

ALTUS SPORT

ANNUAL REPORT

2023

OUR PURPOSE



To provide a safe, inclusive sporting environment in which all individuals can thrive, learn and grow.

Through sport, we aim to empower youths from diverse backgrounds, with respect and a positive attitude to foster physical and emotional well-being and leadership to reach their full potential both on and off the field.

CORE VALUES

- Respect
- Excellence
- Fair Play
- Accountability

FOCUSED VALUES

- Compassion
- Joy
- Generosity
- Gratitude



OUR STRUCTURE

BOARD

PROF PEET DU TOIT
MS KGABO MATJANE
DR ENGELA VD KLASHORST
DR POPPY MASINGA
SARAH OESCHGER
TSHIDI MONITISA

DIRECTORS / FOUNDERS

GERT POTGIETER
LIANA LAUBSCHER

MEL & PROGRAMME MANAGER

SAMANTHA PENNELLS-INGLE

FINANCIAL MANAGER

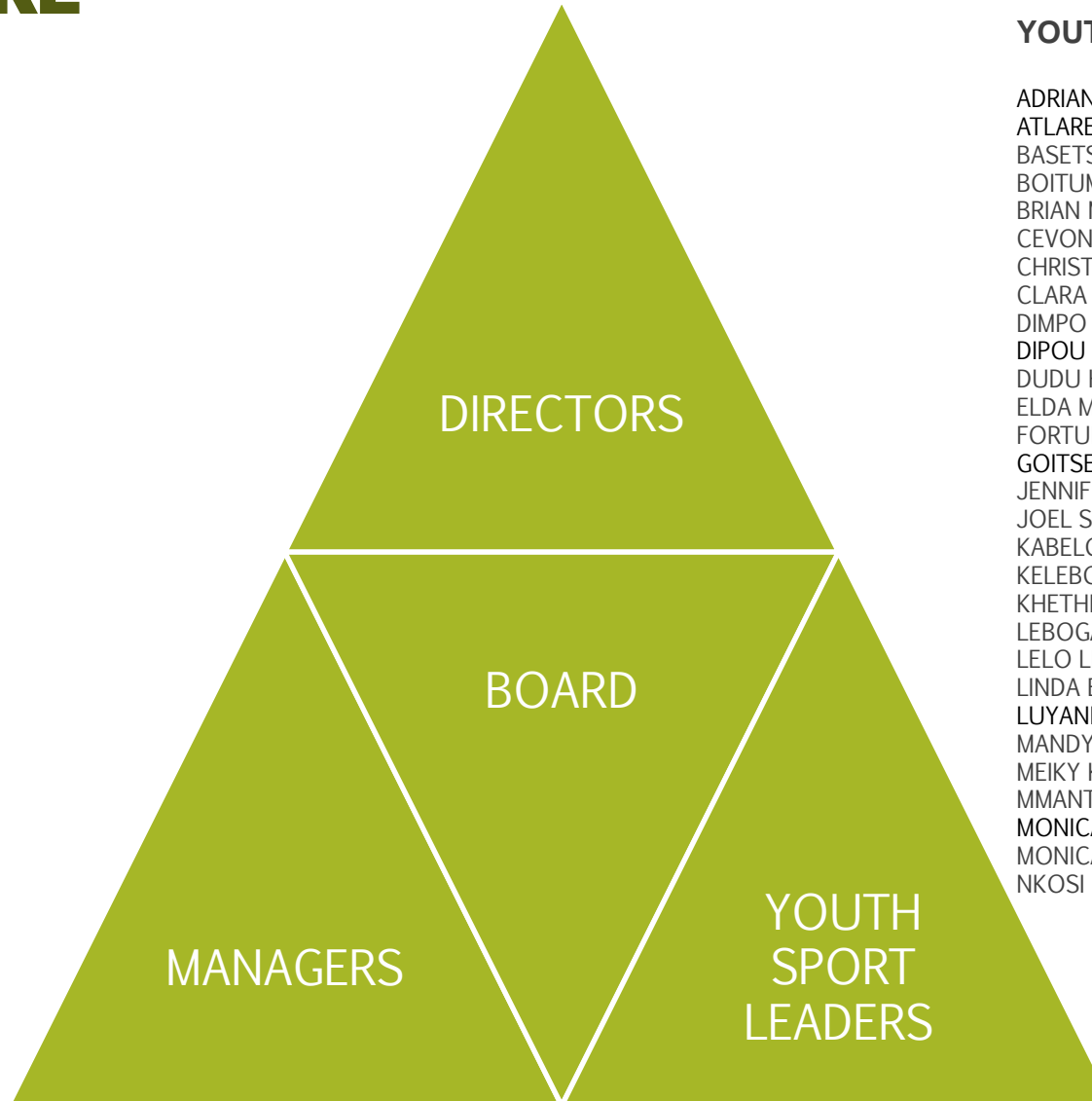
RONEL BEKKER

PROJECT MANAGERS

ZI TEFFO
MIRANDA DLAMINI
NOKUTHULA MOHLOMI
KGOMOTSO MAMABOLO
CHRISTINA KUTUMELA

COORDINATORS SOWETO SPORTAINER

PHUMLA MASUKU – SPORT
THABITHA NDLOVU – MARKET GARDEN
DUDU HADEBE - READING



YOUTH SPORT LEADERS

ADRIAN BAKER
ATLARELANG MONAMA
BASETSANA MATJILA
BOITUMELO MAHLANGU
BRIAN MOLEKOA
CEVON ESBIE
CHRISTINA KUTUMELA
CLARA SEOPA
DIMPO TSOTETSI
DIPOU TSHABALALA
DUDU HADEBE
ELDA MAKHURUPETJI
FORTUNE MOAKA
GOITSEMANG MOLOKWANE
JENNIFER PHALANE
JOEL SITHOLE
KABELO MASALA
KELEBOGILE MORETSELE
KHETHIWE JEZILE
LEBOGANG MASALA
LELO LEBATLA
LINDA BALOYI
LUYANDA NQUBUKA
MANDY MOLEFE
MEIKY KGAFELA
MMANTSHEKO SETHOLE
MONICA MATHEBULA
MONICA TSHABALALA
NKOSI DESANTO

NORMAN PHAHO
NTHUNXEKO
SHIKWAMBANI
NYAKALLO MABE
PALESA TSHABANGU
PHUMLA MASUKU
PHUMZILE NTULI
PORTIA LEGODI
PORTIA MOTSHIKE
PORTIA NCOKWANE
POTLAKO LEBESE
PRINCESS LEKWABA
SANDISIWE
MAHLANGU
SHEILA MALULEKE
SIMPHIWE ZUMA
SNE NENE
THABITHA NDLOVU
THEMBA SITHOLE
THEMBINKOSI
MALAMULE
TSHEGOFATSO
MASHOBENG
TSHEGOFATSO
MATHANYELA
TSHEPISO MASEKO
TSHEPO RAPAPHELA
VINOLIA SEROTO
VIOLET KUTUMELA



