

NEMATO SPORTS FEDERATION

Nelson Mandela Township Sports Federation

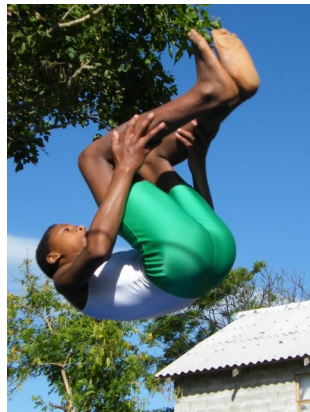
- youth empowerment through a holistic sports and educational program -

Nemato Sports Federation and the affiliated sports clubs aim to empower youth. We want to change the mindset, improve the skills and knowledge, and guide all our athletes individually to become successful in life. We are delighted when our athletes win in sport, but our program is only successful when our athletes win in life!

our sports clubs



Nemato Rowing Club



Nemato Gymnastics Club



Nemato Netball Club



Nemato Fencing Club

In 2006 we started our program with *Nemato Rowing Club*. Seeing the many disadvantages our youth are faced with, we made education and life skills a more and more important part of our program. To increase the number of youngsters that can benefit from our program we included more sporting codes in our program. We started *Nemato Gymnastics Club*, *Nemato Netball Club* and *Nemato Fencing Club*. To coordinate the activities of the clubs and offer the educational and life skills program to the athletes from all clubs, we started *Nemato Sports Federation*. It is a registered nonprofit organisation (075-396-NPO) and a public benefit organisation (930033563).

our educational and life skills program



rewarding positive mindset



daily homework class



computers and internet

mindset

The most important part of our program is to work on the mindset: commitment and dedication, wanting to be successful and willingness to work hard for it. Take your future in your own hands, don't sit and wait for hand-outs from government and charity. We try to incorporate the development of this mindset in each aspect of our program. Competitive sport helps to achieve this mindset. We try to approach everything in our program in a way to encourage this mindset. It starts with keeping

track of attendance at all sessions. We encourage self initiative and taking responsibility. We don't tell (or shout) what to do when the athletes know what to do. We reward athletes who take up tasks and activities by themselves without being asked, who look after the club and contribute to make it a success. In the rowing club we introduced Rower of the Month and Rower of the Year, not based on winning races, but purely based on commitment and positive contributing to the development of the club and of themselves.

homework class

Education in our townships is at a very low level. In an attempt to improve the school results, we offer five times per week homework classes. All our athletes have to attend the classes. Besides homework, we focus on basic maths and language skills. We start all lessons with a nice and healthy meal to address malnutrition and to give the much needed energy to study.

computer and internet

Our office offers our athletes three computers and internet access. For most athletes this is the only place where they can use computers. Learning goes by playing and helping each other. Sometimes we offer short courses or we help when needed. Internet is very exciting. It not only helps a lot with homework, but also grows the world of our athletes from just our small isolated township to the entire world. The guys are chatting all around the world. Our office also has a good old library with books. Reading is not a common habit in the township. With books and a daily newspaper we try to encourage reading.



getting new skills



hikes and adventure trips



trips to see 'the world'

skills

We try to offer skills development opportunities in as many fields as possible. It goes from photography and computer skills to boat repair, and from organising and club management to leadership, and coaching. We also offer on life skills lessons, for example swimming lessons, Aids awareness lessons and fight prevention and conflict resolving.

hikes

For team building and to challenge the physical and mental boundaries of the athletes, we offer challenging hikes and adventure trips. In many cases the activities are organised by the rowers themselves.

trips

The world is very small when you grow up in our townships. There is nothing happening here except alcohol, drugs, fighting and unsafe sex. You don't go on holiday and you don't go to places to experience the beauty of our country and to see that there is a better life waiting for you. We are offering as many trips as we can afford to see 'the world'. We select athletes for these trips to reward for good attendance and positive contributions to the club.

President's Award

We are participating in the internationally recognised President's Award program. It offers youth the following activities: sport, skills development, community service and an adventurous journey at bronze, silver and gold medal level. Two of our coaches are leaders in the program.

Hiv/Aids group

To address the challenges of Hiv and Aids, four of our athletes formed a group, that is trying to influence behaviour of our members and promote safe sex. Together with our volunteer club doctor, the group is promoting and organising Hiv testing for our athletes.

Nemato Food Fund



cooking



dishing



eating

Offering an after school program from 15:30 till 20:00 with sport and homework lessons is impossible without a meal. Our club doctor and the Eastern Cape Academy of Sport noticed clean signs of malnutrition in our athletes. This is not surprising. In many houses there is often no food and hardly any family can afford to buy a well balanced diet for the children.

To address this issue, the Friend of Nemato Rowing Club started *Nemato Food Fund*. The Nemato Food Fund is now under the responsibility of Nemato Sports Federation. Five times a week we offer well balanced healthy meals to all athletes who participate in our homework classes. All funding comes from donations!

Support Nemato Food Fund!!!

Please donate:

FNB, Port Alfred, account: Nemato Food Fund, account number: 6223 335 8143

recognition



launched by minister



winning Jack Cheetham Award



founder member SSCN-SA

Nemato Rowing Club and Nemato Sports Federation are proud to be recognised for their successful empowerment program:

- * Launched on Youth Day June 16 2006 by Minister of Sport & Recreation Rev. Stofile.
- * Winner of the 2006 Murray & Roberts Jack Cheetham Award.
- * Nominated for the 2008 South African Sports Awards.
- * Founder member of Sport for Social Change Network - Southern Africa (SSCN-SA) in 2009.
- * Partner in the President's Award program (2010).
- * Partner in the Department of Education career counselling program (2011).

support us!

Our program offers our disadvantaged youth a real chance for a better future. This is crucial for the future of our community and our country. Finding funding for our program is ongoing challenge. Can you help our Food Fund with a small monthly donation? Might you be able to find us a sponsor? Do you know a funding organisation that might be able to help us? Please contact us! We can not do our work without your support!!!

contact details

Name Nelson Mandela Township Sports Federation or
Nemato Sports Federation or
NSF

Registration Registered Nonprofit Organisation: 075-396-NPO
Registered Public Benefit Organisation: 930033563

Office

Address: 32 Mbexa Street
(physical and Nelson Mandela Township
postal) Port Alfred, 6170
South Africa

Contact

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Email: matinyanafund@gmail.com

Internet

Website: www.matinyanafund.org.za
Facebook: Nelson Mandela Township Rowing Club
Twitter: nematorowing
Flickr: Nemato photography
Online donations: www.myggsa.co.za (look for Nelson Mandela Township Sports Federation)

Bank

Bank name: First National Bank
Bank address: 1 Main Street, Port Alfred, 6170
Branch (sort) code: 210917
Swift code: FIRNZAJJ

Account name: **Nemato Sports Federation**
Account number: 6225 665 9461

Account name: **Nemato Food Fund**
Account number: 6223 335 8143

supporters

Our main sponsors and supporters are: private donors, Murray & Roberts, National Lottery, J-Pak, Old Mutual, Stenden South Africa and Rhodes University.

