



ລາວຮັກບີ
LAO RUGBY

ANNUAL REPORT

2016



President's Note

Dear Friends of Lao Rugby. 2016 represented a year of growth for the Lao Rugby Federation both on and off the field. With growing depth in our club competitions - driven by high participation numbers in our inaugural Colours League - our Elite and National Teams are becoming increasingly competitive. We are excited to see that our continued focus on building on grassroots rugby in Laos has transitioned into strong performances on the international stage. The Men's and Women's National Teams both recorded their highest finishes in International 7s tournaments this year, with the Men's National 15s Team also winning the Asia Rugby Division 3 Trophy.

The LRF's Champa Ban Youth Rugby program also strengthened this year, with the first ever cross-country competition taking place between Lao and Vietnamese teams at the Champa Ban powered by Pass It Back Cup.

Our program has been driven by over 45 Champa Ban coaches, who have been expanding our grassroots work across Xieng Khouang and Vientiane.

The Lao Rugby Federation also solidified its connections with our core supporters in Hong Kong and the USA. Alongside attending the 2016 Kowloon RugbyFest and holding a successful fundraiser with assistance from the Friends of Lao Rugby in Hong Kong, a number of our Senior Men's National Team players travelled to the USA to participate in the Lakefront 7s. Two of these players were then provided with the opportunity to participate in the Glendale Raptors Rugby Club's pre-season training camp, develop core skills to bring back to Laos.

Finally, we brought 2016 to a close by welcoming one of Laos' best ever rugby exports - Shaun Johnson! Shaun led a

series of coaching clinics for our Champa Ban coaches and players, providing valuable insight into what it takes to compete at the highest level.

As the LRF continues our journey of growth, we would like to express our thanks to all of our key stakeholders, partners, and sponsors who have facilitated all of the success.

We invite you to reflect on another encouraging year for the Lao Rugby Federation and we look forward to future achievements as we work towards making rugby a game for all in Lao PDR.

ACTIVITIES

LRF activities are focused on developing rugby through school and community development initiatives, supporting domestic and elite teams, and establishing a foundation that provides transparent and accountable financial and administrative support to every team, new and old, in the country of Laos.

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, whilst ensuring that health and personal development 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 to residents across Laos, which we are hopeful will increase the National Olympic Committee and Ministry of Education and Sport support, while also; engaging with communities, businesses, schools, institutions and other partners to provide sustainable access to playing and non-playing participants.

VISION

The LRF is the governing body for all Rugby 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.



