



ລາວຮັກບີ
LAO RUGBY

ANNUAL REPORT

2019

President's Note



Dear Friends of Lao Rugby,

Our rugby community continued to thrive in 2019, with another year of domestic and international success built on our sustainable player and coach development pathways across all levels of the game. With strong results on the pitch supported by an investment in our organisational development away from it, the future continues to look bright for Lao Rugby.

We trained over 100 coaches who went on to support our staff in hosting visitors from over 15 countries and across 3 international events. Our coaches and players also had a busy travel schedule as they visited 7 countries for a variety of learning exchanges and competitions this year. There were some notable performances from our Lao Nagas Women's team who came away with silverware after victories in Vietnam, Malaysia and Thailand.

As our teams continue to be competitive around the region and we develop more young talent through the LRF's elite programme, several of our strong role models who have been working hard away from the pitch are also gaining increased global recognition. Bao Chang, Lao Kang and Viengsamai Souksavanh all received acknowledgement for their role in driving the growth of the rugby and learning opportunities across Laos by CNN,

Forbes and Women Win respectively. We are proud of all of their achievements and those who continue to support them as they grow our rugby footprint further across Laos through our Champa Ban Youth Rugby program. Our Champa Ban Coaches continue to provide opportunities for children and youth across Vientiane and Xieng Khouang Province and are overseeing the strengthening of our domestic competitions.

With the first Rugby World Cup held in Asia this year, we were flying the Lao flag high in Japan with Morha - one of our very own youth players - taking part in the opening ceremony.

As the LRF continues to develop, we would like to thank our ever expanding family of stakeholders, partners, and sponsors for your unwavering support. Your dedication to our vision has made the success of 2019 possible. Join us in reflecting on what has been another successful year for the Lao Rugby Federation and in looking forward to future achievements as we continue to strive to provide access to rugby opportunities to all in the Lao PDR.

Sincerely Yours,


Mr. Virayouth Rathikoun
LRF President



LRF
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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.

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.

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.

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 Sports support, while also; engaging with communities, businesses, schools, institutions and other partners to provide sustainable access to playing and non-playing participants.

EXECUTIVE BOARD



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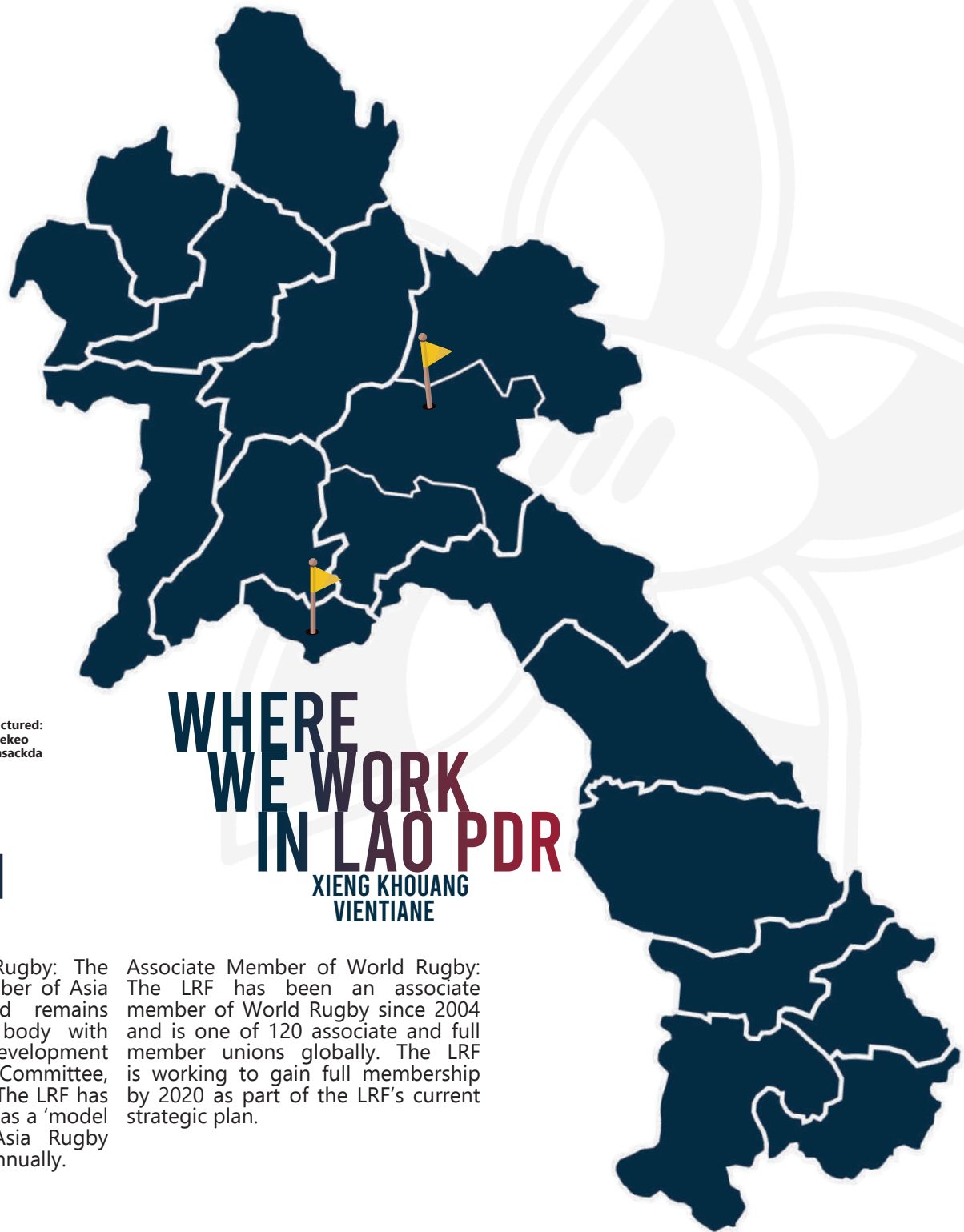
MEMBERSHIP AND REGISTRATION

