

**Cover One in Honduras:
Promoting Athletics and Healthcare**

**A proposal for the Kathryn Davis Projects for Peace
The Colorado College**

**Submitted by: Ericka Baer, Alina Ford, Max Green,
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Principal
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OUR GOAL

Our goal is to promote peace by providing opportunities and education in sports and athletics. *Cover One* – a football term for one player covering another – embodies our beliefs about the positive influence that sports and athletics have in developing respect for other people, teamwork and character.

Nery Armando Pineda teaches at Laguna Grande Escuela in the municipality of San Miguelito, in the department of Intibuca, Honduras. An avid soccer player and past student in the United States, Nery promotes peace and understanding by supporting and educating impoverished youth in his native Honduras. He works with Britt Tonnesson, a native of Colorado Springs and an employee of Save the Children and the National Youth Institute (Instituto Nacional de la Juventud), to provide safe and engaging opportunities for his students and other children in the community. Honduras is widely affected by diabetes, especially among the young, gang affiliations and immense poverty. In the afternoons and on weekends, Nery runs the risk of losing his students to dangers such as these that make Honduras a prime candidate for a Kathryn Davis Project for Peace. Nery and Britt have both expressed a strong desire for *Cover One* to come work with the Honduran children. They have pledged to support and engage in our project implementation.

Cover One, a student-initiated non-profit organization begun to aid victims of the 2005 Pakistani earthquake, proposes a new mission: to occupy the afternoons of Honduran youth with an educational sports program grounded in the ideas of respecting our bodies.

Through sports clinics led by six varsity athletes, we aim to develop an appreciation for a healthy body and teamwork. This program will educate the Honduran children on how to identify and avoid harmful behaviors that may lead to unhealthy lives, while building the self-confidence and social support necessary to put this knowledge into action.

THE PROJECT

Our 25-day clinic will begin at 12:30 p.m. when the children have left school and finish at 6:00 p.m. It will go from 8:00 a.m. until 3:00 p.m. on Saturday and Sunday. Our daily structure will consist of athletic lessons in soccer, volleyball and American football with activities focusing on health, conditioning, trust and teamwork. The daily athletic games and clinics will include two 20-minute health lessons that relate to the daily activities.

Several lesson examples are *What Our Bodies Need: Nutrition and Energy*; *Dreaming about Sleep*; *Exercise and Happiness*, *What Puts Me at Risk*; *HIV and the Body*; *Diabetes and the Body*; *Health of Mind*; and *Fitness Training*. We are soliciting large corporations to donate toothbrushes and toothpaste, washcloths, soap and combs to aid in our lessons.

We will also bring a small collection of books about Healthcare in Spanish for the school to hold in their library for the kids and teachers to reference. In addition to our athletic and health clinics, we will be helping the PeaceCorps representatives with micro-development projects in the town. On the final day of the program we will hold an Athletics-Healthcare Awareness Tournament for the children and the entire San Miguelito community.

PREPARATION

We have been advised about the security issues in Honduras, and we will ensure our personal safety through chaperones, health plans, and anticipatory education. We have met with Colorado College's study abroad director Angie Edwards. We will register with the American Consulate in Honduras and will purchase a Honduran cell-phone. As Colorado College students, we will have coverage through International SOS, a global corporation that provides medical and evacuation assistance. We will also attend a Honduran

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preparation meeting with Michael Landis, a Colorado College alum and recent PeaceCorps volunteer, who spent two years in San Miguelito's mother city of La Esperanza. Michael will educate us on Honduran customs and dialects so that we are somewhat familiar with the area before arriving there in June. The members of our *Cover One* team are all either fluent or proficient in Spanish, and we will be participating in language review courses in the months prior to our departure.

PARTNERSHIP

Cover One will be aided in its trip to Honduras by *Soccer Without Borders*, a non-profit organization that teaches soccer to impoverished youth around the world. *Soccer Without Borders* Women's Program Director, Katlin Okamoto, a CC alum, will accompany us to Honduras and aid us in the implementation of our project. Katlin has experience teaching athletics to children in Zambia and her knowledge will aid us immeasurably.

