

THE MEDIC'S CORNER



Vision Table
tennis academy
takes shape



Vision is giving
me a life that I
never expected

GISHWEKA

Living the national dream



Coca-Cola

Coca-Cola open happiness™

COCA-COLA, SIFILY, HAPPINESS and THE CLASSIC BOTTLE DESIGN ARE TRADEMARKS OF THE COCA-COLA COMPANY © 2010 THE COCA-COLA COMPANY



VYG FOOTBALL ACADEMY

SUPPORT ORGANIZATIONS AND PEOPLE

Ministry of sports and culture
Proline Football Academy, Uganda
Inyange Industries, Kigali Rwanda
Barimex Italy - Igan Uwimana
Vision 2020 Football Club -
Desso Sports Systems
Steve McCauley, UK
Claudio Von Planta
Parents or care takers of the members of VYG.

VISION YOUTH GROUP DIRECTORS .

John Bosco BIRUNGI, President and Founder
(CEO Crystal Ventures Ltd).
Afrique RAMBA, Secretary General
(Deputy Director General,
Rwanda Social Securities Board).
Faustin MBUNDU, Chairman VYG
(Chairman, Private Sector Federation)
Dr. Lonzen Rugira PHD, Career Mentor VYG
(Professor of Public Policy, National
University of Rwanda).
Raymond KARANGWA, Treasurer VYG
(MD, Kigali Ceramica)
Riccardo Lazise, Special Advisor (AVSI Rwanda)
John Paul Mudaheranwa,
General Manager VYG
Kassim Rugamba, Head Coach
Vision Football Academy



Avenue Poids Lourds - Source Oil Station
P.O. Box 3492, Kigali, Rwanda.
Tel: +250788505643.
www.visionyouthgroup.com





GIRA AMATA

SUPPORT A RWANDAN FARMER Buy Inyange Milk

Every Inyange Milk you buy keeps a farmer's family happy & sustained.



The 1Litre tetra pack now costs **600 Rwf** in all Inyange depots, premises & promotional sites, and **700 Rwf** in all retail outlets.

Contents



- 10** Vision is giving me a life that I never expected
- 12** We don't only focus on football
- 16** Vision Table Tennis Academy Takes Shape
- 17** VYG seeking partnerships
- 20** 13 Players Scoop VYG bursaries
- 21** Vision seeks partnerships in Europe
- 23** Vision product living the national dream







'I say, thanks to vision and football, my family have been revived of my fees burden, Vision has given me a decent life.

Vision

As a boy growing up in Kigali's renowned suburb of Nyamirambo, Issack Twizeyimana's dream was to wear Rwanda's national football team colors and collect as many trophies as he could.

Issack, was desperate for an opportunity, which presented itself in 2010.

Issack watched with delight as Vision Football Academy coach, Bonny Kassim Rugamba drafted him into the team.

And now, the 19-year-old currently pursuing his civil engineering studies at Kicukiro college of Technology gives all thanks to Vision Youth Group and has his eyes set on the big prize.

When you meet Issack, you notice how much passionate he is about football and determined to achieve his goals.



is giving me a life that I never expected

He is friendly, laughing and smiling.

“When going up in Nyamirambo, there was not so much hope, I was afraid of failure”.

The fact so many talented future stars are recognizable now is largely down to Vision Youth Group’s president John Birungi’s efforts.

Birungi is a CEO of a big investment company in Rwanda and has dedicated a lot of resources both time and money to support young people to develop their talents and careers. He is also a sportsman and plays football and table tennis. He founded Vision Youth Group in late 2008 and today many kid’s dreams are beginning to come true because of this.

Vision has provided basics for talented

youngsters who also want to have a decent live; Nyamirambo area, a Kigali low income suburb is home to most of them and prior to Vision, many of the kids had little hope.