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.



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 Lao Women's Nagas Representative Teams

CLUB RUGBY



Annual Vientiane 10s International Competition
Men's and Women's 7s Colours League
Men's and Women's 15s Colours League

CHAMPA BAN YOUTH RUGBY

3,756 players actively involved in Champa Ban powered by ChildFund Pass It Back youth rugby programming (1,764 male, 1,992 female)
3,217 sessions held for 249 teams



LEADERSHIP DEVELOPMENT

132 Champa Ban powered by ChildFund Pass It Back Coaches (65 male, 67 female) trained
2 World Rugby Coach Educators certified
21 World Rugby Level 1 15s Coaches accredited
8 World Rugby Level 1 Match Officials trained



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 activities 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

developing 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.

IN 2019 ACCOMPLISHMENTS



THE LRF TIMES NEWS

The LRF had no shortage of accomplishments in 2019. In our Champa Ban Youth Rugby work, we delivered 3,217 rugby and life skills sessions to 249 teams as we continued to support the growth of our local club structures. We hosted 2 international competitions including the Asia Rugby U20s competition featuring 13 international teams from around the region. In our elite rugby programming, our Lao Nagas Women's team earned a win in their first international match against Vietnam, while also earning an international victory against Malaysia. Our Men's and Women's National teams also put in some good performances in the Asia Rugby Sevens Trophy and at the SEA Games with strong breakout performances from new, young talent.



In 2019, the LRF also celebrated the LRF's Xieng Khouang Rugby Development Coordinator, Lao Khang, being named on Forbes '30 under 30' list for her contribution to developing rugby and life skills learning across Laos. Lao Khang became the first Lao recipient of the award recognising her years of work to grow the sport of rugby in Xieng Khouang, especially for female players and coaches in rural areas.



The focus of the LRF's current strategic plan is to build the base and skill of youth players through our Champa Ban Youth Rugby work. This focus produced accomplishments during the year including expansion to more than 89 schools across 8 districts and 3 provinces in Laos. In total, 3,756 Champa Ban powered by ChildFund Pass It Back players were registered and active on 240 rugby and life skills teams during the year. Across all locations, more than 3,217 sessions were delivered with 51% of sessions being led by and for female Coaches and players.

