







Lao People's Democratic Republic
Peace, Independence, Democracy, Unity, Prosperity



VISION

The LRF is the governing body for all rugby union activities within the Lao PDR. It works to realise the vision of a Lao PDR in which all people have the opportunity to participate in the sport of rugby union.

ACTIVITIES

LRF activities are focused on developing the sport through school and community development initiatives, supporting domestic and elite teams to improve, and developing a sound structure to provide transparent and accountable financial and administrative support to the sport.

MISSION

The mission of the LRF is: to provide opportunities for men and women, boys and girls, social and elite players and those in urban and rural areas to participate in the sport of rugby union, whilst ensuring that health benefits and personal development opportunities are realised to their fullest extent.

ENGAGEMENT

This mission will be achieved by ensuring that the LRF has the necessary capacity to deliver high quality playing and participation opportunities, increasing National Olympic Committee and Ministry of Education and Sport support to the sport, and engaging with communities, businesses, schools, institutions and other partners to provide sustainable access to playing and non-playing participation opportunities.





WELCOME FROM THE PRESIDENT

Dear Friend of Lao Rugby,

2015 saw the LRF reach new heights in all areas with the Men's and Women's National 7s team competing on the highest stage at the 28th Annual Southeast Asian Games in Singapore, ten Junior Nagas players from Nonghet touring the UK for the TourAid Festival of Rugby, LRF staff speaking at the Beyond Sport conferences and related activities at the Rugby World Cup in London and the youth programs in Xieng Khouang and Vientiane expanding to include over 700 registered players through the new sport for development curriculum Pass It Back, launched by LRF and partners.

2015 was a period of growth for the Lao Rugby family. We expanded to include players and supporters from across the world through increased visibility at international tournaments, such as Bangkok International Rugby Sevens and in Hong Kong Kowloon Rugby Fest. In July, the Lao Rugby Federation head office in Vientiane welcomed a young group of over 40 motivated and inspiring women and men from Laos and Vietnam for the first ever Pass It Back coach training session. Through rugby, this innovative curriculum, piloted and developed in Laos, aims to equip young people with the necessary tools to overcome challenges and inspire positive change in their communities.

News about the Lao Rugby Federation and these dedicated players spread around the world through videos, magazines, and social media as Lao players stopped at nothing to proudly represent their sport, their country and the Federation, often in challenging circumstances and against opponents many times their size.

The lessons these athletes, young and old, have learned through rugby are endless but ultimately encompass the LRF's core values of respect, perseverance, solidarity, discipline, and friendship.

Thanks to our growing family of stakeholders and partners who made this great year possible, from our supportive partners in the Ministry of Education and Sport to our sport for development partners ChildFund Australia, Women Win and Asia Rugby.

Of course, none of our activities would have been possible had it not been for our generous and invested sponsors and donors who stand with the LRF each step of the way. Our growing base of fans around the world have been cheering on LRF athletes and teams in person and via social media bringing the Lao Rugby name and spirit to all corners of the globe. Our Federation is grateful for your generous, ongoing support and commitment to providing children, youth and adults with the opportunity and enthusiasm to play and join our rugby family.

In this spirit, I am proud to invite you to look back on another successful year for the Federation and to look forward to our shared future, as we work to provide rugby participation opportunities to all in the Lao PDR.

Yours Sincerely

Virayouth Rathikoun LRF President



Full Member

The LRF sits under the Elite Sports Department of the Lao Ministry of Education and Sport where:

- More than 45 sports are registered as National Sport Federations;
- The LRF's Executive Board is approved and all rugby union activities are governed according to the LRF's constitution;
- The Federation reports and seeks approval for all of its activities nationwide.



Full Member of Asia Rugby

The LRF has been a full member of Asia Rugby since 2004 and:

- Remains active in the regional body with seats on Asia Rugby's Development Committee, Women's Committee, and Medical Committee;
- Was awarded the 'Asia Rugby Women's Development Award' in 2014;
- Was called a 'model developing union' by Asia Rugby's president following the LRF's 2014 and 2015 union reviews.