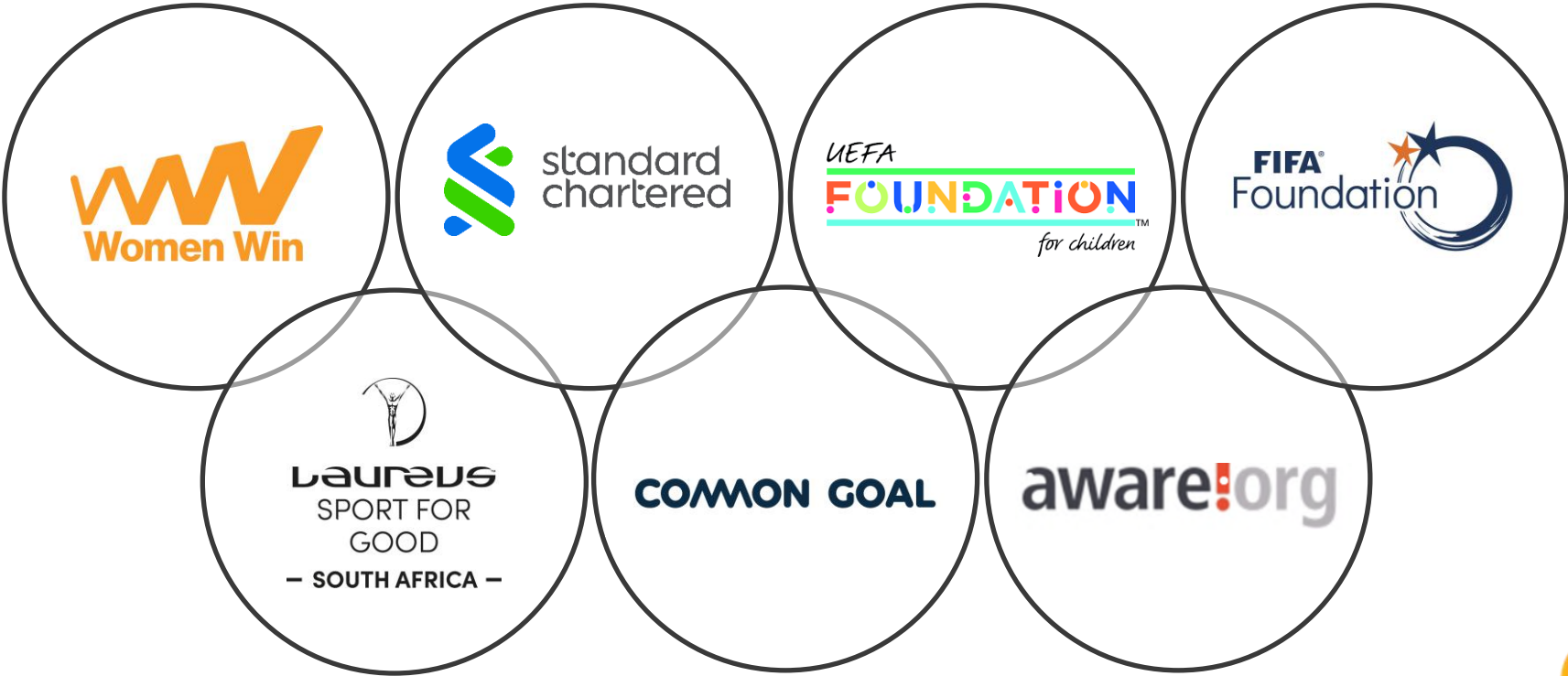
MANAGERS



OUR PARTNERS



FUNDED BY
**STANDARD
CHARTERED**
FOUNDATION



OUR PROGRAMMES

Target group:
Mixed gender
18 - 35 years



Target group:
GIRLS
11 - 16 years



Target group:
Mixed gender
7 - 15 years



Target group:
Mixed gender
8 - 35 years



Target group:
Mixed gender
8 - 13 years



OUR CURRICULUM



1 SPORT & PHYSICAL ACTIVITY CONTENT

SPORTING EVENTS

TOURNAMENTS
OLYMPIC DAY
PEACE DAY

SPORTING ACTIVITIES

Tournaments: FOOTBALL3
FUN SESSIONS
HOLIDAY EVENTS

SPORT SKILLS & MODIFIED GAMES

ATHLETICS
SOCCER
RUGBY
HOCKEY
CRICKET
NETBALL

SPECIAL SPORTING GAMES

FOOTBAL3
FOOTNET
RUGNET

FUN ACTIVITIES

VOLLEYBALL
TUG-OF-WAR
SACK RACE
WATER GAMES
INDIGENOUS GAMES

FITNESS

GOAL GAMES
EDUCATIONAL GAMES

2 VALUES

- Be positive
- Communication
- Peer pressure
- Learn to say no
- Making decisions
- Conflict
- Girls & boys
- Power with/to/over
- Leadership: who am I
- Self-confidence
- Perseverance
- Honesty
- Trustworthy
- Courage
- What do I want to do

- Puberty
- Looking after yourself
- Changes in feelings & relationships
- Hygiene
- HIV & Aids
- Covid-19
- Healthy relationships
- What happens during menstruation
- Staying healthy during menstruation
- Menstruation quiz
- Avoiding pregnancy & STI's

- Resilience
- Becoming a good leader – practical skills
- A leader must
- My rights
- Girls' rights
- Rough play / fighting / bullying
- Being bullied
- Me, the bully
- I am the bystander
- Cyberbullying
- Violence and gender-based violence
- Forms of violence
- Breaking the silence
- What to do, where to go
- Peace

- Be positive
- Goals
- Skills & qualities