In January, 16 finalist teams competed at the DHL Vientiane 10s after winning their brackets in the Champa Ban League competitions at the end of 2018. U13 Girls and Boys Champions were Team Fighting (ສຸ້ເພືອບິມ) and Zombine respectively,

both from Nonghet District, Xieng Khouang Province. The Little Pigs Rugby (ໝູ່ນ້ອຍຮີກບໍ່) team from Vientiane clinched the U16 Girl's Cup and the Gliding Birds (ວິຫິກເຫິນຟ້າ) from Kham District, Xieng Khouang Province won the U16 Boy's Cup. The competition was an exciting addition to the senior club matches held annually in January and highlighted the promising young rugby players coming through the Champa Ban program.

Later in 2019, young Coaches and Coach managers joined with colleagues from ChildFund Pass It Back in Vietnam to apply for and coordinate the YSEALI Lao-Vietnam Friendship Cup seeing 8 U16 teams from Laos and Vietnam come together to learn and develop their leadership skills and compete across the 3 day event.



CLUB RUGBY



Twenty four senior men's and women's Club teams from across Asia, Australia, and the United States traveled to Vientiane for the 2019 Vientiane International Rugby Championship and were joined by youth and development teams. In total, 15 Lao teams were represented in the senior competition marking the largest Lao national participation in the tournament's history. A strong Lao organising committee of tournament staff, match officials and first aiders led the tournament including a record team of Lao referees who took centre stage for some of the competition's biggest match ups. Ultimately the Vientiane Lions won the Women's Elite Cup, the Vientiane Buffalettes secured the Plate and Xieng Khouang RFC took home the Bowl.

Following, the January competition, the Vientiane Lions completed the double for the third time in a row, travelling to Bangkok for the 2019 Bangkok International 10s and defending the Cup Trophy.

The Colours League tournament continued to grow from strength to strength in Vientiane and Xieng Khouang with 7s and 15s matches throughout the year drawing more than 400 players across eight Lao clubs across 8 match days.



ELITE RUGBY

2019 was a record year for the LRF's Elite Program that saw the U16 Lao Nagas travel to Hong Kong to participate in the Instinet All Girls International Rugby Sevens for the first time, finishing as Bowl Runners Up. The same week, the DAC Lao Nagas senior teams participated in the 18th Kowloon RugbyFest, with the Lao Women finishing as Cup Runners Up. The next day, the DAC Lao Nagas Women recorded their first victory against the Hong Kong Football Club as part of GFI Hong Kong Football Club (HKFC) 10s.

Later in the year, the DAC Lao Nagas Women's 15s team went on to beat Vietnam in the first international match between the two teams against the first all-Vietnamese Women's 15s team ever fielded.

The DAC Lao Men's and Women's National Team competed at the Asia Rugby 7s Trophy in Indonesia in August where the women recorded a breakout tournament victory over Qatar and narrowly lost to South Korea in the Bowl Final.

Later in the year, the DAC Lao Men's Land Women's National U20 teams participated in our home Asia Rugby U20s event with 13 international U20 teams from around the region where the women narrowly lost to Singapore in an exciting final highlighting the strength of the youth players coming through the LRF's pathways.

One of the Elite Rugby highlights of 2019 was when the DAC Lao Nagas Women's 7s team beat development teams from Philippines and Thailand to win the Cup at the Chang 7s competition in Thailand.

In preparation for the 2019 Southeast Asian (SEA) Games, the DAC Lao Men and Women's Nagas travelled to Thailand for the Bangkok International 7s facing top club competition from around the region to hone their skills before traveling to the Philippines for the 30th SEA Games competition hosted in Clarke. The Lao teams put on a brave performance against the region's top talent to close out the year.





LEADERSHIP DEVELOPMENT

In 2019, 132 Coaches were trained and active in delivering rugby and life skills to children in the LRF's Champa Ban Youth Rugby program. In addition to Lao Coaches being trained, 2019 saw the rise of a new generation of Lao trainers with 15 senior Pass It Back Coaches taking on the roles of tag rugby, life skills, team management and first aid Coach trainers. This group of trainers had been trained as Coaches from 2015-2018 and participated in additional training and preparation to take on the role of training more than 100 incoming and developing Coaches in the LRF's biannual trainings. Following the trainings, Coaches returned to their communities to deliver sessions to more than 3,000 players on their Champa Ban powered by ChildFund Pass It Back teams across three provinces in Laos.