Associate Member of World Rugby

The LRF has been an associate member of World Rugby since 2004 and:

- Is one of 120 associate and full member unions globally;
- Received a generous sport for development grant from the global body for the first time in 2015;
- Is working to gain full membership by 2020 as part of the LRF's current strategic plan.

MEMBERSHIP AND REGISTRATION



Mr. Virayouth Rathikoun President



Not Pictured: Mr. Yong Chanthalangsy, Vice President Mr. Vilasack Vongxay Advisor



Mr. Somsanouk Mixay Vice President



Mrs. Souk Prasay Sithimolada Vice President



Mr. Steve Major Finance Advisor



Mr. Phanavanh Bouttavong Secretary



Mr. Santhavy Phomvixay Advisor



Mr. Vinay Inthavong Advisor

EXECUTIVE BOARD







Elite Rugby

Lao Men's and Women's 7s Teams Lao Men's National 15s Teams Lao Nagas Representative Teams

Club Rugby

4 Senior Teams (3 male, 1 female) 2,158 rugby players in Laos (1118 male, 1040 female)

Youth Rugby

56 Youth Teams in Laos (26 male, 30 female)

Administration

264 Rugby Coaches in Laos (126 male, 138 female) 48 Referees (25 male, 23 female) 9 Administrative Staff (5 male, 4 female)

AREAS OF WORK



2015 IN REVIEW

JANUARY

VIENTIANE INTERNATIONAL RUGBY CHAMPIONSHIP (24-25 January 2015): The 8th Annual Vientiane International Rugby Championship was held in the country capital at Chao Anouvong stadium on 24-25 January and featured seven men's 10s teams, with players hailing from the US, Vietnam, Hong Kong, Thailand, and two local Lao districts. In between the matches, the competition held exhibition games for Champa Ban tag rugby youth teams and for the local women's club team, the Vientiane Lions.

FIRST AID FOR RUGBY TRAINING COURSE (23-28 January 2015): During the Vientiane International Rugby Championship the LRF hosted a 'First Aid for Rugby' Training in partnership with Asia Rugby Medical Committee and the Lao Red Cross. Over 60 people were trained in basic first aid for sport and 20 people were trained as trainers going on to deliver two trainings to 30 other young rugby coaches across Laos during the year.















CHAMPASAK OUTREACH (20-21 February 2015): The LRF conducted three outreach sessions with 9 villages in Bachieng District, Champasak Province in 2015. The outreach sessions included rugby coaches from Vientiane supporting local youth leaders to learn about the support and deliver hygiene training and leadership messaging alongside rugby.











MEN'S PRE-OLYMPIC QUALIFYING MATCH (3-4 March 2015): The DAC Lao Men's National 7s Team travelled to Chennai, India to compete in the pre-Olympic qualifiers alongside 11 other Asian countries: Guam, Iran, Philippines, South Korea, Uzbekistan, UAE, Saudi Arabia, Bangladesh, Nepal, Brunei, and India. The DAC Lao teambeatBangladesh and India Atowinthe development competition. The competition marked the beginning of the Olympic qualifying rounds for Rugby 7s debut set for Rio de Janeiro, Brazil in 2016.



INTERNATIONAL WOMEN'S DAY COMPETITION (7 March 2015): The LRF supported youth leaders in Nonghet to run a competition and rugby leader training during International Women's Day weekend. In total more than 20 youth teams from across Nonghet District, Xieng Khouang Province joined for a day of friendly matches. As rugby was a new sport when it was first introduced in the district in 2012, male and female players and youth leaders learned about the sport at the same time creating an even playing field for players and leaders of both genders to get into rugby and the competition in March reflected the split with half of the teams, coaches and referees present being female.

HONG KONG KOWLOON RUGBYFEST (24 March 2015): The DAC Lao Nagas, a Lao representative side, traveled to Hong Kong in late March to play club teams from around the world in the Kowloon RugbyFest. The men's side emerged victorious against teams from Indonesia, Hong Kong, Australia, and Malaysia before falling to the Chinese Army in the Cup Quarterfinals. The women's team won their matches with landslide score lines against three Chinese and Hong Kong teams, before narrowly falling to an Australian club side in the Cup Finals. At the awards ceremony, the DAC Lao Nagas Women's Team received their Cup Runner-Up trophy, and Ms. Khouantieng Chanthachack was named MVP of the Tournament. During the Nagas' time in Hong Kong, the Friends of Lao Rugby in Hong Kong group hosted a celebration to hear about the LRF's ongoing efforts to grow the sport in Laos and, alongside Kowloon Rugby Football Club, to raise over 10,000 USD for the LRF during the course of the evening.