‘Vision youth group has done so much for us’, says Issack. They have turned us into little kings. John is like our father, the academy is our second family. He hasn’t just developed football. He has provided us with a life’

‘The role of VYG isn’t only to mentor us. It is because the academy doesn’t only offer football – it provided us with healthcare, food, education and plenty of attention’. The president of Vision has told us about plans to have accommodation and our own football pitch and we are anxiously

waiting and looking forward to this because I believe it will enable us get closer and play better as a team!

‘When I came to the academy, I expected only football but I have gotten more than what I bargained for’ says Issack.

‘Despite his busy schedule, he knows how to attend to us well and the academy has a philosophy of togetherness. Football has always been a dream of mine and I always thought one day I will become a footballer.

‘I say, thanks to Vision and football, my family have been revived of my fees burden, Vision has given me a decent life. The group has made me meet a lot of people; it has allowed me to come to go to university and play football’

“A player who is educated will not have the same thinking as one who’s not educated, so at VYG much as we preach football and other games, we do treasure education above anything else”



We don't only focus on football

The Secretary General of Vision Youth Group (VYG) Afrique Ramba has urged the young aspiring footballers at the academy not to overlook education in preference for football.

Ramba, is also the coordinator for Vision 2020 football club. Vision 2020 FC is a club for the working class ex-footballers based in Kigali.

"We have a thinking that our own footballers should be educated and that's what we are aiming for at Vision Youth Group.

"We will help these kids gain more skills in football as well educate them. This will shape them to be real professional footballers but who can also do something else for themselves and the country besides playing football," Ramba said.

An avid sports lover, Ramba supports APR on the local scene and Liverpool in England. In addition to football, the Deputy Director General of The Rwanda Social Security Board has played different sports including karate, basketball, tennis and table tennis among others.

As a board member of Vision Youth Group, Ramba noted that its high time Rwandan young footballers and those aspiring to play the game up to the highest level realized that both football and education do complement each other.

"The reason why our own footballers have not reached far is because they don't have the opportunity to undergo enough formal education, which would widen their capacities."

That's why he stressed that Vision Youth Group is an important project for the country as it seeks to support and empower the less privileged.

"A player who is educated will not have the same thinking as one who's not educated, so at VYG much as we preach football and other games, we do treasure education above anything else.

He noted that balancing education and sports is vital in shaping a footballer's career. Several retired African footballers are living a miserable life because they didn't pay attention to education. "They are several examples in Rwanda, East Africa and Africa as a whole."

According to Ramba, the main aim of VYG Academy is to help upcoming footballers get access to formal education on top of learning the game in a more organized manner and environment.

"Football should not be for the school drop-outs but should even be played by the highly educated people," he stressed.

"We should not have a negative mindset on football. Educated people tend to think that football is for the uneducated yet that's not the case. This mentality should stop.

"We want our academy to produce footballers who will not only play for top local clubs and their country but play it at the highest professional level.

"Why can't we produce our own Samuel Eto'o or Didier Drogba from Rwanda? Ramba wondered before emphasizing that Vision Youth Group will achieve its goal in not so distant a future.

Faustin Mbundu, the Board Chairman of VYG believes Vision Youth Group will offer many skilled and talented players to Rwanda's national football team, Amavubi Stars. "Having started just three years ago, we have already sent players to the National Junior side", he noted.

"There are still very few football academies in Rwanda, just a few like APR, Ferwafa and SEC. For us we are enlarging the probability of having many youngsters in our academy",

"We are empowering the kids to enable them have better lives,"

"We are extremely disciplined compared other academies because of the motivation that we have added in our academy to give value to the future of these young players, discipline is top priority for our kids",

"These youngsters will grow up as professionals in football thus be able to play for the national team and even create more chances for them to head to different African and European clubs,"

"Much as we are young in this business, we have created contacts to enable these players interact. They have been invited to Europe for a series of build-ups but we are still looking for the financial resources to achieve the trip so that the kids get a chance to improve their game,"

"We do mentor these young boys. It is because our academy doesn't only offer football — it provides them with more than just sports and recreation but medical and parental care, food, informal and formal education which are all important in any young person's development"