In addition to tag rugby training, 32 Lao leaders learned their advanced World Rugby qualifications in 2019 in match officiating, coaching and first aid. These leaders put their skills swiftly into action as the LRF was praised for demonstrating international tournament management standards in hosting the 13 team U20s competition in August. Lao leaders not only coached the U20 DAC Lao National Team to exciting performances on the pitch, but also led the technical zone, first aid and match officiating for one of Asia's largest age grade 7s tournaments ever held.

These formal trainings represent some of the areas where LRF seeks to support and upgrade the skills of Lao leaders working each week across the LRF's work to demonstrate leadership through sport.



CHALLENGES

CHAMPA BAN YOUTH RUGBY

- Extracurricular rugby activities outpacing in school physical education opportunities leading to strained school relationships.

CLUB RUGBY

- Lack of available pitches and facilities for training and competitions;
- New, young clubs inexperienced at club management and governance;
- Fundraising opportunity limited for expanding pool of clubs;
- Limited contact coaching and referee experience, unsafe playing surfaces and lack of consistent best practice strength and conditioning training for athletes can increase risk of injury.

ELITE RUGBY

- Unable to participate in ranking competitions as an associate member of World Rugby;
- Reliant on amateur athletes with other demands on their time;
- International competition progressing at a pace due to ability to recruit and engage national athletes playing in overseas leagues.

LEADERSHIP DEVELOPMENT

- Lack of capacity in fundraising to build on and expand existing models;
- Able to secure one off funding for activities rather than ongoing institutional funds Clashing events and competition dates result in strained staff.



FINANCIALS

EXPENDITURE	2019
Administration Expenses	13,624 USD
Bank Charges	743 USD
Communications and Fundraising	542 USD
Institutional Capacity Building	16,664 USD
Staffing and Employee Costs	28,424 USD
Domestic Club Rugby Activities Expenses	12,396 USD
Vientiane International Rugby Championship (VIRC)	25,381 USD
Combined DAC National Teams (Men's/Women's)	109,652 USD
DAC Men's National Team	37,600 USD
DAC Women's National Team	5,853 USD
International Representation and Membership Fees	4,390 USD
Champa Ban All-Stars (U16/U17)	6,735 USD
Champa Ban All-Stars (U14)	5,320 USD
Champa Ban Youth Rugby	363,977 USD
TOTAL	631,301 USD

INCOME	2019
Restricted funds received	372,738 USD
Attendance grants	22,068 USD
Club payments	6,310 USD
Merchandise Sales	2,799 USD
Restricted Sponsorship and Donation	165,576 USD
Unrestricted Sponsorship and Donation	379 USD
Vientiane International Rugby Championship (VIRC)	21,306 USD
Other	19,106 USD
Total	610,282 USD

2019 REPORT

THE LRF IS PROUD TO BE AUDITED EACH YEAR BY AN EXTERNAL AUDIT FIRM IN LINE WITH INTERNATIONAL STANDARDS. THE 2019 AUDIT WAS COMPLETED BY KPMG AND THE COMPLETE AUDIT REPORT IS AVAILABLE ON THE LRF'S WEBSITE AT WWW.LAORUGBY.COM.

2019 IN REVIEW



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JANUARY

Vientiane International Rugby Championship

The 12th Annual Vientiane International Rugby Championship was held as part of the Lao Rugby Festival. Held at Chao Anou Vong Stadium from 26-27 January, the 2019 VIRC featured over 50 youth and senior teams across elite and development divisions. The Vientiane Lions won the Women's elite division, with some strong performances from the Xieng Khouang Men's and Women's teams in the Development division.

8th Annual ChildFund Pass It Back Coach Training

More than 100 youth Coaches from across 8 Districts in Laos were invited to attend the 8th ChildFund Pass It Back Coach training to be upskilled in rugby and life skills coaching, safeguarding, first aid, measuring change and team management content.









FEBRUARY

Women Win Forum - Amsterdam

Viengsamai Souksavanh, the LRF's Operations and Finance Director, travelled to Amsterdam to participate in Women Win's ONSIDE initiative, an exploration of the real and potential intersections between feminism and sport. Thank you to Women Win and Asia Rugby for supporting Vieng and the growth of women in rugby leadership for everyone in Laos!

Bangkok International 10s

The Vientiane Lions won the Bangkok International 10s Cup Trophy for the third time in a row, successfully defending their title.