APRIL-MAY



INTERNATIONAL DAY OF SPORT FOR PEACE AND DEVELOPMENT AND OFFICIAL LAUNCH OF PASS IT BACK PARTNERSHIP (7 April 2015): Since 2012, ChildFund Australia and the LRF have been working in partnership on a Sport for Development project using rugby as a tool to deliver healthy living messaging and leadership development opportunities to young people in Xieng Khouang. Building off of this, a full rugby and life skills curriculum called Pass It Back was developed with partners ChildFund Australia, Women Win, and Asia Rugby. The Pass It Back partnership was launched in April, 2015 for Laos and Vietnam leading to coach education and playing opportunities for more than 1,000 young people in Laos and Vietnam and seeing Laos emerge as a leader in the sport for development field in the region.

CELEBRATING WOMEN'S RUGBY EVENING (24 April 2015): The LRF released the 2014 Asian Games documentary and showcased the Southeast Asian (SEA) Games Lao National Rugby Teams at Vice President Somsanouk Mixay's residence. With SEA Games in Singapore only one month away, the LRF's Executive Board welcomed guests and players to a cocktail reception and video screening of '14 Minutes is a Lifetime,' a film directed by Ms. Anoulek Douangdala and Ms. Chansamai Phanouvong that follows the Women's National Team's journey last year to the 2014 Incheon Asian Games.



SOUTHEAST ASIAN GAMES PREPERATION IN BANGKOK (14-15 May 2015): In preparation for the 28th SEA Games in Singapore, the Lao Men's and Women's National Teams traveled to Bangkok for specialized training sessions, team building activities, and warm up matches with the Thai National Teams.







28TH ANNUAL SOUTHEAST ASIAN GAMES (6-7 June 2015): The DAC Lao Men's and Women's National Teams travelled to Singapore to compete in the 28th Southeast Asian (SEA) Games, marking the first time rugby has been included in the Games since 2007 when the Lao Women's National Team won bronze. Alongside the Lao PDR, the competition included the national teams from Singapore, Malaysia, Thailand, and the Philippines, as well as the Cambodian national side for the men's tournament. The Lao women's team battled fiercely on the pitch but narrowly fell short of their goal to beat Malaysia and the Lao men's team emerged victorious over Cambodia on the final day of the competition. Singapore's magnificent hosting and DAC's generous support for the Lao teams' participation in the regional games offered important development opportunities and inspiration for current and future players across Laos.





THE QUEEN'S BIRTHDAY PARTY AT THE BRITISH EMBASSY VIENTIANE (9 June 2015): The LRF and the Junior Nagas U13 rugby team from Xieng Khouang were invited to join the UK in Laos' 3rd annual Queen's Birthday Party Celebration in Vientiane to showcase the growth of rugby in Laos and commemorate the 2015 Rugby World Cup taking place in the UK in 2015.

ENGLISHFOR SPORT CAMP (16-20 June 2015): Over 40 rugby youth leaders participated in an English for Sport Camp designed as an opportunity to learn basic English to enable them to better interact with international coaches and access rugby coaching resources available online in English.





PASS IT BACK COACH TRAINING (7-27 July 2015): The LRF was honoured to host the first-ever Pass It Back Coach Training Camp in July 2015. More than 50 coaches from Laos, Vietnam, and Cambodia came together to learn about the Pass It Back rugby and life skills curriculum from international trainers from Hong Kong and Japan Rugby Unions, Women Win and ChildFund Australia. The camp not only offered new youth coaches the chance to learn and practice the rugby and life skills curriculum but coaches also worked with LRF staff to make plans for registering and delivering the curriculum to new 11-16 year old teams in their home communities following the training camp. With the coordinated and concerted effort from the LRF, the training and activities were a great success for all new coaches and more than 50 teams went on to play in the school rugby season starting in September 2015.



