



FAIRPLAY FOR ALL
FOUNDATION

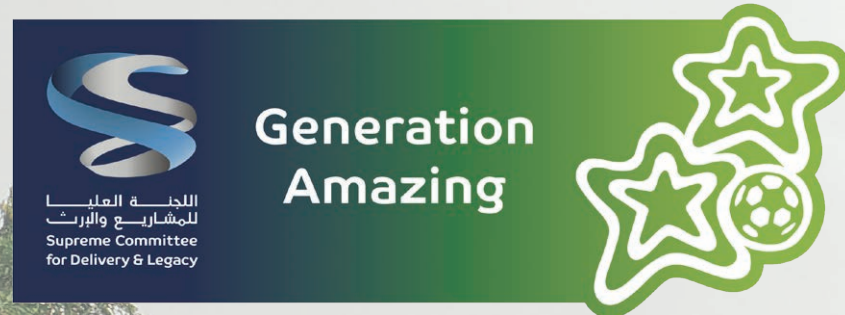
a level playing field on and off the pitch

Payatas Sports Center Project (Stage 2) & Football Sports Program

Project Report 2018

Acknowledgement

Special thanks to everyone
who made this possible.



**Australian
Aid**



The Family of
Carlos "Bobong" Velez



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II. Summary of Report

We have learned a lot from our past achievements and challenges in the previous year and as a way to uphold our core values, we continue to improve in the year 2018. Many projects and activities from last year happened because of you, our generous donors and supporters, and we thank you for your continuing support.

The Payatas Sports Center's modest and humble but continuous and steady development is a testament to our persistent desire to improve on whatever we have right now. From our humble beginnings up to now, we showed what genuine care for the community is all about.

We already provided hundreds of training sessions and competitions for youth football players and we shall venture to sustain the positive things that we are doing right now to make a truly remarkable impact on the children and community of Payatas. From the Fairplay Futsal League that seeks to empower young female football players to international tournaments like the Street Child World Cup, we continue to push our boundaries and develop our young players on and off the pitch.



iii. Payatas Sports Center Project

Stage 2

Great improvements were made this past year on our Payatas Sports Center. We opened the year by constructing the topping of Court 2. And in March, we officially opened the second court through a simple ceremony attended by our most supportive friends. This means that we now have two futsal courts that we can simultaneously use to hold training sessions and host leagues, tournaments, and exhibition games.

Around the month of August, we upgraded the facility by adding an imposing steel fence at the middle of PSC which made the division of the two courts more noticeable and will make sure that balls that are played in one court will not go beyond the playing area. Improved drainage, steel matting, a place where to put all football boots were also constructed.



A. Topping & Drainage for Court 2

We kicked off 2018 by finishing what we started with building the second court of the Payatas Sports Center. Learning from our previous experience with the first court, we first made sure that this time around the water drainage system will be a much better one. We thus opted to build a trench drainage system around the court. When the rainy season came, it worked wonders!

Once the trench drainage system was built, we then proceed to topping the court. During Stage 1 of the Payatas Sports Center Project, the topping of Court 1 was facilitated by trucks of ready-mixed concrete delivered to the site. This time around, we opted to rent a portable cement mixer for more control over the whole process. It took a little more than one month to complete the topping. And the result was pretty good!

B. Water & Electricity

Last May 2018, our pending Maynilad water service application was approved. Having a water line means that players who want to have a quick shower after training hard can do it there at the PSC right before going home. A simple water filter was also installed so players can have access to drinking water. Before having a water line, our coaches would need to bring gallons of drinking water from the Fairplay Cafe to the PSC during training sessions, and our site manager and his men would bring drums of water from the Fairplay School every day to allow the use of the comfort rooms. These proved to cause a lot of hassle, and so we are very happy now for the completion of our water line.

Incidentally, our pending Meralco electricity service application came next. We got approved last June 2018. Our toilet facilities, security guard house, and PSC office/stockroom/gym can now be lighted during the evenings and the treadmill can be powered to be used by our staff.