- Education and my career
- Understanding money
- Saving money
- Challenges to saving
- Banking
- Budgeting
- Borrowing



NO TO UNDERAGE DRINKING

GOAL GAMES

EDUCATIONAL GAMES

3

#No To Under18



Module 1	Impact of drinking on a developing person	How alcohol impacts your life	How alcohol moves through your body	Alcohol changes your life
MODULE 2	How alcohol can impact your body	Impact on different organs	Tips to stay healthy	MODULE 3
How alcohol can impact your brain	Alcohol and your brain	How to keep your brain strong	MODULE 4	How alcohol can impact your emotional wellbeing and relationships
Temporary high	Keep your mind and relationships strong by staying away from alcohol	MODULE 5	How drinking alcohol can impact your school and future success	Excessive alcohol consumption
Don't give in to peer pressure	MODULE 6	How experimenting with alcohol can lead to addiction	Alcohol tolerance	Alcohol and addiction

OUR YOUTH SPORT LEADERS



NO PARTICIPANTS
COUNTED TWICE

OUR IMPACT

LET'S MOVE
BOYS 2 371
GIRLS 3 752
TOTAL 6 123

LET'S LEAD
GIRLS 7 177
TOTAL 7 177

LET'S READ
BOYS 655
GIRLS 804
TOTAL 1 451

TOTAL
57 494
BOYS 17 485
GIRLS 40 009

LET'S GROW
TOTAL 181
KIDS IN THE
PROGRAM not
counted 2x

YOUTH SPORT
LEADERS
MALE 13
FEMALE 40
TOTAL 53

EVENTS /
TOURNAMENTS
BOYS 4 959
GIRLS 7 332
TOTAL 12 291

GOAL EVENTS / GOAL EVENTS
VIA HOLIDAY PROGRAMMES /
EDUCATIONAL THEATRE
BOYS 9 487
GIRLS 24 666
TOTAL 34 153



MAIN SPORTING ACTIVITIES











MODIFIED GAMES



RUGNET: Combining rugby and netball



FOOTNET: Combining football and netball

SPECIAL EVENTS

OLYMPIC DAY





A day filled with symbols, traditions and fun!