CHAMPA BAN TEAM R E G I S T R A T I O N (August): Following the Pass It Back coach training, young coaches returned to their villages and recruited more than 40 teams and 700 players for the 2015-2016 season.

JUNIOR NAGAS TO BANGKOK (6-11 August 2015): Before heading to the UK for their Tour Aid Festival of Rugby tour, the U13 Junior Nagas team traveled to Bangkok, Thailand to complete their UK visa applications and practice their contact rugby skills. The Nagas also had the opportunity to play in warm up matches against the Thai youth teams from Samoot Prakan and Thep Salin School, where more than half of the Lao players scored their first tries.













JUNIOR NAGAS UK TOUR SEND OFF (28 September): The day before leaving for the UK for their Tour Aid tour, the Junior Nagas were hosted at a farewell reception at the UK Ambassador's Residence and enjoyed a dinner hosted by the Lao Rugby Federation's Board Members. The Elite Sports Department generously sponsored shoes and travel clothing to the Nagas, which were proudly worn throughout the UK tour.









JUNIOR NAGAS TOUR TO LONDON, ENGLAND (1-10 October 2015): The Junior Nagas from Nonghet, Xieng Khouang traveled to London, England for the 2015 Standard Chartered Tour Aid Festival of Rugby where they played in a joint team with hosts Shrewsbury House Preparatory School. The Junior Nagas stayed with their English teammates' host families and had the opportunity to travel and go sightseeing around London, including horseback riding, indoor rock climbing, and watching a Rugby World Cup match. In their two tournaments, the Lao players went up against international teams from Kenya, India, Hong Kong, and Uganda. For the under 13s team, the trip represented a great week of rugby and a tremendous learning experience for the players, for all of whom the trip marked the first time ever on an airplane, traveling outside of Laos or staying in an English speaking country as well as many other firsts for the team and staff.





RUGBY WORLD CUP TAG TOURNAMENTS (October): To celebrate the 2015 Rugby World Cup finals, Vientiane Champa Ban teams participated in a tag tournament put on by Lao Rugby staff and coaches allowing young players to connect to the international stage.



LAO RUGBY AT THE RUGBY WORLD CUP (October): The LRF's Rugby Development Manager Pisa Vongdeuanpheng had the opportunity to observe and learn from UK rugby clubs' youth development programs during his month-long internship around the Rugby World Cup in the UK. The LRF's Partnerships and Development Officer Megan Knight also traveled to the UK to present about the LRF's gender inclusion in rugby model at the Beyond Sport conference.

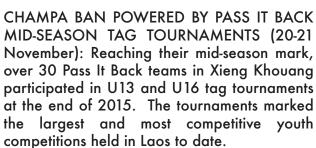
NOVEMBER



BANGKOK SEVENS (7-8 November 2015): In November, the DAC Nagas and the NZRR Lions headed to Bangkok for the annual Bangkok International Rugby Sevens. The LRF fielded two DAC Lao Nagas men's teams, representative teams from the Lao Rugby Federation's senior men's clubs the Vientiane Wild Hogs Rugby Club and Vientiane Buffalos Rugby Club. The NZRR Lions women's team fielded a strong side in a very competitive women's competition. Playing a collective total of 16 matches over the course of the tournament against teams from across Asia, the Pacific, and New Zealand, the DAC Men's Nagas brought back the Shield trophy and the NZRR Lions narrowly lost to Bangkok University in the plate Semi-final. The weekend offered great development opportunties for all three sides.











LAO NATIONAL DAY RUGBY CARNIVAL (5 December 2015): In conjunction with the 40th Anniversary of Lao PDR National Day celebrations, the LRF organized a tag rugby carnival, featuring teams from our Champa Ban youth programs and senior clubs, bringing over expected 200 players, coaches, referees, and fans together for a great day of rugby.