"Our plans to build the Vision Players' Hostel and Sports Center will see us achieve big for the kids!! Some of them struggle with daily upkeep and have no proper accommodation and for these we started offering monthly financial support last year and will continue to do this until we have our own home",







Vision Table Tennis Academy Takes Shape

Vision youth group's table tennis academy was launched in Oct 2011 with over 20 aspirant table tennis stars in the ages of 8 to 14. The academy is coached by and guided by 2008 Africa junior championships quarterfinalist Yves Ndizeye with the help of Celestin Rumbesa.

The academy currently trains at Amahoro National stadium.

'We believe that after some time these kids will be competitive,' Ndizeye who is also a level-1 coach said. The academy is open and we have hopes of integrating the following categories; U-13, U-18, seniors and veterans. But currently our trainees are between 8-14'

'We have held some training sessions with the young players and we have been very impressed with not only the standard but also with the huge enthusiasm and love for the game,'

Vision Youth Group launched the academy to expand the reach of their extensive youth clubs and address the demand for quality table tennis as well as foster competition in a sport where the National Federation has totally failed. No tournaments are held and Rwanda has completely disappeared from the continental scene of Table Tennis. Vision's President is a table tennis player and is determined

to uplift the game but starting from grass roots with the very young players.

Vision Youth Group intends to run through setting up of academies focused on developing various talents; the Vision Football Academy has already been established has two teams in the under-16 and under 12 categories, the Table Tennis Academy, Vision Music Academy, Vision Basketball Academy and Vision Tennis Academy.

The academies recruit members in the age groups of 9-15 years and through coaching, training and mentoring ensure talent development and career guidance.

Vision Youth Group was established in October 2008 by John BIRUNGI with a main aim of supporting and empowering less privileged children through talent development, education and other activities. 'Academies are very important for the future of the game in the country. Such initiatives should be encouraged and any other person to start up an academy to tap the raw talent in the country should be supported'

'We started the academy because we know there are enormous benefits in developing players from a young age.' Ndizeye said.

'We will be nurturing future stars not only the future of this club but they are

the future of the game in the whole in the country'

Yves also hails Vision for offering to support his education and up keep in return for his coaching services; he is pursuing his university education at Mount Kenya University in Down Town Kigali.

'John, the President of Vision is a good player and he jokes that he has no competition in Rwanda except from me, so together we intend to create better competition for him from the young players we are coaching', added Yves.

Vision TT Academy plans to develop a schools training program through organizing weekly table tennis training clinics in all schools and then longer training sessions and tournaments during holidays when the players have more time.

The Academy will be seeking support from the Ministry of Sports and the Rwanda Table Tennis Federation in order to make this plan a success!

'The interest is there and the talent is immense, what is lacking is just organization and that is the role Vision will play', says the President of Vision Youth Group.

'I have spoken to the Permanent Secretary of the Ministry of Sports and Culture and he has promised to support us so there is a lot of hope for the Academy to grow', he added.

VYG seeking partnerships

“We think we (VYG) are extremely much more disciplined than other academies because of the motivation that we have added in our academy to give value to the future of these young players”



The Chairman of Vision Youth Group (VYG) Faustin Mbundu believes that it's just a matter of time before the group can be self-reliant, financing all its activities from the several profit-making projects that they plan to set up and the corporate sponsorships they seek to attract.

“We have not heard about many academies in Rwanda and the few that exist are financed by individuals and this is clearly not sustainable!”

“We have started up profit-making ventures to help us run the Group's activities and with expansion, we need sources of income to finance our entire project; we are enlarging the probability of having many youngsters in our academy and to have a home of their own”.

“We are creating many chances for these kids to be successful and useful to society,”

After establishing Vision Sports, a sports apparel trading company whose profits go to the Academies, Vision Youth Group is planning to enter negotiations with several potential sponsors who would wish to associate with the Group's flagship activities of nurturing Rwandan sports talent.