Both of these developments have also meant that the PSC custodians, the Medalle family, now have ready access to water and electricity, making their life at the PSC more comfortable and convenient.





c. Shoebank

In football, you need standard rubber shoes to play properly and to prevent injuries to your feet. Many of the trainees in PSC play barefoot and without any gear, making them susceptible to scratches and wounds. To prevent these from happening, we provided them with futsal shoes that they can use whenever they train at the PSC. Most of these shoes were donated, second hand, or slightly-used and they have different sizes, from small to large. And because we need the shoes to be stored properly, we built a shoe bank, a receptacle of all the football shoes and gear that players can easily access with the supervision of higher level coaches during training time and during competitive matches.





D. Drainage Improvement of Court I



The trench drainage system of the second court worked so well during the rainy season that we decided to replicate the system in Court 1, which was experiencing some drainage problems during heavy rains. Thus, last July 2018, a trench drainage system was also built around Court 1. The new system made it easier and safer for the players to play because the water now flowed freely out of the court, no longer flooding the inside.



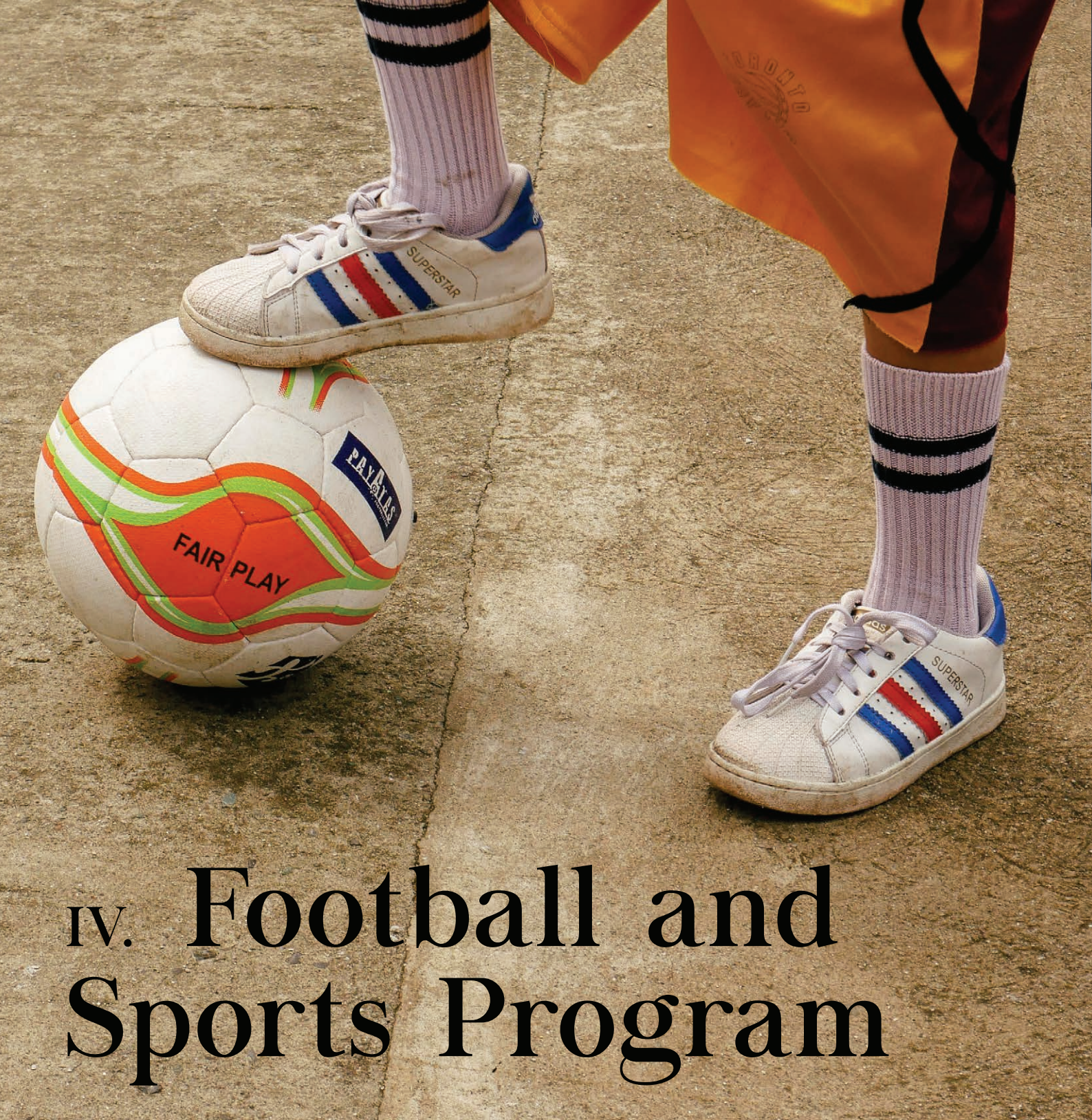
E. From Netting to Steel Matting

The sturdy fishermen's nets that were used to prevent balls from spilling over outside the center were upgraded into steel matting. These matting are towering metal bars that enclose the whole of PSC. Netting, although strong and sturdy, are susceptible to damages and likely to be swept away by strong winds during storms. So we upgraded with steel matting to make sure that it will not easily get destroyed and deteriorate.



F. Divider between Court I and II

The two courts that make up the Payatas Sports Center needed to be divided into two and a divider was needed to prevent balls from going over the other court and disrupting play. We built an imposing steel fence that does a job of stopping balls from going to the other side. It is very similar to the steel matting that was installed around the Payatas Sports Center.



IV. Football and Sports Program

While our facility continue its upgrade, we also carry on with our program of providing the kids with the necessary skills to be a great team player on and off the pitch.

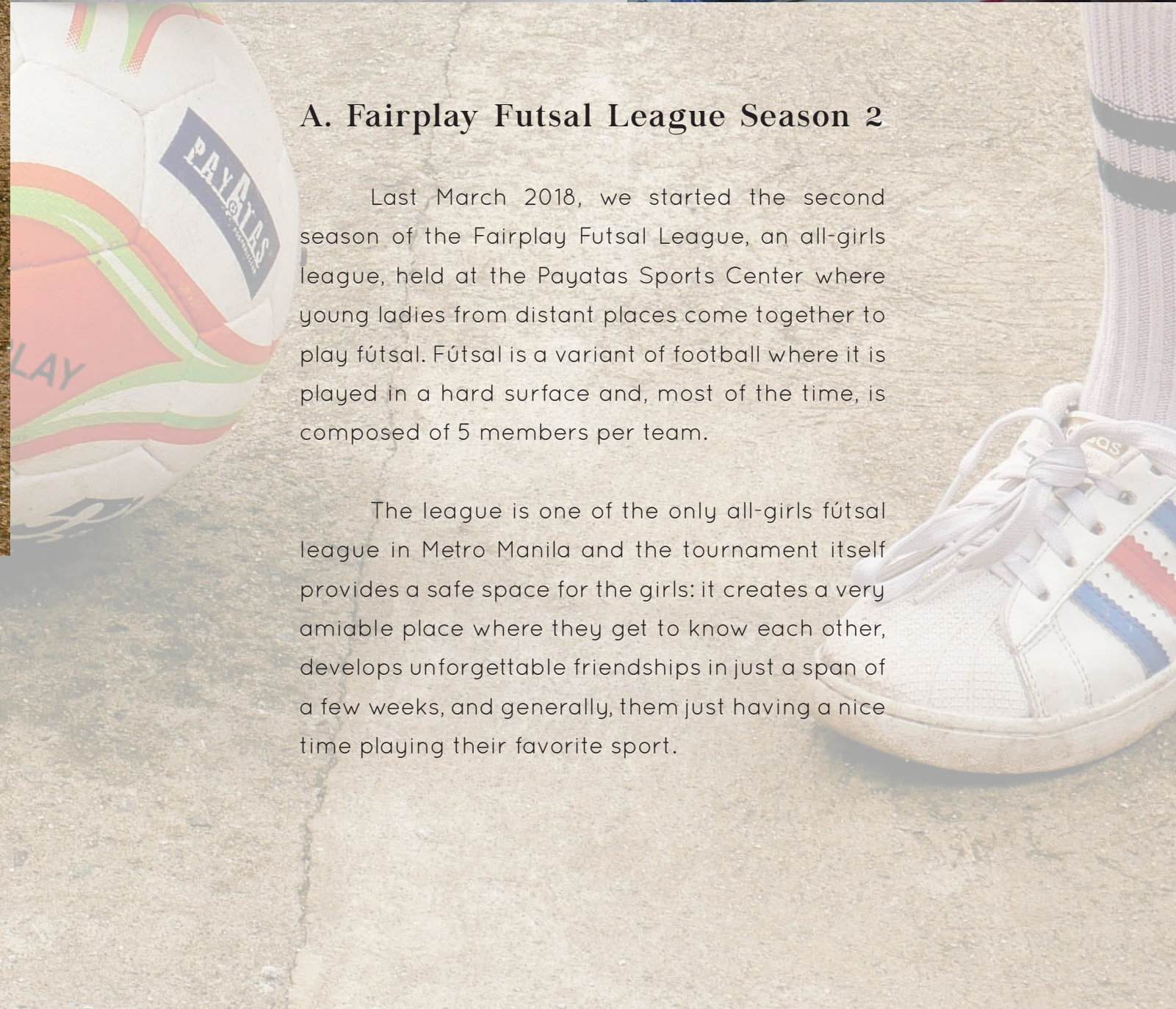
Training sessions are frequent and consistent everyday, while leagues, mini-tournaments, and other competitive matches are organized at least every month to challenge players of all ages and to bring together a football community within nearby places.



