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Charitable number: 81955 0245 RR0001

Subject: Partnership Proposal for “Gymtastics Play-It-Forward” Projects

Dear Rotary Club Members,

Happy New Year!! I am Darlene Fedyna, President and founder of the charity "Gymtastics Play-It-Forward Projects" where we believe that every child should have the opportunity to grow through sport and play!

Since our inception in 2010 and subsequent establishment as a registered charity in 2014, we have been unwavering in our commitment to enrich the lives of underprivileged children in Canada and across many different international cultures and communities in need. Play-It-Forward Projects has positively impacted over 4,000 children across various countries including South Africa, Guatemala, Cambodia, Tanzania, Uganda, and of course, right here in Canada as well. Our focus is on fostering joy and development through sports and physical education. We are proud of our holistic wellness programs promoting health and fitness.

Our acquaintance with Tracey Vavrek, Director, Learning and Network Engagement, Community Foundations of Canada and the 2019-2020 District Governor of Rotary International District 5370, and a proud member of Rotary Club of Calgary Heritage Park, has highlighted the remarkable community development initiatives led by Rotary clubs. Inspired by these efforts we are reaching out to explore a partnership and financial support for our charity including our upcoming project in Uganda, slated for March 2024.

Project Overview - Uganda 2024:

Our next venture in Ibanda, Uganda, is set to be one of our most ambitious projects yet, aiming to support 450 individuals – children, youth and teachers – who face extreme poverty with limited resources.

Collaborating with Daniel Ahimbisibwe, a Rotarian from the Rotary Club of Masaka and our Project Director in Uganda, we aim to deliver a program that fosters physical, social, emotional and mental development. Daniel has informed us that the Rotary Club in Uganda has very limited resources for extra funding, however he would be grateful to be the recipient Rotarian able to receive financial support and assistance from Canadian Rotary Clubs.

An essential component of this project is supporting education through training teachers and community leaders, providing easy-to-follow training materials and leaving all equipment behind for sustainability after we leave, so they can continue to “Play-It-Forward”.

The program will be implemented at Kimunyu Primary School, where we will introduce specialized physical education and sports activities, emphasizing teamwork, education and physical fitness. We strive to enable children to reach their fullest potential by instilling valuable life skills such as self-esteem and confidence, motivation, character building, acceptance of others, perseverance, discipline, leadership skills for older youth and FUN!

The girls and young women in this community face the largest challenges and will benefit immensely from our project. We offer an inclusive approach ensuring that every child regardless of age, gender or ability participates in all activities and classes in the sports and games program we provide.

Funding Proposal:

To realize the vision of our “Play-It-Forward – Uganda 2024” project, we require approximately \$52,000 and are seeking financial support from your Rotary Club and other rotary clubs as a possible cost share. This budget covers physical education program materials, equipment, nutritional food and snacks, sports apparel for all participants and travel expenses for our eight-member volunteer team. We plan to source some items in Uganda, including food, supplies, sportswear and equipment in support of the local economy. We appreciate any and all financial assistance towards our Play-It-Forward Projects. We have already raised approximately \$15,000 towards Uganda 2024 Project.

Next Steps:

We would be honored to discuss this partnership further, answer any questions, and align our efforts to create a lasting positive impact for communities in need. Our team is ready for a virtual meeting at your convenience. For more information on the Uganda 2024 Project, we have enclosed a detailed outline, budget and video link from a past project in Uganda (2018) with testimonials underscoring the success of our past initiatives. Please visit our website: playitforward.ca for more information about our charity.

Thank you for considering this opportunity to join forces and enrich the lives of underprivileged children through sports and education. Together, we can “Play-It-Forward” for a brighter future.

Sincerely,



Darlene Fedyna
President and Founder, Gymtastics Play-It-Forward Projects
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Play-it-Forward Project Outline

International Project Uganda 2024

Project Date: March 2024

Length of Sport Program: 5 days physical education program, plus travel days, training education days and equipment set-up/wrap-up days; total estimated project length - 14 days.

Location: Kimunyu Primary School in Ibanda, Uganda

Who Benefits: 400 children ages 3 to 17 in the younger primary classes and 50 teachers/staff at the school --- our largest project to date:

- We adjust class sizes and schedules to accommodate 350 children in the daily class programs with a final all students sports day event.
- We offer a separate nursery program with 30 children ages 3 & 4 years.
- We include leadership teaching, instruction and mentorship to 20 older students, 13-17 years of age, along with teachers in the areas of sports basics, movement and our physical education program.

Project Goals: This project focuses on developing and teaching a sport and play physical education program for the school to:

- Promote fitness & health, physical activity and teamwork
- Build self-esteem and confidence
- Educate the teachers and leaders in the community
- Leave a strong, sustainable program that is simple to use and easy to follow which can be added to the school curriculum and community events

We will supply the play and sports equipment and program education materials. We will demonstrate the program and guide teachers and youth leaders of the school. Our primary goal is promoting inclusive learning benefiting all students regardless of age, gender, and ability. Through team challenges and organized play activities the students will learn peaceful resolutions through teamwork.

How We Make a Difference: With our small group of volunteers we partner up with key teachers and leaders in the school and community to provide instruction on the easy-to-follow sport and physical education movement program. We will leave behind our program instructor education manuals, booklets, station activity cards and music so they can continue the program.