The group currently is seeking for external funding and external support partners for Vision Table Tennis Academy, Vision Music Academy and Vision Sports Training Centre.









13 Players Scoop VYG bursaries

Thirteen under privileged children now have their school fees paid for by Vision Youth Group starting January 2012. All those benefiting from the program are members of Vision football academy.

The Treasurer of Vision Youth Group (VYG) Raymond Karangwa revealed that they are in talks with several potential sponsors to financially boost the program but started with just 13 kids and will expand to include other kids that currently can't go their school of choice because of affordability.

"We have a thinking that our own footballers should be educated and that's what we are aiming for"

"We will help these kids gain more skills in football as well educate them. This will shape them to be real professional footballers but who can also do something else for themselves and the country besides playing football,"

"The reason why our own footballers have not been successful in the past is because they don't have the opportunity to undergo enough formal education, which would empower them to create a professional earning capacity. One can only play sports during certain ages and past a given age, they must be empowered to find something else do to earn a living"

"Our objective is to empower less privileged youth through sports with a focus on football, racket games and music"

We want to provide educational support to all members of the organization, including financial support and training, provide career development plans, mentoring, and participate in informal skills training activities"

Those to benefit from the new school fees program are; Said Uwimana, Issac Twizeyimana, Regis Niziyimana, Aresite Habibirwe, Gilbert Issa, Djuma Nsengiyumua, Issack Twizeyimana, Christian Manirimbere, Ammos Rurangwa, Hakim Bingabo, Vivence Mukunzi, Erick Hakizimana and Erick Karema.

"But the real big winner is Issack, who is now getting his university education sponsored and this is a very big step and achievement for us as VYG because it is a core part of our mission to empower the youth", he added.





FA coaches visit **Vision** Academy

Vision youth group is looking to work ever more closely with European sides to help promote a more sound and stronger academy and club to come. This development comes at a time when the Group is seeking technical support from Football Associations around the world and was lucky to find some good friends from the England FA.

Recently FA coaches visited Rwanda and Vision had the opportunity to interact with them and learn from the best. Les Howie, FA Head of Grassroots Coaching, Stephen Connolly, team leader of the FA TESCO SKILLS Program and Skills coach Chris Gowan all commended Vision Youth Group for developing local talent, during their visit.

Mr. Howie encouraged Vision founders to look at developing players in totality not just providing training and basics but to consider using sport physiotherapy to ensure proper health of the players to avoid career threatening incidents. This is a critical part of the success of any footballer. The physical training and build up is important. He pledged his support and promised to assist Vision to get affiliation and contacts with clubs in England and offer some personal support where possible.

'The group should progress well if given good quality coaching, advisors and more

training and opportunities for competitive matches' Chris Gowan said.

'We have liked what we have seen about the grassroots football and the development of the group, who will become the next generation of home-grown players' The management should set up committees to address the standards of development of group.

'Furthermore, encourage more people to join in to coaching and raising more money for training courses and playgrounds'

'Footballers should start at the base of a grassroots game. Players should be competitive, healthy and successful which will attract top footballers and fantastic fan'

'Build from the base, build on the best and build for success. The key to this is to build on our talent and potential'

In the near future the football academy is expected to visit and play friendly games against top sides in Europe and friends like these will help make this dream come true!

The FA team encouraged Vision to give the kids a chance to play as many competitive games as possible because it is the best way to develop them as professional footballers.

VYG appreciates the time the coaches spent training the kids and the sports kits that they donated to the Group.

Print & Beyond



Graphic Print Solutions Ltd
Print & Beyond

**INDOOR AND OUTDOOR
ADVERTISING**

DIGITAL PRINTING

OFFSET PRINTING

DESIGNING

PUBLISHING

SECURITY DATA PRINTING

Justice Avenue
Crystal Plaza building, ground floor
P.O Box 351, Kigali, Rwanda
Tel: 0252 573256/503525

“I was happy at everything, the team and the group. It didn’t take me long to settle in”

Vision product living the national dream

As a young boy growing up, Olivier Kwizera alias Gishweka’s dream was to play for the Rwanda national football team.