A. Fairplay Futsal League Season 2

Last March 2018, we started the second season of the Fairplay Futsal League, an all-girls league, held at the Payatas Sports Center where young ladies from distant places come together to play futsal. Fútbol is a variant of football where it is played in a hard surface and, most of the time, is composed of 5 members per team.

The league is one of the only all-girls fútbol league in Metro Manila and the tournament itself provides a safe space for the girls: it creates a very amiable place where they get to know each other, develops unforgettable friendships in just a span of a few weeks, and generally, them just having a nice time playing their favorite sport.





B. Street Child World Cup 2018: Team Philippines

In May 2018, a number of female players of Payatas Football Club and other local players from different parts of the country (Davao, Cebu, Kalibo, Benguet) came together to form Team Philippines and participate in the international football tournament called Street Child World Cup held in Russia just a month before the FIFA World Cup. It is a tournament organized as a way to gather street children and raise awareness about their situation and let their voices be heard.

During the month leading up to the competition, the girls trained intensely and vigorously together. All in all, the training camp was a success: the girls were committed and motivated not just to play but also to represent our country in an international event. The amount of learning and improvement was tremendous and the culture that the team built

together was awe-inspiring.

Apart from the training sessions, there were also mentoring sessions for the girls that took on complex issues such as addiction, childhood trauma, how to be happier, and developing a growth mindset, among others. The training camp didn't just teach them about football, it also taught them life skills it was a holistic training for the mind and body.

With hard work and determination, the girls got into the semi-final round against Team Brazil, the defending champions, and finished the whole competition at fourth place out of a total of 12 teams. We feel that we got the most out of the experience and we did it in the right way. With the tremendous help of our sponsors, we were able to do incredible things such as these.