DAY



EVENTS









Adriana Girls Streetsoccer League

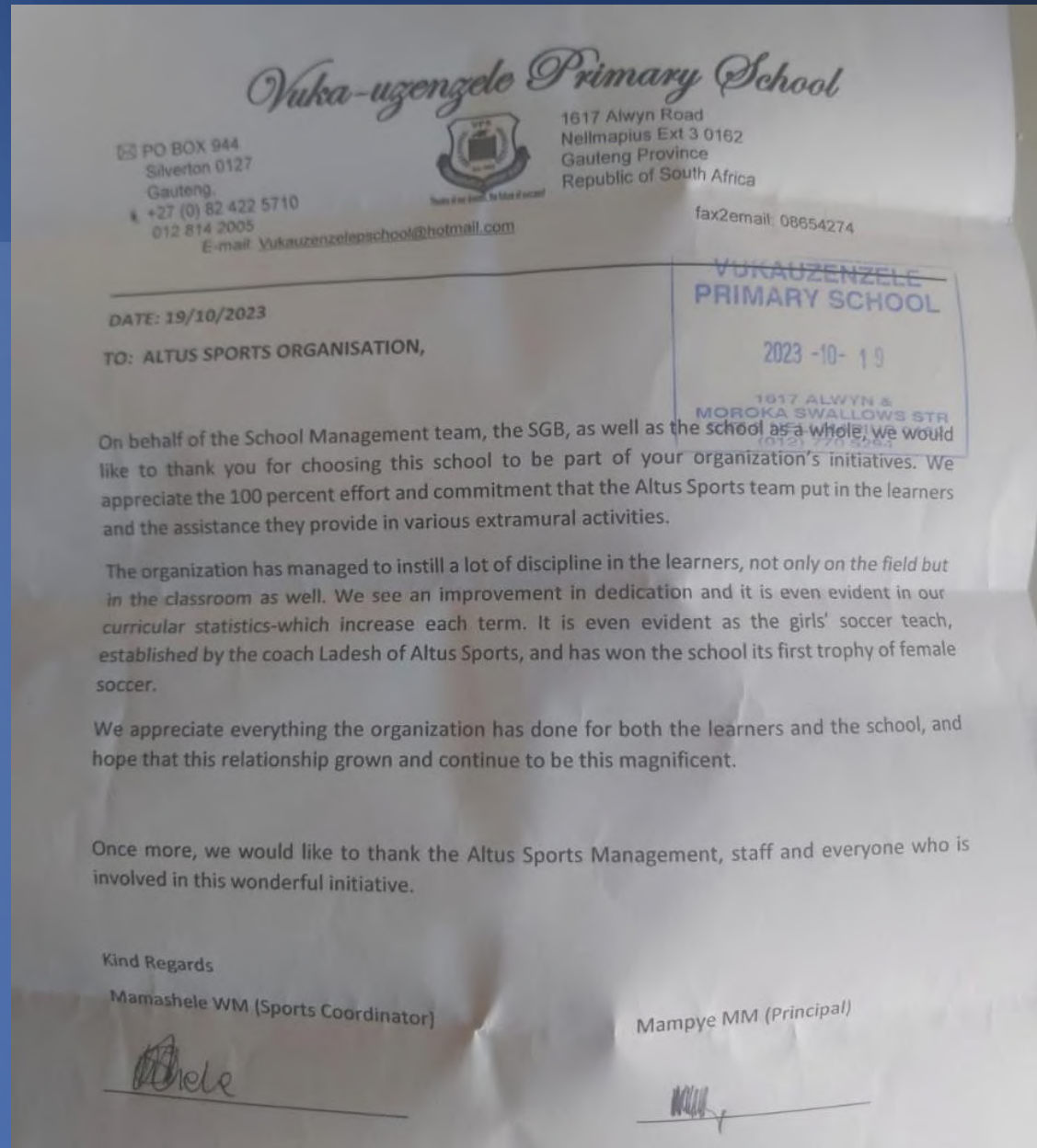


COMMON GOAL





COMMON GOAL



Local girls honoured for playing fair in street soccer

» Stephen Selaluke

Vukuazenzele primary school defeated Tshimollo primary school 2-1 in the finals Girls Street Soccer league tournament over the weekend.

The six-week tournament was organised by Altus Sport and Common Goal and was held at the Nellmapius multi-purpose centre sports ground on Saturday.

Altus Sport was founded in 1994 and focuses on sports development. It has been deeply involved with development community structures and is a well-known entity in its areas of operation.

Altus Sport programme manager Zee Teffo said eight Mamelodi, Nellmapius and Eersterust primary schools participated in the under 12 and 13 divisions.

He said the tournament started on August 19 and ended on September 16, with games played over the weekend.

Participants included Sediba sa Thuto, Nantes, Emasangweni, Tshimollo, Vukuazenzele, Mahlasedi Masana, Nellmapius ext. 6 and Ramahlale primary schools.

Vukuazenzele drew 1-1 with Tshimollo, but the former was awarded a 2-1 result under the fair play rules.

Teffo said a stalemate was not resolved by penalties, but fair play rules, that allow no high balls.

The team walked away with a trophy and



Participants included Sediba sa Thuto, Nantes, Emasangweni, Tshimollo, Vukuazenzele, Mahlasedi Masana, Nellmapius ext 6.