Gishweka couldn’t believe his luck recently when he was summoned for national duty with the U-17 national team.

Only two years ago he reluctantly joined Vision football academy because it did not pay money and was the only one close to his home, he also personally admired coach Bonny Kassim Rugamba who drafted him into the team.

And now, the 16-year-old is leaving his dream all thanks to Vision Youth Group.

Vision academy gave me an education that he says gave him the confidence he exudes.

‘Before I joined the academy, we used to play a side games. Being a goal keeper I had to use my skills to that the rough fields allowed. This helped me get solutions for everything.’

He has the confidence that he has little doubt in his mind that he is headed for the top.

One year ago, just after the African Junior Championships that was hosted by Rwanda he was playing with his peers at vision academy now he is the first choice U-17 goalkeeper.

‘I didn’t have much to think about when the chance presented itself. I just took it with open hands’

‘And I’m grateful to the management of Vision Academy. Everybody was happy saying that I had taken the right step to develop my career.

‘I was happy at everything, the team and the group. It didn’t take me long to settle in”

Gishweka didn’t turn up in the national U-17 team by chance. A glowing reference from Vision’s President about his development also did the trick.

‘I was happy for the advice the President and everyone at Vision gave me’

Like a great custodian, he knows how to organize his defense and he has a lot of confidence which gives players in front of him to go forward.

Gishweka’s wish is move on to paid ranks possibly in Europe.

‘I’m waiting for my chances and I feel really comfortable with the team and I believe we can go further if we stay focused ’

Gishweka hopes he can be a part of the rebirth of the national football side.

A few years ago he was languishing in tough neighborhoods; a stint that he believes gave him lessons of life and now he is ready to take the world by storm.







Vision Youth Group President Describes the Achievements Thus Far

Vision Youth Group 3 years ago was just a dream but today it is a reality that is changing people's lives including my own life. When we started, even we ourselves did not imagine that a few years down the road, football clubs and the national team would be looking at us as the next source of Rwandan football stars!

We are grateful to God for all the achievements and we work hard every day to put a smile on kid's faces and enable them develop their enormous potential that would otherwise go to waste.

The greatest joy I feel is when I see the 13 to 14 year old kids we started with like Eric, Aristide, Cuma, Kagina, Jean D'Amour, Peter now are turning into men at 16-17 years.

They are now built up, much stronger and it amazes me how some of them are actually rough players on the field; I just can't keep the picture of how they were when we started!! The boys really play very well and play their hearts out, even in training when I play with them, it's always very tough and this is the spirit that wins games and that has brought us some success in the recent past.

The year 2011 was filled with challenges



The bitter fact is that we can't sustain the project unless we get corporate and other sponsors

but yet great opportunities for the kids to shine and achieve higher than they ever dreamed. In the early part of the year, the visit from the FA coaches who are now friends of VYG gave us a big boost. A half day of training from some of the World's best of course left a mark on the kids and we the managers of the organization also learnt a lot from their experience in developing talent and specifically how to do it sustainably.

The bitter fact is that we can't sustain the project unless we get corporate and other sponsors or put more efforts in activities that can generate income for the organization. This is going to be our focus this year and we are now reaching out to many friends in Rwanda and globally to support us and be part of this great project.

This year we had to make some tough decisions to let some players who have de-

veloped to admirable levels move on and join other clubs and get better lives than VYG can give them. We have loaned out 3 players and the loan period is automatically renewable per year and from this we get some funds which can further support the institution.

Our goalkeeper who has been the best performer this year moved to the national side and joined Isonga Football Club, a new club made up of the Rwanda U-17 world cup stars that just joined the Rwanda Premier Division. Two other players have moved to other clubs and this is not a small achievement by any measures.