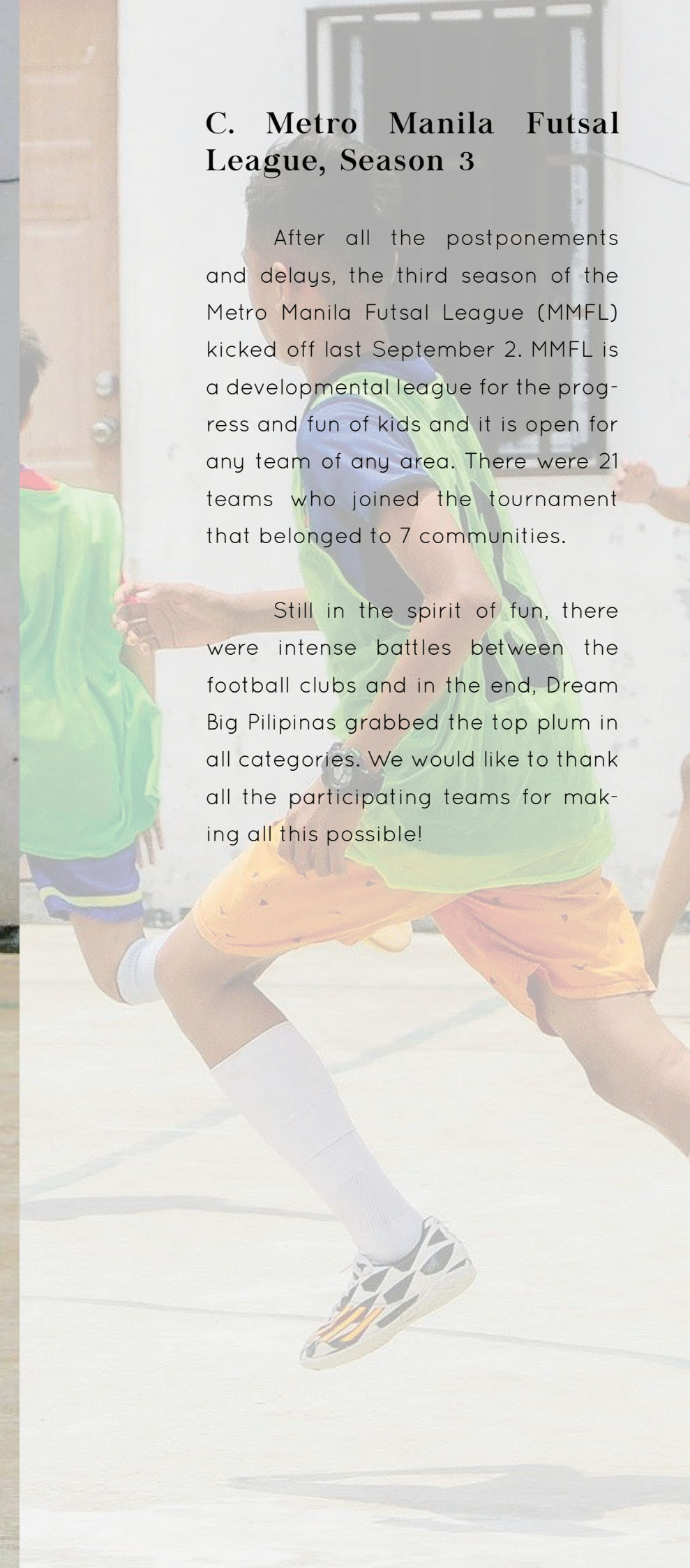




C. Metro Manila Futsal League, Season 3

After all the postponements and delays, the third season of the Metro Manila Futsal League (MMFL) kicked off last September 2. MMFL is a developmental league for the progress and fun of kids and it is open for any team of any area. There were 21 teams who joined the tournament that belonged to 7 communities.

Still in the spirit of fun, there were intense battles between the football clubs and in the end, Dream Big Pilipinas grabbed the top plum in all categories. We would like to thank all the participating teams for making all this possible!





D. Football Kids' KPIs

Early this year, Fairplay started an assessment of 100 players under its football program. This study aimed to capture a glimpse of their physical growth and mental status by getting their Body Mass Index (BMI), Mindset Tool, Learned Optimism, and Risk of Depression.

Given our findings, varying actions were undertaken to address them. Some of the activities that we implemented include organizing team sports, providing daily meals to these players, and offering Youth Group sessions which teach life skills sessions twice a week.

In order to learn more how Fairplay can better improve in caring for these football players, we re-tested the players after six months. The results will show us what we should sustain and what we can improve.

Study Details

Another wave of testing from June to August was conducted to track the performance of the football players. This was six months after the baseline data collection in January to provide a mid-term report. Aside from the exclusion of Adverse Childhood Experiences which is intended to be measured upon entry and exit of the players into the program, the four other indicators (Body Mass Index, Growth Mindset, Depression Test, and Learned Optimism) were all included in the second wave.

Of the 100 players who participated in the baseline study, only 93 of them were available in Wave 2. The number of players who can avail food from the Fairplay Café remains at 100 because the missing people were replaced by new football players.



