

ALIVE AND KICKING!



The Australian Youth Football Development Foundation (AYFDF), is a charitable Foundation established to fund programs that assist in developing disadvantaged Australian youngsters into happy and pleasant members of our society. It is helping to make our society safer by finding practical solutions based on football training to focus our youth and provide them the 'skills-for-life'.

Providing opportunities for young people living in metro and rural areas of this vast country to get involved in recreational sporting activities is the basis for the programs that the AYFDF sponsors.

Empowering communities, with the provision of funding through accepted programs to launch football based projects, has been shown to be an effective way of addressing disaffection and empowering young people, increasing their skills and confidence whilst strengthening good community relations.

Sport and recreation as a planned activity can foster self-confidence, provide transferable skills, channel violence and provide opportunities for social interaction.

Football is an accessible, affordable and enjoyable means of increasing young people's self-confidence whilst channeling their energies in a constructive direction away from anti-social behaviour, becoming depressed, obese or getting involved in crime and drugs.

We believe that the experience of social inclusion activities delivered to our youth by AYFDF funded projects will help address some of the issues in our society today, including:

- Youth disengagement
- Alcohol and drug abuse
- Obesity
- Lack of respect for authority
- Lack of responsibility
- Changing community values
- Providing confidence to our handicapped members of society

The emphasis on funding football involvement programs is based upon participation, personal and social development and having fun. Although football can be a competitive sport, programs that are chosen to be funded work to engage young people regardless of individual skill, ability and capability.

The target group of these programs, is hard-to-reach young people and those considered to be at risk, marginalized or vulnerable. This includes the handicapped, young offenders and those that have been excluded, or are at risk of exclusion.

Football's traditional popularity makes it a good 'hook' for attracting and engaging young people whom might otherwise be reluctant to be approached and become involved. The Foundation has been established to fund programs that help achieve these goals.

Program Objectives (not limited)

Meetings are held with local residents and associations within the community to help identify the local needs, to identify key community leaders and elders and to recruit adult volunteers to set up and run the programs which lead to the establishment of clubs and a community association.

Volunteers are provided with training and support to establish the clubs and an association infrastructure with coaching, refereeing and management mentoring.

Once established, each club, which is responsible for recruiting volunteers locally, runs weekly training sessions for young people. Representatives from each of the clubs in an area meet regularly as part of the area association to plan and develop the activities, including arranging the inter club tournaments and developing joint training activities on a variety of related topics including:

- First aid
- Child protection and psychology
- Diet/nutrition for sport
- Health
- Drug/alcohol awareness
- Anti-bullying strategies

Programs must steer young people away from crime and anti-social behaviour.

The program must support disadvantaged families and communities and create an opportunity to stimulate participants learning of the 'Skills-for-Life'

www.ayfdf.org.au