CNN International Recognition

CNN featured the LRF's very own Bao Chang on an insert focussing on the success of the Champa Ban Youth Rugby Program at growing the sport equitably across Laos while providing important life skills learning opportunities for children and youth.

U16 Women's Lao Nagas Competition in Hong Kong

The U16 Lao Nagas travelled to Hong Kong to participate in the Instinet All Girls International Rugby Sevens for the first time, finishing as Bowl Runners Up.

APRIL

Kowloon RugbyFest and GFI HKFC 10s

On 4 April, the Lao Nagas teams took the pitch in the 18th Kowloon RugbyFest, with strong performances by both teams. The Lao Naga Women's team narrowly lost in the Cup Final before going on to record their first victory against the Hong Kong Football Club as part of GFI Hong Kong Football Club (HKFC) 10s.



MAY-JUNE

LRF Finance Audit

As part of the LRF's commitment to transparency and accountability to our community of donors and sponsors, the LRF undergoes annual audits. In May, KPMG Laos was engaged to review LRF financial records and provide useful advice on how to further improve systems and processes inline with international standards.

International Children's Day Celebrations

The LRF celebrated International Children's Day by hosting Champa Ban powered by ChildFund Pass It Back competitions across June in Xieng Khouang and Vientiane.

YSEALI Lao-Vietnam Friendship Cup

The Young Southeast Asian Leaders Initiative (YSEALI) Lao-Vietnam Friendship Cup brought together players from Laos and Vietnam to work together to develop their rugby and life skills.



JULY

Lao Nagas Women's 7s and 15s Competitions

The Lao Nagas Women's 15s team travelled to Vietnam for the first ever competitive international match between the two teams. Our Lao Nagas put on a strong performance for a convincing victory. Meanwhile, the DAC Lao Nagas Women's 7s team travelled to Malaysia and participated in the KRS Ladies 7s, including earning a win against Malaysia.

Race to Rugby World Cup

We welcomed DHL Express Race to Rugby World Cup cyclists James Owens and Ron Rutland to Laos in the lead up to the Rugby World Cup. Our coaches and staff joined part of their cycle from London to Tokyo aimed at supporting, partners ChildFund Pass It Back, to raise funds to expand our rugby and life skills work in Laos and across the region.

100 World Legends U16 Camp

International rugby stars, Tamara Taylor (England), Grace Davitt (Ireland), Todd Clever (USA) and David Corkery (Ireland) travelled to Laos to support 8 Lao Coaches in leading the 'Rugby for Life Camp' for 80 players who completed Pass It Back and transitioned to full contact. The 4-day camp resulted in 4 U16 fifteens teams playing in full fifteens matches.

Forbes 30 Under 30 2019

The LRF's Xiang Khouang Rugby Development Coordinator, Lao Khang, was named on Forbes 30 Under 30 list. She was recognised at an event in Hong Kong and became the first Lao National to receive the honour.

ຂ້ອຍໂຊກດີທີ່ໄດ້ຮັບການສະໜັບສະໜູນຫຼາຍຢ່າງ ຈາກຊຸມຊົນກີລາຮັກບີ້. ຍ້ອນຂ້ອຍມີເຄືອຂ່າຍຮັກບີ້ ແລະ ຍ້ອນຂ້ອຍພະຍາຍາມຢ່າງໜັກ ເຮັດໃຫ້ຂ້ອຍ ສາມາດຂ້າມຜ່ານອຸປະສັກຕ່າງໆເຊັ່ນ ລະດັບຄວາມຮູ້ ທີ່ບໍ່ສູງຂອງຂ້ອຍ. ດຽວນີ້ຂ້ອຍມີຄວາມໝັ້ນໃຈໃນ ຄວາມສາມາດຂອງຕົນເອງ ແລະ ການຊ່ວຍເຫຼືອຈາກ ບຸກຄົນທີ່ແນວນິເສດ ເຊິ່ງເຮັດໃຫ້ຂ້ອຍສາມາດ ຕັ້ງເປົ້າໝາຍ ແລະ ບັນລຸມັນໄດ້.