Results

Body Mass Index (BMI)

On the average, the study shows that there was a slight improvement in the physical growth of the players. Most players stayed underweight although the percentage of people with normal BMI slightly increased. Importantly, the number of underweight children dropped by 7 percentage points.

Growth Mindset

In terms of growth mindset, the test results indicate that the overall mindset was relatively steady because most of the players still reported to have Growth Mindset with Some Fixed Ideas which overshadows the increased number of people under Fixed Mindset with Some Growth Ideas.

While some players shifted categories, others improved their mindset within their steady category and this is why the overall percentage is steady. This indicates that their mindsets have largely stayed the same. As the EQ club started just last September, this is understandable as no specific intervention in the social and emotional development has been looked at here.

Risk of Depression

For the risk of depression, the average score of the 93 players increased from moderately depressed in Wave 1 to severely depressed as shown in the notable rise in number of scores categorized as severely depressed. This is an alarming result. While the average score increased by 12.5%, this was enough to tip many students over from the moderately to the severely depressed categories.

While limiting factors such as self-reporting and the translation of the test will have some effect, for example we

know some children under-reported trauma in the first test, the increase in risk of depression must be further explained. Social injustices in the community is certainly one factor. One family now has both parents in jail, for example. Payatas has been much affected by the current political situation in the country. And together with a worsening economy, the high inflation, this has put more stresses on already highly vulnerable families.

These results suggest that deeper issues within the community will threaten a sports and nutritional program, and that more social and emotional support will be needed for the long-term personal development of the families.

Learned Optimism

On the average, the reported level of optimism and self-esteem of the players remained steady. In terms of self-esteem, most of the players scored Moderately Low which balances the growth of players with moderately high self-esteem. Similar to Wave 1, most of the players scored Very Pessimistic in their overall optimism level but the number notably dropped and was spread out toward the optimistic side.

We are pleased to see the 'very pessimistic' scores dropped by more than a third. On the average, this is offset by movement in the categories themselves, but if this trend continues then it does indicate strong improvement in the most vulnerable group.



v. Challenges & Opportunities

A. The Future of PSC

We are excited for the coming months ahead and we know that there is still a lot of work to be done. The rainy seasons are proving to be very challenging for players who want to train all-week long, any time of the day. There are many times where we have no choice but to postpone training sessions, worse, to postpone a tournament or league because of the gloomy weather.

Our next step here would be to construct a roof over the facility to turn it into an indoor futsal court and then installing lights or floodlamps. This ambitious endeavour would make the PSC useable all-night and all-year long. Currently, we are looking for contractors from construction companies who would take on this challenge.

B. Multi-purpose Court

To make the PSC more accessible to the community altogether, we are making ways for the people of Payatas to use the court in many different ways. Mothers of players who feel disconnected from the projects or activities that we provide them will find pleasure that they can use the center for other recreational purposes such as volleyball, badminton, and even Zumba sessions. Moreover, it can also be used as a donation-drive venue, an ukay-ukay bazaar (selling of second hand items), community fairs, and

the like. In this way, we can build a better relationship with them and they will feel that they are part of the journey we are on.



C. Training & Youth Coaches

One of the good things that come from the Payatas Sports Center, and we are happy to say, is that one of our talented youth coaches was accepted as a Football varsity player at the University of Santo Tomas in Manila. Ronalyn, a product of the Fairplay for All Foundation's football program and Educational Sponsorship Program, undertook a degree in Physical Education. After playing for a semester in the university, she decided to focus on her studies in the second semester and work part-time with us as a coach at the football program to help support her family. We support her with her decision and we're still very proud of her.

Meanwhile, we continue to develop



young coaches from the community who will strengthen our relationship with the community through football and sustain the football program itself amidst the demands in the community. There is certainly progress although we admit that it will take years to mold kids into acquiring a certain level of responsibility and commitment in handling an age-group. We are confident that our remaining youth coaches will continue to develop these values and remain steadfast in teaching football to kids while still having fun.