ACCOMPLISHMENTS IN 2015

Champa Ban



School, Community & Domestic Sessions, Attendance & Female Participation Data for 2015

Activity	No. of Teams	No. of Attendances	% Female
Champa Ban Vientiane Sessions	7	895	38%
Champa Ban Xieng Khouang Sessions	40	5,092	55%
Senior Club Sessions	3	2,964	33%
Total	50	9,009	45%



Elite Rugby



Administration



Club Rugby











Champa Ban

- Launch of regional sport for development program called Pass It Back in partnership with ChildFund Australia, Women Win, and Asia Rugby brings in 715 registered youth players and 20 coaches across 40 teams from Xieng Khouang and Vientiane.
- 60 individuals completed a "First Aid for Rugby" training course in partnership with Asia Rugby Medical Committee and Lao Red Cross.
- Over 20 youth teams in Nonghet participated in a tournament in honor of International Women's Day.
- 40 youth leaders from Xieng Khouang attended their first English for Sport Camp.
- Successfully organized two tag tournaments in conjunction with the Rugby World Cup for Vientiane players with nearly 200 player and coach attendances.



















- Sevens men's 10s teams from the US, Vietnam, Thailand, and Hong Kong joined two local Lao teams for the 8th Annual Vientiane International Rugby Championship.
- The Vientiane Wild Hogs, Vientiane Buffalos and Vientiane Lions traveled to Khon Kean for the University's annual 7s tournament where the Vientiane Lions and Vientiane Wild Hogs each won the Cup Trophy.
- The Vientiane Wild Hogs and Vientiane Lions fielded teams for a tournament hosted by Mahasarakham University in Thailand later in the year.
- The Vientiane Lions also saw success in Bangkok at RBSC 7s, where they placed as Cup Runners Up after beating Banger Belles and Chulalongkhorn University.











• The DAC Lao Men's National 7s team won the development competition at the Pre-Olympic Qualifying Match in India.

Cup Quarterfinals at Hong Kong Kowloon RugbyFest.

 The DAC Lao Nagas Women's Team received the Cup Runner Up award in addition to having player Ms. Khouantieng Chanthachack

named as MVP of the Tournament, and the men's team reached the







- Fielded a men's Lao representative side, DAC Lao Nagas, in Bangkok International Rugby Sevens and were awarded the Shield.
- Fielded a men's and women's national team 7s side for the 28th Annual Southeast Asian Games.
- 10 Junior Nagas from Nonghet District, Xieng Khouang Province traveled to the UK to compete in a 15s tournament through the TourAid Festival of Rugby.















Administration

- Grew from a staff of 5 to 23 including all administrators and coaches and representing a 460% increase between January 2015 to December 2015, to accommodate more programs, players, and villages.
- Hosted the first-ever Pass It Back Coach training for Lao and Vietnamese coaches to learn to deliver the rugby and life skills curriculum to young teams as well as provide internationally standard refereeing, coaching and first aid.
- Rugby Development Manager Pisa Vongdeuanpheng participated in a month-long internship in the UK to learn more about youth development programs and league organization.
- Migrated all accounting to the Gnucash accounting software improving funds management and reporting.

ELITE RUGBY

- Lack of appropriate coaching support
- Amateur Athletes
- Limited player pool for contact

CLUB RUGBY

- No dedicated pitches
- Limited fixtures
- Limited coaching support available with whole quarters passing during the year where clubs didn't have consistent coaching support from a qualified coach
- Few 15s opportunities for men during the year and none at all for women facing financial difficulties and challenges

ADMINISTRATION

- · Limited administrative funding
- Funding sources often found late in the quarters, which makes it difficult to plan events and prepare teams
- Limited operations capacity especially with significant growth youth coaching staff

CHAMPA BAN YOUTH RUGBY

- School ground space is available for training sessions but youth teams are limited to tag rugby sessions as the grounds are not suitable for contact
- Lack of profile due to budget limitations



CHALLENGES

Financial Report

Summary	2013	2014	2015
Opening Balance	USD 11,632.00	USD 2,016.00	USD 11,340.00
Income	USD 134,762.00	USD 157,192.00	USD 310,145.00
Expenditure	USD 144,379.00	USD 148,583.00	USD 318,470.00
Closing Balance	USD 2,015.00	USD 10,625.00	USD 2,610.00

Since late 2015, LRF finance staff have been using the open source (free) financial management program GnuCash. Funds management and financial reporting has improved significantly under the new Gnucash system. Financial transaction data from 2015 onward is entered into the database and charged to the appropriate cost centre/budget code. This is especially important for accountability and transparency over grant funds received and disbursed by the LRF. Lao Sports Federations and Asia Rugby members looking to implement no-cost financial management system are welcome to contact the LRF's finance staff for a demonstration.