Cover One has also partnered with the volunteer office at Fort Carson and will be hosting Saturday athletics camps for the children of soldiers deployed to Iraq. These camps, which will further prepare us for teaching athletics abroad, will take place this spring.

THE FUTURE

We realize that teaching Honduran children to respect their bodies and others' requires an ongoing effort. We are dedicated to ensuring the sustainability of our teachings. We will bring and then donate to the Laguna Grande Escuela all of our athletic equipment. These items will be acquired via donation from the CC Athletics Dept. and outside contributions. At the closing tournament, we will have an awards ceremony in which each participant will receive a medal demonstrating his or her accomplishments during the *Cover One* program. We will establish a section of the school library dedicated to diabetes and other health issues. Most crucial to the sustainability of our work will be the inclusion of the Laguna Grande Escuela staff during our health and athletic clinics. They will receive a copy of all of the health lesson plans, sports drills and games that we use. Along with Britt, there will be several additional Save the Children and National Youth Institute employees present to learn from our work with the children. Our active link with Nery will allow us to stay informed of the children's progress and whether there is a need for our return.

We plan to use the knowledge we gain to continue with other international projects in the future and add *Cover One* members from affiliated institutions. We will create a website that illustrates our mission and details past projects. We are currently in the process of applying for *Cover One's* individual non-profit status, but until then we can maintain 501(c)(3) status under The Colorado College.

OUR TEAM

Ericka Baer is sophomore biology major, teaches Spanish at local elementary schools, and is a member of CC's varsity Division I soccer team. Alina Ford is a senior biology major, a member of CC's varsity volleyball team and a chair of the Student-Athlete Advisory Committee. Max Green is a senior international political economy major and a member of both CC's varsity football team and club rugby team. Jocelyn Corbett is a senior sociology major. She has studied microfinance loans in Central America and is an intern with the Southern-Colorado Aids Project. Amara Wilson is a senior Psychology major, a member of CC's varsity Division I soccer team and a past member of the Costa Rican National Women's Team. She was born and raised in Costa Rica. Billy Blaustein is a junior international political economy major. He's a member of CC's varsity football team, a Humanity in Action Senior Fellow and the founder of *Cover One*.

Budget Proposal

Travel Expenses

Roundtrip plane tickets for Cover One members @ approx. \$550 each x 6	\$3,300
Transportation around Honduras @ approx. \$75 each x 6	\$450
Renting a six person house in San Miguelito @ approx. \$600 per month	\$600
Food and other accommodations @ approx. \$500 each x 6	\$3,000
Vaccinations, booster shots and Malaria pills @ approx. \$1000	\$1,000

Total Travel Costs.....\$8,350

Equipment

20 soccer balls	
20 volleyballs	
20 footballs	
Nets, Cones and Jerseys	Donations (\$400 for any equipment shortages)
20 T-Shirts for Cover One Members & Supporting Staff	\$300
Basic health care amenities	\$300
Healthcare and Diabetes books for school library	\$200
One Honduran pre-pay cell phone	\$150
100 <i>Cover One</i> completion medals acquired in US @ \$3.50 each	\$350

Total Equipment Costs.....\$1,700

***Cover One* Advancement and Expansion**

Creating a <i>Cover One</i> website for information and resource links	\$350
Expenses for expanding <i>Cover One</i> (stationary, mailings, printing, etc.)	\$400

Total Advancement and Expansion Costs.....\$750

Total Project Costs.....\$10,800

* Travel expenses are based off estimated internet fares during the month of June.

* Katlin Okamoto from *Soccer Without Borders* will be paying for her own travel and accommodations as she will be scouting areas for future *Soccer Without Borders* projects.

*Additional expenses will be covered from outside fundraising.