Currently we have one (1) level 3 coach (Ronaldyn), one (1) level 2 coach (Jerico), and several level 1 coaches. For 6 months from December 2017 to May 2018 we also welcomed a Visiting Coach, Mr. Gerry Boy Joaquin, who also comes from humble beginnings turned football player playing for Team Philippines Street Child World Cup back in 2010.

To help us improve our coaching classes and achieve our standards, we

have created our very own Coaching Course Modules for Level 1 and Level 2. It is currently undergoing review by our trusted peers in the football community and will be going through revisions and improvements before we publish them. These modules document the philosophy and process of our grassroots football/futsal program and aim to shape youth coaches into becoming better instructors on and off the pitch.

Apart from the youth coaches in our community, several youth coaches from outside of Payatas have joined in our coaching classes. Many more have even expressed interest. This just shows the potential of developing our very own coaching program that we can share to enthusiasts.

To assist in our mentoring of youth coaches, we are quite pleased to announce that after months of looking for the right person for the position of Project Officer for Sports we have finally signed on someone who is as passionate as we are when it comes to youth and sports development in the grassroots community. This position has been a very challenging position to fill, and we are happy to begin our initiation and training of Ms. Elizabeth Michelle Bitog into the position this October. With her in the position, we hope to fulfill our target of opening more sports in the PSC other than futsal/football.

There is still a lot to improve on and step by step, we as a team will get better.



D. Legacy: Team Philippines Street Child World Cup

We came home from the Street Child World Cup in Moscow last May 2018 fired up with hopes and dreams to further promote the team spirit. The success of the girls' training camp and the empowering experience in Moscow has inspired us to plan for monthly mentoring sessions that would nurture the current team as well as the next generation of Team Philippines.

Meanwhile, college scholarships through Kulczyk Foundation and Street Child United's legacy project have made it possible for the Team Philippines players and candidates to receive financial support when they reach University. Two of the Team Philippines scholars, including the Team's Head Coach Ronaldyn, have already started to access the scholarship funds. Incidentally, they are both also varsity scholars in their respective Universities.

We look forward to seeing our dearest players from their humblest backgrounds reach for the stars and fulfill their potential!

E. Next Steps for our Football Kids and the Community at Large

We are now beginning to tie all of our programs together - education, sports, and sustainable nutrition - through our community development work. Our research on the football kids' and our own Fairplay School learners' progress along different key performance indicators such as ACEs, growth mindset, optimism, and depression, have opened our eyes to deeper challenges within the community. If we hope to break the cycle of poverty in Payatas, it would not be enough to provide education and livelihood opportunities; we also need to implement a social intervention arm that focuses on social and emotional health and thus provides the social and emotional support which can heal learned helplessness and improve emotional intelligence.

Recognizing these challenges, our next steps are to begin an EQ Club alongside the Youth Group, and social activities for the parents.

The EQ Club will emphasize self-awareness and empathy to facilitate togetherness among kids from different areas (or streets) in Payatas and help break down the barriers between them so we can improve attendance and group cohesion - as well as develop emotional intelligence which is known to be very important in the long run.

With time for the mothers to do a volleyball session, Zumba class, or similar exercise time together, we will also build better relationships in the community so that with the mothers involved especially they will “get it” more, what Fairplay is about, as well as have their own time in the week they can de-stress.