The Play-it-Forward Project Mission: All projects are designed to be sustainable for the school. We ask the leaders and teachers to continue the main objective of “Playing it Forward”. Upon conclusion of the project, the program materials, education manuals, equipment supplies and all resources remain in the community to benefit all the students of today and many more in the future.

Program Focus:

- Basic movement education, gymnastics and fitness exercises
- Group games: parachute, races, obstacle course, tug-o-war and limbo
- Yoga, fitness and flexibility
- Small equipment activity sessions with skipping ropes, bean bags, balls and hula hoops
- Nutrition program: healthy snacks and refreshments

Main Program Segments:

- Body movement and exercise
- Basic gymnastics: supports, rolls, cartwheels, balance and handstands
- Skipping and long rope jumping (high jump/long jump)
- Hula hoops
- Bean bag throwing and balance exercises
- Balloon activity and volleyball skills and drills
- Basketball and soccer skills and drills (throwing, catching, and kicking)
- Parachute and team games
- Yoga activity
- Dance
- Obstacle course challenge and limbo contest with tug-o-war
- Team Relay Races (running, jumping, potato sack, three-legged race, plastic egg on the spoon, bean bag)

Supplies Needed:

- Sportswear: colored team t-shirts and shorts for students and t-shirts for teachers and leaders
- 400 Individual Student take home Play Kit Backpacks which include a gold medal, certificate, beach ball, water bottle and play booklet
- Sports equipment: mats, skipping ropes, hula hoops, balls, bean bags, stereo system, parachute, tug-o-war rope, relay race equipment, pylons, and a variety of other miscellaneous small equipment such as targets, first aid kits, ball pumps, storage containers and more
- Instructor manuals, sports and games activity visual aid cards and music

Volunteers: 8 Play it Forward Volunteers (6 strong coaches & 2 support staff)

Lead Coaches: Training, demonstrating and instructing the teachers and leaders of the community; leading the daily physical activity stations with large groups of children; and setting up equipment stations and instructing the planned daily program

Assistant Support Volunteers: Music, scheduling, registration, t-shirts, nametags, photography, class management, program demonstrations, administration and assist lead coaches



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PLAY-IT-FORWARD PROJECT BUDGET UGANDA 2024

	Quantity	Est. Cost	Total	Section Total
EQUIPMENT				
Balls				
8" balls	60	\$5	\$300	
Small balls	30	\$1	\$30	
Exercise balls	2	\$10	\$20	\$350
Ropes				
Tug-O-war 40ft	1	\$50	\$50	
Long ropes 10ft	10	\$7	\$70	
Skipping ropes	50	\$5	\$250	\$370
Hula hoops				
Large hoops	50	\$3	\$150	
Small hoops	10	\$3	\$30	
Connectors	60	\$1	\$60	
Electrical tape	60	\$1	\$60	\$300
Bean Bags	120	\$1.25	\$150.00	\$150
Pylons				
Large pylons	12	\$5	\$60	
Medium pylons	12	\$5	\$60	
Short pylons	50	\$3	\$150	
Colourful discs	36	\$2	\$72	\$342
Mats	85 -100	\$15	\$1,500	\$1,500
Large parachute	1	\$310	\$310	\$310
Relay Race Supplies				
Potato sacks	20	\$1	\$20	
Placement spots	48	\$1.45	\$70	

Misc supplies		\$50	\$50	
Target sheets	10	\$1	\$10	
Used tires	12	\$25	\$300	\$450

Preschool				
Punch balloons	50	\$1.00	\$50	\$50

STUDENT SPORTWEAR AND TAKE HOME ITEMS				
T-shirt	450	\$8	\$3,600	
Shorts	400	\$5	\$2,000	
Backpacks	400	\$2.50	\$1,000.00	
Waterbottles	400	\$1.00	\$400.00	
Beach balls	400	\$2	\$800	
Play books	450	\$1.25	\$563	
Gold medals	420	\$0.50	\$210.00	
Certificates	400		\$40	\$8,613

Food (x5 days)				
Nutritional snacks	450	\$3	\$1,350	
Candy/treats	450		\$50	\$1,400

MISC.				
Storage containers	10 - 12	Donated	\$0	
Duffelbags	4	\$5	\$20	
Face paint	1	\$25	\$25	
Flagging tape	5		\$50	
Pinnies	24		\$50	
Volunteer manuals	6	\$25	\$150	
Instruction manual	1	\$150	\$150	
Station cards			\$250	
Ipod/stereo	1	\$200	\$200	
Volunteer t-shirts	24	\$12	\$288	
First Aid kit	1	\$30	\$30	
Bike pump	1	\$15	\$15	
Pump needles	2	\$5	\$10	
Misc. (translator, wire)			\$500	
Felt	450		\$20	
Labels	450		\$20	
Safety Pins	450		\$10	
Markers	2 packs		\$10	\$1,798

VOLUNTEER COST - \$4650 per volunteer (8 volunteers)			
Flight	8		
Accomodations	8		
Food	8		
Insurance	8		
Transport	8		
Misc.	8		

Volunteer Total: \$37,200

PROJECT EQUIPMENT/SUPPLIES GRAND TOTAL:	\$15,632
VOLUNTEER (8) COST GRAND TOTAL:	\$37,200
GRAND TOTAL:	\$52,832