EXECUTIVE BOARD



NOT PICTURED: SONEKEO PHONHSACKDA

MEMBERSHIP AND REGISTRATION

NATIONAL SPORT FEDERATION

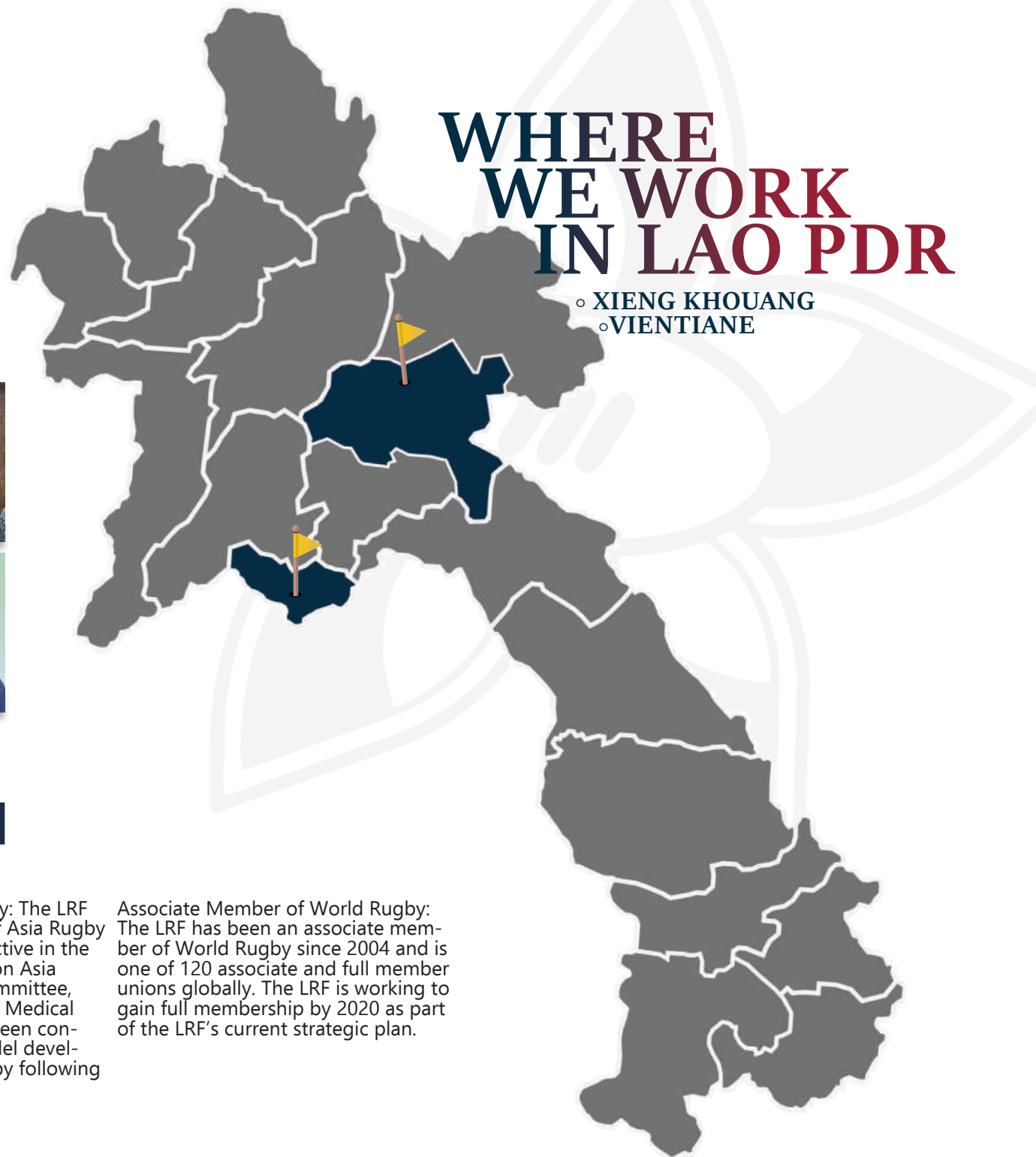
The LRF sits under the Elite Sports Department of the Lao Ministry of Education and Sport where more than 41 sports are registered as National Sport Federations. The LRF's Executive Board is approved by the Ministry and all rugby activities are governed according to the LRF's constitution.

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. The LRF has been consistently praised as a 'model developing union' by Asia Rugby following union reviews annually.

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. The LRF is working to gain full membership by 2020 as part of the LRF's current strategic plan.

WHERE WE WORK IN LAO PDR

- XIENG KHOUANG
- VIENTIANE



ELITE RUGBY



Lao Men's and Women's 7s Teams
Lao Men's National 15s Team
U17 Lao Men's and Women's National 7s Teams
Lao Men's and Women's Nagas Representative Teams

CLUB RUGBY



Men's and Women's 7s Colours League
Men's 15s Colours League

CHAMPA BAN YOUTH RUGBY

2,098 players actively involved in Champa Ban powered by ChildFund Pass It Back

youth rugby programming (942 male, 1,156 female)



LEADERSHIP DEVELOPMENT

96 Champa Ban powered by ChildFund Pass It Back Coaches (44 male, 52 female)

52 individuals gained new World Rugby accreditations (including Coaching; Officiating; and Strength & Conditioning)

19 Administrative Staff (8 Male, 11 Female)



The LRF's work is divided into four areas as shown here. The base of the LRF's work is in developing the sport through school and community development initiatives in our Champa Ban Youth Rugby program. Champa Ban means 'blossoming flower' in Lao language and Champa Ban Youth Rugby ac-

tivities aim to offer quality sport programming for children and youth that help young people to develop their rugby skills while also learning about rugby's values including passion, solidarity, discipline, integrity and respect.