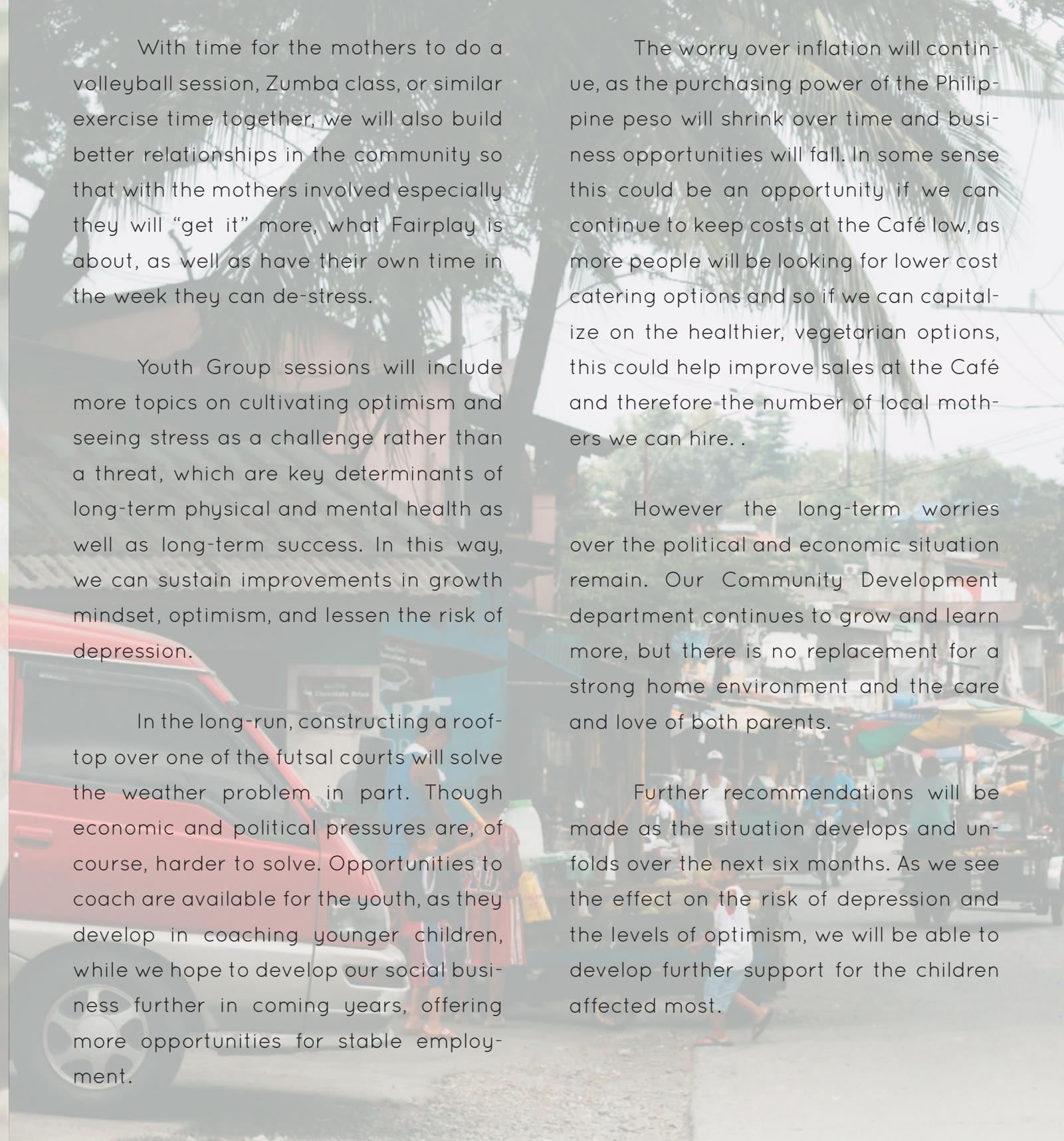
Youth Group sessions will include more topics on cultivating optimism and seeing stress as a challenge rather than a threat, which are key determinants of long-term physical and mental health as well as long-term success. In this way, we can sustain improvements in growth mindset, optimism, and lessen the risk of depression.


In the long-run, constructing a rooftop over one of the futsal courts will solve the weather problem in part. Though economic and political pressures are, of course, harder to solve. Opportunities to coach are available for the youth, as they develop in coaching younger children, while we hope to develop our social business further in coming years, offering more opportunities for stable employment.

The worry over inflation will continue, as the purchasing power of the Philippine peso will shrink over time and business opportunities will fall. In some sense this could be an opportunity if we can continue to keep costs at the Café low, as more people will be looking for lower cost catering options and so if we can capitalize on the healthier, vegetarian options, this could help improve sales at the Café and therefore the number of local mothers we can hire. .

However the long-term worries over the political and economic situation remain. Our Community Development department continues to grow and learn more, but there is no replacement for a strong home environment and the care and love of both parents.

Further recommendations will be made as the situation develops and unfolds over the next six months. As we see the effect on the risk of depression and the levels of optimism, we will be able to develop further support for the children affected most.





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