The players are excited and are grateful to VYG for giving them the opportunity and now they are going to get paid and have a more meaningful life!!

Their key thing to note is that they stay as part of VYG forever and we have incul-



cated in them the sense of belonging and to always remember and support the organization so other talented under privileged kids can also benefit from the sustainability of VYG which will only be achieved if they keep supporting us.

The biggest tournament success in the history of VYG came this year when Vision Football Academy won the third position in the regional U-19 tournament which featured clubs from neighboring Uganda and Kenya; the tournament was organized by the Sports Empowerment Club - SEC, another Academy which is a good friend and partner of VYG.

Vision Academy defeated some big names like APR and Proline to qualify for the semis against SEC which we lost very closely in the final minutes of the game. The third place match was then to be a very historic match given that it was against the Rwanda National U-17 who were fresh from Mexico and had a lot to show to the players who stayed back home and watched them on TV.

This was one of the most exciting matches

I have watched in the recent past and the Boys really made us proud!! Vision finally won the game on penalties when our super talented goal keeper made two magnificent saves the last of which had the kids flying into cheers of glory!!! I could almost feel my eyes get wet and it's a moment I will always cherish. We later had a great meal with the kids and we gave them a tournament cash bonus to thank them for the great performance!

The launch of Vision Table Tennis Academy was another exciting success of VYG this year which happened in November but the plans had been under way for several months. We hired an experienced youngster coach who has reached the quarter finals of the African championships before and is probably the player to beat in the country today. Yves is an amazing young man and VYG has undertaken to sponsor his University education.

Yves just returned from China on a training course and is now a certified coach. We have 20 young table tennis players in the academy both girls and boys in the 10-14

age group and it is already very exciting to see them enjoy the game with so much zeal to learn and get better.

The founders of VYG are fulfilling the promises made to the kids; this year we have started sponsoring kids education and also providing direct monthly cash up keep support for 13 orphaned players in football academy.

We are now focused on fulfilling the dream of a European tour and setting up our own sports center as home of our academies. But to achieve our targets, we will need a lot of support and we invite anyone that is willing to be part of us to come and we develop the organization together.

Our biggest dream is to produce players that will represent Rwanda internationally in global tournaments and we are confident that with the support of the Ministry of sports and Culture, the Sports Federations and other well wishers and sponsors, this dream will come true!! We congratulate the kids and thank our supporters, friends and fans! May God bless and sustain Vision Youth Group.

THE

MEDIC'S CORNER

Jean Claude Tuyishime

The younger players suffer many of the same injuries as their counterparts. However there are also some significant differences in the type of injuries sustained by young players and adolescents because of the differences in the structures of growing bone compared with adult bone.

The role of Physiotherapist in sport medicine in younger players or adult will help prevent injuries from occurring, speed up players' recovery from injury, give estimates of length of time of injured players will be out for, improve your players fitness levels and provide monthly injury report.

The more physios you employ, the less likely injuries are to occur and the faster recovery times for injury will be. Other important factors that may assist the prevention of injury are: warm up, stretching, taping and bracing, protective equipment, appropriate surface, appropriate training, adequate recovery, and nutrition.

The effect of massage

Massage is thought to work by reducing exercise post-exercise muscle tone and sourness, increasing muscle range of motion, increasing the circulation and nutrition to damage tissue and deacti-

vating symptomatic trigger points.

Rest and Sleep

Adequate rest and sleep are essential if the player is to cope with heavy training loads. Players or other sport persons may require up to 10 or 12 hours sleep a night according to the research done by sport scientist.

Long-term sleep deprivation may cause persistent fatigue and, ultimately, the over training syndrome which lead to poor performance and injuries.

During sleep, your body produces Growth Hormone (GH) which is responsible for tissue growth and repair.







For keeping slim
& healthy, there's
nothing better!



1.5%

INYANGE

LOW FAT MILK

Our refreshing Low fat milk is healthy,
hygienically packed and readily
available in shops & supermarkets.



www.inyangeindustries.com