Learners from Vukuazenzele primary school were crowned the tournament winners.

gold medals while Tshimollo received silver medals and the remaining six schools a certificate of participation each.

Teffo said the tournament was made possible by Manchester United woman player Adriana Leon, who had contributed a

percentage of her salary to Common Goal.

The tournament was a success, as almost everyone was a winner and Nantes was announced the fair play team of the tournament.

Youth sports leaders Phumzile Ntuli and

Chevon Esbie were each awarded a fair play certificate for their dedication.

Keomogetse Serithi of Tshimollo was named fair play player of the tournament and Refilwe Moyakeni of Vukuazenzele received a certificate as the player who had the most fun.

1994

Altus Sport was founded in 1994 and focuses on sports development. It has been deeply involved with development community structures and is a well-known entity in its areas of operation.

Teffo said the aim of the tournament is to help youth become better people.

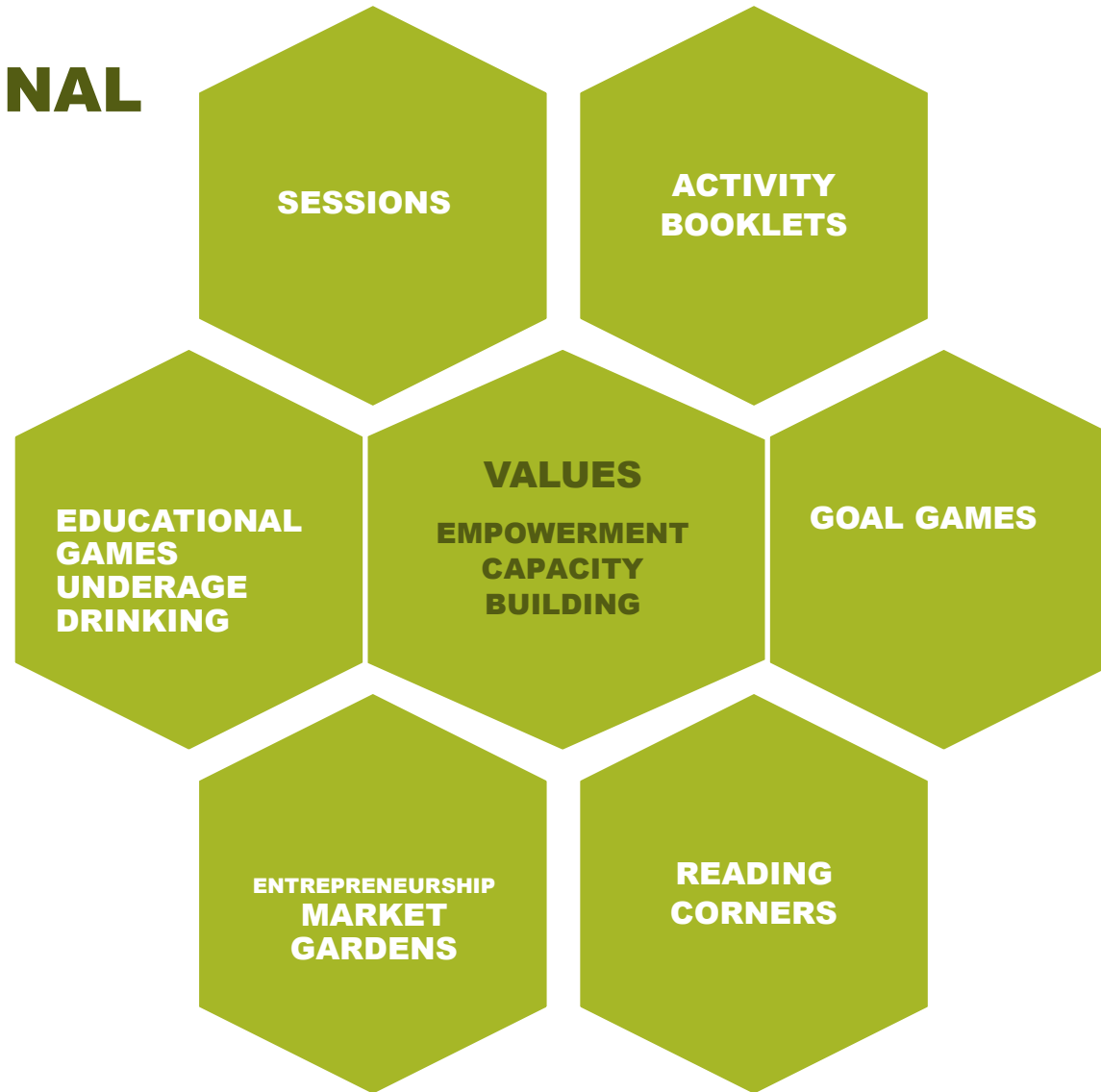
"We teach them most about life skills and sports to become better leaders."

"The tournament was a success and we managed to put a smile on a girl child's face by building their confidence, meeting new friends from neighbouring schools."

Teffo said Altus Sport's main goal is keeping boys and girls busy, away from the streets, drugs, crime and teenage pregnancies.