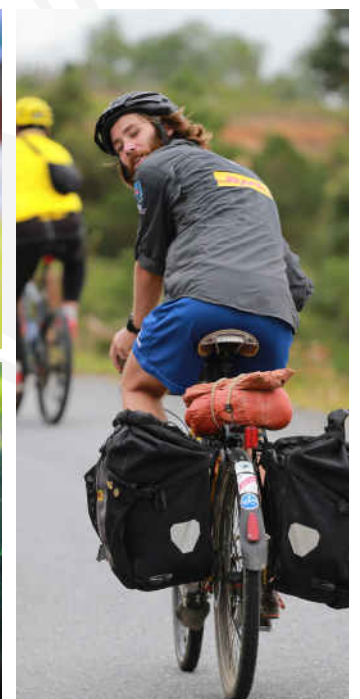
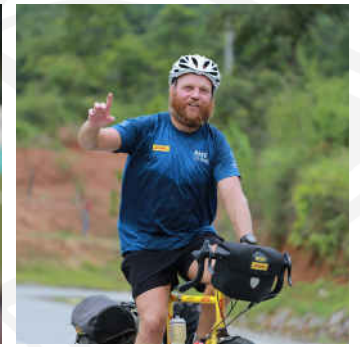
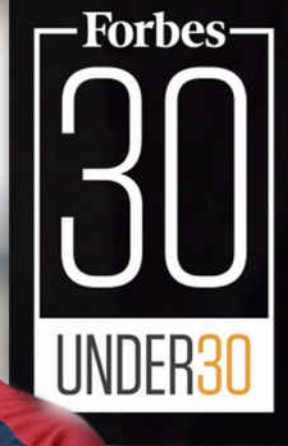
-ລາວ ຄ້າງ

I'm fortunate to have gotten so much support from the rugby community.

Because I have this network and also because I worked hard, I could overcome the barriers like my low education level.

Now I'm confident in my abilities and supported by great people so I can set goals and accomplish them.

-Lao Khang







AUGUST

English and Rugby Camp

With the support of UK in Laos, Princeton In Asia, and Vientiane College the LRF hosted two English and Rugby Camps in 2019 for 111 Champa Ban powered by ChildFund Pass It Back Coaches. The camps held in Vientiane and Xieng Khouang incorporated English, rugby, and life skills activities to support Coaches gaining skills to support their leadership development journeys and to access English language rugby resources and networks.

Asia Rugby 7s Trophy

The DAC Lao Men's and Women's National Team competed at the Asia Rugby 7s Trophy in Indonesia on 10-11 August where the women recorded an

early victory over Qatar and narrowly lost to South Korea in the Bowl Final.

Asia Rugby U20s Sevens

The LRF hosted 13 international teams from around the region at the end of August marking the largest international rugby competition ever hosted in Laos. In addition to the U20 DAC Lao National Teams exciting the crowd on the pitch, a team of young leaders built on their Champa Ban coaching skills to manage the tournament as first aiders, referees, technical zone officials and administrators, ensuring the competition on and off the field was a record success.







SEPTEMBER

Rugby World Cup Opening Ceremony and JENESYS Programme

One of our LRF youth players, Morha, had the opportunity to be a flag bearer for the opening ceremony of the first every Rugby World Cup in Asia. A number of other players and coaches attended the event through the JENESYS Programme, providing them with an opportunity to visit Japan and work towards promoting rugby across the region!

Chang Rugby 7s

The DAC Lao Nagas Women's 7s team travelled to Thailand to participate in the Chang 7s, coming away as Cup Winners beating teams from Philippines, Royal Thai Air Force and Bangkok University to take home the big prize. Under 20s superstar, Maixee Lorbliayao was also awarded player of the tournament after a strong performance throughout the two day competition!



OCTOBER



Société Generale Kids Rugby Spirit Festival in Japan
Two of our LRF Staff and coach educators, Viengsamai Souksavanh and Pisa Vongdeuanpheng travelled to Japan for the Société Generale Kids Rugby Spirit Festival at Yokohama, facilitated by ChildFund Pass It Back coaches and educators and in celebration of the Rugby World Cup! The festival brought together children from charity organisations all over Asia for a cultural exchange program where they will benefit from educational workshops and participate in a tag rugby clinic and tournament from 24-26 October.



NOVEMBER-DECEMBER



Bangkok International 7s

The Lao Men and Women's Nagas travelled to Thailand for the Bangkok International 7s from 8-9 November.

South East Asian Games

The Lao Men's and Women's National Team took on South East Asia's top teams in the 30th Southeast Asian Games from the 7-8 December.



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PASS IT BACK



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