Many young people graduate from Champa Ban Youth Rugby to join club rugby teams and from there some are also selected for the Lao National teams and other representative teams under the LRF's elite rugby programming. Our Leadership Development work aims to improve and de-

veloping a sound structure to provide transparent financial and administrative support to the sport. This area of work supports staff members and Coaches to learn how to lead rugby activities in a safe and accountable way.



CHAMPA BAN

PLAY TOGETHER

6,680 training sessions delivered across Laos (60% female)

1,084 registered Champa Ban powered by ChildFund Pass It Back players (59% female)

94 youth teams across Vientiane, Vientiane Province and Xieng Khouang Provinces (55% female)



CLUB RUGBY

20 Senior Men's and Women's Club Teams from Asia, Australia, and the United States traveled to Vientiane for the 2016 Vientiane International Rugby Championship.

The Vientiane Wild Hogs won the first ever Men's Colours League Championship, while the Vientiane Lions won the Women's Colours League Championship.

More than 15 senior tag rugby teams were formed as part of the Coca Cola Tag Rugby League.

Viengsamai Souksavanh was awarded the KowloonFest MVP after strong showings by all of the club sides in attendance.



Elite Rugby

lao representative teams

The DAC Lao Men's and Women's Teams secured record finishes in the Southeast Asian Sevens, with the men finishing 4th place and the women's side coming 5th place. This marked the highest finish for Lao National Teams in an international 7s competition.

The DAC Lao Nagas Men's team narrowly missed out on the Cup Final at the Lakefront 7s Rugby Tournament in Milwaukee.

The National University of Laos rugby team took 4th place in the ASEAN University Games 2016 in Singapore. With many new players representing the Lao PDR for the first time, it was great experience and a platform for the elite program to grow from.

The DAC Lao Men's National Team travelled to Bangkok, coming away with a 48-12 victory against Indonesia and winning the Division 3 Asia Rugby Championship.



Capacity Development

In 2016, 48 Champa Ban powered by ChildFund Pass It Back coaches earned new certification levels at the 2016 Pass It Back Coach Training.





Challenges

ELITE RUGBY

Lack of consistent coaching structure with different coaching staff across the season;
Limited training resources, including pitches;
The number of contact rugby players is growing, yet remains limited (especially for 15-a-side)

CLUB RUGBY

Lack of competition for the top teams;
Pitch access restrictions;
Limited fixtures;
Limited coaching resources;
Lack of numbers makes holding 15-a-side games a challenge;
High cost for regional tournaments.

ADMINISTRATION

Many administration staff also participate in club and elite events, leaving LRF overstretched;
Limited funding available;
Limited staff numbers can be stretched thin across multiple domestic and international events.

CHAMPA BAN YOUTH RUGBY

Rugby is relatively new in several districts, with challenges for coaches in securing access to pitch space;
Limited availability of suitable contact rugby pitch space in Xieng Khouang;
Champa Ban powered by Pass It Back coaches (particularly in Xieng Khouang) have limited playing opportunities.