"Altus Sport works with more than 120 schools and communities under the leadership of 55 mixed gender youth sports leaders," he concluded.

MAIN EDUCATIONAL ACTIVITIES





**VALUES,
EMPOWERMENT, CAPACITY BUILDING**

TRAINING IN LIFE-AND SPORT SKILLS SELF-DEVELOPMENT



CAPACITY BUILDING

COACHING
LEADERSHIP
SAFEGUARDING
VALUES
ENVIRONMENT
MONEY SAVVY
STORY WRITING





SESSION WITH ACTIVITY BOOKLETS



MARKET GARDENS





Daily Maverick Newspaper

26 October 2023

One fear we know our readers have – and one we share – is for South Africa’s future.

There are the obvious immediate worries: the falling rand, our precarious electricity supply (will the Boks beat New Zealand this weekend?)... and then there are the more profound anxieties: the 40% unemployed young people, the lack of job creation and the reality exposed in a recent international study that 81% of South African 10-year-olds cannot read for meaning.



READING CORNERS







EDUCATIONAL GAMES

Mixed gender

GOAL GAMES Girls





Educational theatre was brought to schools where role play was used to reinforce life skills.

GREAT OPPORTUNITIES

NEPAL GOAL CONVEYNING

Our Projects and MEL manager had the opportunity to attend the GOAL Conveyning in Katmandu, Nepal from 15 – 19 May.

Besides the warm welcome and beautiful scenery from the Himalaya mountains – the networking and strategizing for the FUTURE of GOAL and LEEP programmes were mesmerising. The sessions and activities that took place within this time was:

- IMPACTFUL
- KNOWLEDGABLE
- MOTIVATIONAL
- FUN

Sam brought back quality feedback to our organization that not only involved future strategies but fun games, experiences from other partners and new ideas for the Altus Sport GOAL and employment programmes.

Thank you, Woman Win and FUTUREMAKERS for making this learning possible!



LONDON



ALTUS SPORT, TOGETHER WITH OVER 300 DELEGATES FROM 43 COUNTRIES ATTENDED THE GLOBAL SUMMIT IN LONDON. IT WAS GREAT MOTIVATION ON GENDER EQUITY IN SPORT.

TOTTENHAM HOTSPUR STADIUM



SINGAPORE

Samantha Pennells-Ingle and Thuli Mohlomi had the amazing opportunity to travel to Singapore in July as part of Liverpool Football Club pre-season warm-up matches. This opportunity was made possible through Standard Chartered Bank and Futuremakers.



Tshoanelo Lebelo, from Rosina Sedibane School was selected for an advert shoot in **Bangkok.**

What an experience!!

A huge thanks to all who made it possible!





standard
chartered

Train the Trainer Programme
November 2023

Liverpool





PLAY ON

Welcome to the Train the Trainer programme

PLAY ON

Welcome to the Train the Trainer programme

Welcome to the Train the Trainer programme

Play On



LEGUM 23

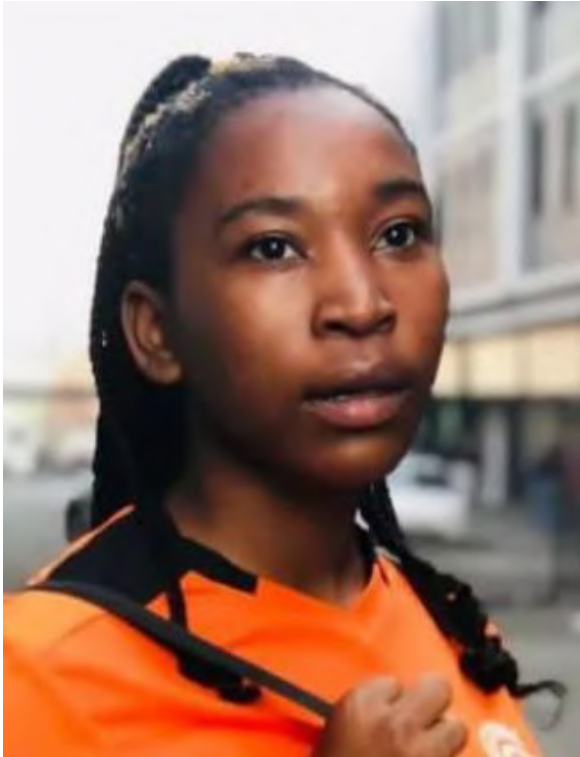
esbie



ENVIRONMENT



**A RESILIENT YOUNG PERSON
IDENTIFIES AS A SURVIVOR
AND NOT A VICTIM**



Elsie Potlako Lebese

**LAUREUS
YES!
PROGRAMME**

As a primary school child, she witnessed her mother struggle to provide food to her and her little brother. Her family was forced to leave a rented room and move to a tent in a squatter camp. She attended school but children and teachers would laugh at her harsh realities. Even at an early age, Potlako knew she wanted to help others, but didn't know where to start. Then in her grade 6 year, the GOAL Programme run by Altus Sport was introduced at her school. Altus Sport saw potential in this young, shy girl and took her under their wing. Her high school years she stayed with her grandmother – facing poverty every day. During Covid19, in her matric year she fell pregnant! Despite all the obstacles she passed matric with an average of over 70% and 1 distinction!

