

## The Sports Academy Gives Back

The Foundation of Goodness' Sports Academy is dedicated towards improving the lives of rural children through sport, whether it is by giving them an avenue to develop their skills and their lives through sports or by helping them develop and fine tune their skills in a way which will enable them to compete in the national and international arena. But perhaps the most important task carried out by the Sports Academy lies outside these two key points, and it may have nothing to do with sports at all.



The Sports Academy has a long standing tradition of encouraging its young beneficiaries to give back to the community. The FoG Sport Academy Youth Forum brings together young sportsmen and women from across various programmes including cricket, swimming, volleyball, netball, badminton, chess and karate, and they meet once a month to discuss what their upcoming activities are.





In June, the kids visited the Baranasooriya Children's Home in Hikkaduwa, to spend some time with kids just like themselves who had the misfortune of losing their parents. During the visit, they helped clean the garden and presented the kids with sweets and school equipment which they had pooled their resources together in order to buy. They also handed over some clothes which the children would find useful.



In another perfect example of kids helping each other out, the sports programmes held peer coaching sessions, when older sportsmen from the Academy who had made a name for themselves in the field helped coach the upcoming generations.



Senior swimmers D.Lakruwan Wijesiri & D. Jayaruwan Wijesiri, Kalhara & Anjana, Senior Volleyball Player Ashin Dilhan, Dilshan Vimarshana & Maleesha and Ladies Cricketer Sanjeevani Nilangika all conducted peer coaching sessions to help younger kids in the academy overcome various difficulties and impart some wisdom they had gained through their years in the sport.



The Seenigama Wimala Buddhi School cricketers and the FoG swimmers also attended a workshop in CPR conducted by a FoG volunteer Steven.

"Use what talent you possess: the woods would be very silent if no birds sang except those that sang best" -Van Dyke

**NORTH JOURNEY SO FAR 2011**

**NORTH JOURNEY SO FAR 2012**

**NORTH JOURNEY SO FAR 2013**

22.08.2013

50+ villages supported

30 sectors in action

30,000+ lives touched

Free of Cost



Seenigama-South | Mankulam-North