FINANCIAL

| INCOME | 2016 |
|---|--------------------|
| Restricted Sponsorship & Donations | 81,988 USD |
| Unrestricted Sponsorship & Donations | 14,271 USD |
| Merchandise | 757 USD |
| Attendance Grants | 2,989 USD |
| Vientiane International Rugby Championsip | 9,785 USD |
| Club Payments | 459 USD |
| Sport for Development Grants | 269,44 USD |
| Asia Rugby Grants | 2,145 UDS |
| Other Income | 5,938 USD |
| Total | 387,772 USD |

| EXPENDITURE | 2016 |
|------------------------------------|--------------------|
| School & Community (Vientiane) | 79,864 USD |
| School & Community (Xieng Khouang) | 178,419 USD |
| Domestic Rugby | 24,330 USD |
| Elite Rugby | 79,996 USD |
| Operations and Staffing | 27,953 USD |
| Miscellaneous | 2,695 USD |
| Total | 393,257 USD |

2016 REPORT

2016 IN REVIEW

LET'S LOOK BACK OUR
MONTHLY ACTIVITIES

Accomplishments in 2016

59% female participation
6,680 training sessions delivered
94 teams



JANUARY

INAUGURAL COLOURS LEAGUE

January marked the launch of the inaugural Colours League, with three Series to coincide with the country's 10's, 7's and 15s seasons. The Vientiane Wild Hogs And Vientiane Lions teams came away victorious in the men's and women's series, respectively.



FEBRUARY:

VIENTIANE INTERNATIONAL RUGBY CHAMPIONSHIP

The 9th Annual Vientiane International Rugby Championship was held as part of the Lao Rugby Festival. Held at Sikeut Stadium from 21-22 February, the 2016 VIRIC featured a total of 20 senior teams across Men's and Women's elite divisions.





MARCH

GREAT BRITISH CULTURE DAY

The LRF attended the British Embassy's 'GREAT British Culture Day' event to share stories around the growth of rugby in Laos, including the recent Junior Nagas Tour Aid Trip to the UK.





APRIL

KOWLOON RUGBYFEST AND GFI HONG KONG FOOTBALL CLUB 10S

The DAC Lao Men's and Women's Nagas teams traveled to Hong Kong to compete in Kowloon RugbyFest before the Women's teams participated in an exhibition game at the GFI Hong Kong Football Club 10s. LRF's very own Viengsamai Souksavanh was awarded the KowloonFest MVP.



JOHOR BAHRU DAC ELITE TRAINING CAMP

The DAC Lao Men's and Women's Teams participated in an elite training camp in Johor Bahru to prepare for upcoming international fixtures.



INAUGURAL SOUTHEAST ASIAN SEVENS

The DAC Lao Men's and Women's Teams participated in the Southeast Asian Sevens on 15-16 April, with the DAC Lao Men securing the highest finish of any Lao National Team in an international 7s competition coming in a commendable 4th place out of 8 teams. The Lao Women's side finished a historic 5th place in the tournament, marking the highest finish for a Lao Women's Team in an international 7s competition.



MAY

INDOCHINE CUP

The Vientiane Buffalos traveled to Phnom Penh to compete in the 2016 Indochine Cup, hosted by Phnom Penh Social Rugby Club. It had been five years since the Buffalos competed at the Indochine Cup, where they were the only club team from Lao PDR to participate.



JUNE

PASS IT BACK CUP

The Pass It Back Cup was held in June, featuring teams from Vientiane, Xieng Khouang and Kim Boi in Vietnam. This marked the first cross-country youth competition for our Champa Ban powered by Pass It Back players and coaches.

Champa Ban Carnival

The LRF's Champa Ban Carnival featuring 19 teams from Vientiane took place at Hug Barn Football club.



JULY

DAC LAO NAGAS USA TOUR

The DAC Lao Nagas Men's team went on a tour to the USA, participating in the Lakefront 7s Rugby Tournament. With 3 wins and a draw, the team narrowly missed out on the Cup Final in Milwaukee.

ASEAN University Games

The National University of Laos rugby team took 4th place in the ASEAN University Games 2016 in Singapore in July. With many new players representing the Lao PDR for the first time, it was great experience and a platform for the elite program to grow from.





AUGUST

GLENDALE RAPTORS PRE-SEASON TRAINING CAMP IN USA

Two of the Men's senior players, Savanhxay Xayyasone and Thanongsone Xaysongkham, joined an intensive pre-season training camp with the Glendale Raptors Rugby Club in Colorado, USA. This included their participation in the Serevi RugbyTown 7s at Infinity Park.