Currently she is a 2nd year student at the University of Johannesburg studying Biotechnology. She has been part of Altus Sport since 2015 and we are proud of this young lady!

In 2023 she was selected to join the Laureus YES programme.

Read snippets from her story during her Laureus YES journey.

My journey with Laureus YES started in February 2023. At that time, I had just started with my second year at the University of Johannesburg, and also working as a youth sport leader at the neighbouring primary school. I was elated and anxious at the same time. There is always something about travelling to a place you have never been all expenses paid. It has a sense of empowerment. To think that someone believes in me that much to invest so much money and effort into my personal growth. I took off with a positive mindset and an attitude of learning.

I did not want to disappoint the people who believe in me, and I did not want to disappoint myself. I was ready to learn, unlearn and grow. When I got to Cape Town, I met the amazing Laureus YES team who have created a cocoon of positivity for growth and development. Believe me when I say the environment they created was so spiritual, it was inevitable for one not to have a change of heart or see life from a totally different perspective.

Another valuable lesson I learned was the circle of influence. Understanding the things I can control and that which I cannot control has helped me take charge of my life. Instead of focusing on the things I cannot control, and making myself a victim of my surroundings. I have also shared this with the kids I work with, and I have seen incredible changes in their behaviour, the things we talk about now are different. We are always talking solutions and not problems.

I may have not achieved exceptional levels during this time, but I am happy to say that I can see I have developed as an individual and I cannot wait to share this with other young people in my community. I have everything I need to conquer any obstacles that come my way. Thank you so much to Altus Sport for believing in me and bringing close opportunities like this to me. They have shaped me to the person I am today, and the woman I will become. May God give you all you need to reach more and more young people.

CHOOSING MY DAUGHTER FIRST

I'm Luyanda Nqubeka. I'm a 21-year-old young mother, and a youth sports leader for Altus Sport.

I'm passionate about sports and being able to share that passion with kids through the Altus Sport program is great. Altus Sport isn't just about teaching kids to kick a ball, it's about possible values, and it taught me just as much as it taught them.

As a young mom, balancing motherhood, work, and personal life, it's a lot. Before Altus Sport, I used to drink a lot. It felt normal, like a way to cope with the stress. But then I started teaching the kids about underage drinking. The program isn't just about sports but teaching my kids about making choices. I found myself standing talking to them about the effects of alcohol, about the impact it could have on their futures. I started thinking about my own life. Did I want my daughter to grow up thinking that alcohol was the answer to stress? Did I want her to see me drinking when things got tough?

Altus Sport made me think about alcohol. It wasn't about quitting. I didn't want to just preach it to my kids, I wanted to live it. As a coach, I wanted to be an example for these kids. I wanted them to see that you can enjoy life, have a good time, without letting alcohol take control. I started drinking less, not just for them, but for me, for my daughter.

I can proudly say I'm making empowered choices. They see the real struggles in the area we live in. And together, we're learning to be responsible.

Altus Sport isn't just a program, it's a community of learning, growing, and supporting each other. As a coach and a young mom, I'm grateful for the lessons it continues to teach me and the positive impact it's had on my life and the lives of the kids I'm privileged to work with.

PUBERTY



My name is Nomvuyo Pete. I am a grade 7 learner and a participant of Altus Sport and this is my last year of primary. I am enjoying every bit of the programme as I will be moving to high school next year.

When I entered my puberty stage it made me to have a low self esteem because of the level of maturity I had. My friends were behind and they didn't understand it until we got a booklet and we discussed the topic. It was a little embarrassing because the kids in my group kept on giggling about it as if they will not reach that stage. It made me feel so uncomfortable because I knew all about it and I didn't know how to handle all of it. But talking about it made me realize that puberty is not about your gender but also for everybody to pass through that stage. I was surprised that even my coach went through it and I am happier now because I know I am not alone. I can take care of myself and continue with my life without feeling as if there is something wrong with me. One day I will be able to pass over the knowledge to my siblings and for them to have a better way of dealing with it. They must know that it is not wrong, we all go through it at some point of life. Our body will change at their own pace not only your body but also our feelings. I feel that the old generation become shy to talk about cause I tried to share it with my mother but it was a very uncomfortable topic for us. I appreciate being taught more about it at school and also during the programme it has made a huge difference for me and how to look after myself. I will carry it through to my kids one day and I hope it won't be as difficult as it was for my mom to share with me.

The changes that happen to our bodies are unique and know that it's a phase that we all go through it doesn't have to change how you perceive yourself. Always love and look after your body it belongs to you and know that some parts of your body are private .

IN LOVE WITH MYSELF

My name is Kgotso Mabasa, and I'm a 12-year-old boy currently in grade 6 at Balebogang Primary School.

While I'm a boy, I've always had a passion for activities that some might consider more aligned with girls' interests. This has presented its own set of challenges, especially when it comes to participating in sports.