In additional to the support of various expatriate accountants in the Vientiane rugby community, Accountants for International Development (AFiD) has been working in partnership with the LRF since 2014 providing volunteers to conduct internal audits and support with ongoing finance and administrative policy and system updates.





Financial Report

INCOME

Source	2013	2014	2015
Unrestricted Donations	USD 14,973	USD 25,748	USD 4,382
Sponsorship			
(Elite and Community Sponsors)	USD 39,398	USD 49,685	USD 83,787
Merchandise	USD 5,440	USD 7,457	USD 187
Hosting Grants	-	USD 23,780	-
Attendance Grants	USD 35,486	USD 1,587	USD 1,000
Competition Entry Fees	USD 2,919	USD 2,700	USD 1,078
Development Grants			
(Asia Rugby & World Rugby)	USD 3,880	-	USD 23,323
Donors' Circle Donations	USD 2,281	USD 1,206	USD 1,073
Sport for Development Grants			
(ChildFund Australia & Women Win)	USD 28,318	USD 44,018	USD 195,301
Interest	USD 69	_	USD 14
Short-term Interest Free Loans	USD 2,000	USD 1,011	_
Total	USD 134,763	USD 157,192	USD 310,145

Financial Report

EXPENDITURE

Category	2013	2014	2015
Champa Ban Vientiane*	USD 3,039	USD 2,784	USD 3,510
Champa Ban Xieng Khouang*	USD 27,988	USD 25,337	USD 186,726
Senior Domestic Rugby	USD 6,892	USD 8,679	USD 4,625
Elite Rugby	USD 69,874	USD 72,519	USD 66,275
Communications and Fundraising	USD 1,207	USD 5,144	USD 217
Institutional Capacity Building	USD 1,203	USD 7,010	USD 3,805
Staffing and Employee Costs	USD 21,945	USD 17,630	USD 39,038
Administration and Office Costs	USD 9,061	USD 8,979	USD 14,132
Merchandise	USD 2,915	USD 360	-
Bank Fees	USD 256	USD 143	USD 141
Total	USD 144,380	USD 148,585	USD 318,469

^{*} Includes expenses for Pass It Back curriculum development, training and delivery



CHAMPA BAN YOUTH RUGBY

- 156 Teams Using the Pass It Back Rugby and Life Skills Curriculum
- Debut Pass It Back Summer Camps
- Pass It Back Silver Level Coach Training

SENIOR CLUB RUGBY

- Vientiane International Rugby Championship
- Colours League Series
- Coke Cola Tag League RugbyFit Exhibition

ELITE RUGBY

- Kowloon RugbyFest 2016 for DAC Lao Nagas
- Singapore SEA 7s for DAC Lao Men's and Women's National Teams
- Asia Rugby Championships DAC Lao Men's National Team v Brunei, Cambodia and Saudi Arabia





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Shrewsbury House School Australian Embassy Vientiane British Embassy Vientiane US Embassy Vientiane Friends of Lao Rugby in Hong Kong Pot Bellied Pigs Asia Rugby Medical Committee

THANKS TO OUR COMMUNITY PARTNERS

COMMUNITY PARTNERS:







CLUB & UNION PARTNERS:



















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THANKS TO OUR STAFF & EXECUTIVE BOARD

Jenny Redden Stephen Weld Max Chevalier Sarah Owens Clive Hammond Anoulek Douangdala Xaisongkham Induangchanty Mei Lum Jacob Cawthorne Joanna Kamhi Will Luangrath Aleta Phelps Sarah Douangphachone Khounkham Douangphachone Andrew Glover Alan Haverty Mr. Keola Vientiane College Teacher Assistants Princeton in Asia Fellows



THANKS TO OUR VOLUNTEERS







Lao People's Democratic Republic Peace, Independence, Democracy, Unity, Prosperity

For more questions or more information, please contact Lao Rugby on:

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