnom Penh, studying accounting. In order to assist Ryna, ISF has employed her as a football coach. As a young girl relocating from Kampong Chhnang Province, the coaching role has given her the opportunity to mix with ISF coaches, teachers and administration staff as well as staff from other NGOs; Ryna has settled into life in Phnom Penh very well.



Thank You!

ISF has again seen a lot of support from volunteers, families, organisations, schools and football clubs.

Thank you to:

Australia

ANZ Australia
Catherine Gyles and Artarmon School
The Cavalry
Peter Green, Kym Griffen and Northbridge FC
Richard Wright and Seaforth Football Club
Nathan Neilson and St Andrew Public School
Mark Casey and St Pius X College, Chatswood
Peter Lloyd, Doug Stewart and UniGear Pty Limited
Penny Woodroof

Cambodia

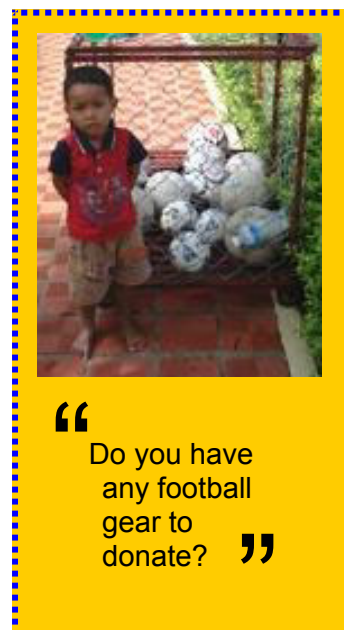
ANZ Royal
Australian Embassy
PricewaterhouseCoopers
Ragamuffin

Hong Kong

Crossroads
Chris Plowman, Pat Burns and the HKFC Members
Kathryn Bignold and Renaissance College Students
Jim Leung and Sandy Bay Mini Rugby

Singapore

Barclays Capital
Aravin Thatchavamoor
UWC Dover Campus
UWC East Campus



“
Do you have
any football
gear to
donate? ”



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Dates to Remember

2011

November

- 9 Independence Day
- 9-11 Bonn Om Touk (Water Festival)
- 20 ANZ Royal Football League
- 27 Barclays Capital ISF Football League commences

December

- 2 ISF Prize Giving Day / Christmas Party
- 4 Angkor Wat Half Marathon
- 10 International Human Rights Day
- 26-30 ISF School Holidays

2012

March

- 17 Boys Football Tournament
- 24 Girls Football Tournament
- 25 Barclays Capital League Finals
- 31 Bangkok Soccer League U14 Cambodian Girls Tour

