



# REACH ACTIVE PATHWAY SPORTS (RAPs)

What Sport Can Do to our Communities & Villages  
Reaching to our Youth & Everyone through Sports  
Initiative of the Palau NOC

# TARGET: *FUN DELIVERY SPORT = MODIFIED INTRO SET UP*

- Athletics – Sprints Only
- Beach Volleyball
- Beach Wrestling
- Beach Soccer
- Archery – Spear throwing and Archery
- Biathlon – Bike, Spear throwing/Archery, and Running
- Bike Introduction – safety and race rules
- Swimming
- Traditional Games (coconut husking, spearthrowing, climbing, etc.)

# TIME FRAME FOR “RAPS”

## A WEEKEND CAMP AT THE VILLAGE

- Weekends Only (Friday, Saturday and Sunday)
- Process to Community
  - Write to Chief or Elder of the village, or go through Governor’s Office, or seek partner with a traditional or non traditional group that is active in the community
  - Identify and Seek a group of Volunteers that can be trained to lead the continuation of the program
  - Set Date Friday, Saturday and Sunday that is good to the community leaders and participants (*make sure no other event is happening the same weekend, particularly funeral, or other cultural custom related event*)
  - Budget identified
  - Trainers – SDO Unit, PISEP and 2 Board Members and NF’s of Athletics, Triathlon, and Archery
  - Awards: Certificates, Medals and Prices for the event participants

# "RAPS" = VALUE ADDED TO CURRENT OLYMPIC PROGRAMS & CULTURE

- FRIDAY

- 4pm – Arrive at the Village and Settle at Accommodations

**Evening Event and Opportunity is to OFFER the OLYMPISM TO OUR COMMUNITY:**

- Talk about Olympic Values and its Relation to our Culture
    - What is RAPS and what we do as a NOC and NF's
    - Present basic coaching and taking CARE OF A TEAM – Positive Coaching and Program
    - BASIC INTRO for the specific sports programs (Athletics, Archery and Biathlon) – this is overview for the next day schedule (morning and afternoon)
    - Saturday morning sessions – training the trainers (basic fundamental of Team Leader and/or Coach and Mentor, including INTRO to running the races, fundamental core values of Olympic and Palau NOC core values as drivers of all that we DO
    - Saturday Afternoon – Training of young athletes with trainers – simplified training with concentration on positive teaching and Olympism
    - Evening sessions – talk about Olympics and show films of Olympic games, reporters academy and how sports is doing in Oceania and the world and Palau
    - Sunday – Fun Event: running, target spearing and biking
    - Award Ceremony for participants Sunday afternoon after the event; participants to receive medals and trainers to receive their training certificate for completion and Mini RAPS Course.

# SUSTAINING RAPS

- Ask trainers if they would like to take PISEP community course
- Ask Athletes if they want to continue training for future games or sports
- Do a calendar of events for this event within this community
  - Training on Olympic values and Olympic education
  - Training on What Palau NOC is all about and what do we do
  - Training for sport as a tool to reduce NCD and to promotion of healthy lifestyles

**NEED THE MEMBERS TO HAVE THE WORKING COMMITTEE OR A SMALL GROUP  
TO HELP DELIVER THIS BEACH GAMES IDEA TO OUR COMMUNITY/VILLAGES**