2ND ANNUAL CHILD FUND PASS IT BACK COACH TRAINING

More than 45 Coaches from across Vientiane and Xieng Khouang attended the 2nd ChildFund Pass It Back Coach training as they engaged with rugby and life skills coaching, safeguarding, first aid, measuring change and team management content.



SEPTEMBER

COCA COLA TAG RUGBY LEAGUE

The LRF hosted the inaugural Coca Cola Tag Rugby League (CCTRL) in Vientiane. Fifteen women's and men's teams competed throughout three different divisions: Women's Social, Men's Social, and Men's Elite.



OCTOBER



BANGKOK DAC ELITE TRAINING CAMP

The DAC Lao Men's National Team welcomed new head coach, Reweti Montgomery, as they took part in an elite training camp to prepare for the Division 3 Asia Rugby Championship.

COLOURS LEAGUE FINALS

October marked the finals weekend for the Colours League, with the Vientiane Wild Hogs securing the trophy in the men's division and the Vientiane Lions again taking away the trophy in the women's division.



NOVEMBER



DIVISION 3 ASIA RUGBY CHAMPIONSHIP

The DAC Lao Men's National Team travelled to Bangkok, coming away with a 48-12 victory against Indonesia and winning the Division 3 Asia Rugby Championship.

FIRST AID TRAINING

Our Champa Ban powered by Pass It Back coaches underwent additional first aid training - provided by our Hong Kong support network - to ensure that they can provide emergency care if necessary within their communities.

ASEAN-AUSTRALIA COUNCIL'S WOMEN IN LEADERSHIP CONFERENCE

Souk Prasay Sithimolada (the LRF's Vice President) and Lao Kang (the LRF's Rugby Development Coordinator for Xieng Khouang) spoke at the ASEAN-Australia Council's Women in Leadership Conference.

NEW ZEALAND LEGENDS TOUR

The New Zealand Legends and New Zealand Rugby Resources visited Laos for a 7s competition held at Sikeut Stadium with the Vientiane Wild Hogs Rugby Club and the Vientiane Buffalos Rugby Club.



DECEMBER

SHAUN JOHNSON VISIT

The LRF welcomed international rugby league sensation Shaun Johnson and his family to join Lao Rugby National Day Celebrations. Shaun provided coaching clinics for the players and coaches before attending the Champa Ban powered by Pass It Back youth competitions.

PHYSIOTHERAPY TRAINING SESSION

Champa Ban powered by Pass It Back coaches attended a physiotherapy and taping techniques session delivered by Joy Walters, a member of Asia Rugby Medical Committee and Singapore Rugby Union.



Special Thanks
to our main sponsor

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ChildFund Pass It Back
Asia Rugby
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Women Win
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Winrock Advisors LTD
Kristin McBreen
Emily Gaughn
Hanoi Dragons
Saigon Rugby Club
Hong Kong Cricket Club
Phonsak Leasing Co., Ltd
Mike Coates

Special Thanks

to our Teams



THANKS TO OUR STAFF

VIRAYOUTH RATHIKOUN
SOUK PRASAY SITHIMOLADA
SOMSANOUK MIXAY
DR. BOUNTHAVY
SISOUPHANTHONG
VINAY INTHAVONG
STEVE MAJOR
PHANAVANH BOUTTHAVONG
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PHONESAK KHOMSAD
AENG KHANG
YUR HA
SOULISA SOUWATDIPHON
BOUSADEE VONGDALA
YIA YAR
NOY SOMBATNIYOM
KOUNG FAIYSAMAI
THIPPACHANH KEOMANISAY
TOU SEANGAUMPHRN

THANKS TO OUR VOLUNTEERS

JENNY REDDEN
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MAX CHEVALIER
SARAH OWENS
CLIVE HAMMOND
XAISONGKHAM INDUANG-
CHANTY
JACOB CAWTHORNE
ALETA PHELPS
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