Since the introduction of Altus Sport at my school, everything changed. I found a safe space where I could play in various sports activities without judgment. I found that I enjoyed playing with the girls because their style is less rough compared to the boys. What's even more amazing is that my coach doesn't discourage me from participating with the girls instead he encourages inclusivity.

Over the past six months, I've been actively involved in sports like girls' netball, soccer, footnet, and much more. It's been a fun experience, and for the first time, I feel like I truly belong. Despite some boys and girls calling me as gay, I've learned not to mind what they call me. What truly matters is that I'm happy, having fun, and being true to myself.

Altus Sport has brought me hope in my school life. Without this program, I might not have experienced the acceptance and understanding that I've found here. It has made a significant impact on my confidence, allowing me to find my interests without fear of judgment.

Altus Sport has truly created an environment where everyone is encouraged to be themselves, and for that, I am grateful.



I'm Logan Adams, and I'm a 13-year-old girl from New Eersterust. Being part of GOAL and Altus Sport is really cool for me. You know why? Because it's not just about playing sport, it's about learning important stuff too!

Altus Sport taught me how to be more active and consistent in my life. I love how it made me more active and healthy. But the best part is learning about my values and rights as a young woman.

The most important thing I learned this year was about my body. My GOAL booklet showed me how to respect and take care of it. But there are more cool life skills, like enjoying life and being myself. I also learned how to communicate better, make good decisions, and handle conflicts.

I'm here for the life skills because they changed the way I see things. I learned about the life cycle of menstruation, STIs, and how to be strong in tough situations. I even learned how to talk about things when something's wrong. Now, I share all this cool stuff with my family, like staying healthy and clean and being mindful of yourself and others. Altus Sport is more than just fun; it's about becoming a better and smarter me!





NO MORE GANGS

My name is Frans Mdnawe, and I'm 14 years old. I go to Ramahlale Primary School in Mamelodi and I'm also part of the after-school Life's Ball program. Let me tell you, joining Altus Sports changed a lot of things for me.

Before, I used to be the boss in my group. I thought I was older, so I could boss everyone around even with my disability. My friends liked me because I was older, and they knew I could help in fights with other groups. It was kinda like I was in charge.

But then, Altus Sports happened, and everything changed. I started realizing what life is. Being bossy and trying to be in with a bad group is useless. Tomorrow isn't promised to anyone, and I needed to be careful so that I don't become a gang member. My mom always told me not to get into fights, and I began to see why.

Thanks to Altus Sports' Life's Ball program, I changed a lot. I became a better person, a better brother, and guess what? I'm not in a gang anymore. The program helped me see things differently, and now I know there's a better way to live. I play more soccer now and have made new friends.

I'm really thankful for Altus Sports because it made me a better me.

STAFF SNIPPETS



Executive Director, **Gert Potgieter**, has been selected as the Country Coordinator for the International Olympic Academy Participants Association. This was approved by the IOAPA Board on the 20th of September 2023 for the term of 2023-2025.



Sam Pennells-Ingle, earned her South African National colours and participated in the DTL World Championships between April and May in Cape Town. There were over a 100 lady entries and Sam placed overall 7th in the ladies and overall (men and women) 78th with over 350 entries.

Manager **Miranda Dlamini** received her Higher Certificate in Adult Basic Education and Training



Programme Managers, **Zi Teffo** and **Christina Kutumela** were selected for The ENVEST (Empowering New Voices through Education and Sport Training) program, led by North Carolina State University (NCSU), aims to enhance youth sport's positive development outcomes by partnering with youth soccer organizations in South Africa (RSA) and the United States (US). The primary goal is to bolster the leadership capacity of these organizations to deliver programs that foster positive social, economic, academic, and health outcomes.



Christina was also appointed as Head Coach of the women's soccer team at the University of Technology.



WITH THE GENEROUS DONATION FROM STANDARD CHARTERED BANK SA, WE WERE ABLE TO DISTRIBUTE 6 000 SUBZ PANTS & PADS TO THE GIRLS IN OUR PROGRAM.

THANKS TO THE SSCN IN ASSISTING WITH THE DISTRIBUTION!

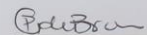


TSHWANE WOMEN IN SPORT AWARDS

This certificate is awarded to

ALTUS SPORT
Community based Sport and Recreation programme

WINNER


Cllr Peggy de Bruin
MMC for Community and Social Development Services

23/06/2023
Date





GAUTENG SPORTS CONFEDERATION

Altus Sport received a Gauteng Sport Award in 2002 and 2023.

Gert Potgieter (now Executive Director), Jerry Masia (then Dept of Sport), Liana Laubscher



Gauteng Sport Award 2023.
Zi Teffo and Samantha Pennells-Ingle





THIS WOULD NOT BE POSSIBLE WITHOUT ALL OUR PARTNERS, STAKEHOLDERS, MANAGERS, YOUTH SPORT LEADERS AND ENTHUSIASTIC KIDS!

A BIG THANK YOU TOO ALL!



COMMON GOAL



GAUTENG SPORTS CONFEDERATION



