

Frisbee sport in Galapagos



- by Stina Persson and Tomas Burvall

*Frisbee project, Puerto Ayora, Santa Cruz, Galapagos, January-June 2011.
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Background

Why Frisbee sport in the Galapagos one might ask? Well the background to this project is the authors' decision to travel to a country to work as volunteers in any way possible. The journey went to Galapagos to join Galapagos ICE as they thought it was important to have the organisation on site and with close "connections" within the organisation.

The Galapagos is known worldwide for its unique environment and amazing wildlife. Unfortunately it seems like the people of the island on the other hand has ended up with less attention from the outside world.

Some of the islands main health problems are teenage pregnancies and alcohol abuse. Also schools and colleges ends at midday and there is very little to do in the free time for children and teenagers. The authors wanted to see and work with "the forgotten people" of the islands and therefore Galapagos ICE was the perfect organisation to join.

The organisations' main goal is to work preventative and educational to promote peoples health.

The authors themselves works within the health sector in Sweden and also practise Frisbee sport in their spare



GICE president Emily had to step in as a reporter and a translater. Here is she interviewing Stina Persson.

time and was hoping to apply some of these skills in their volunteer work.

Galapagos ICEs founder and president Emily Pozo became very interested in introducing Frisbee sport to the children and schools of Galapagos, as this is a whole new sport for the islands. The organisation strongly believes that sports activities are an important way to help children think with a health perspective and to early on in life choose a healthier life style. Frisbee sport, and especially Ultimate Frisbee, is all about Fair Play. The game has no referees, which put emphasise on own responsibility, honesty and respect for yourself and others.

This is why the authors packed their bags full with Frisbees, cones, bands and medals and travelled to the Enchanted islands.

Objectives

Introducing Frisbee sport to the children and schools in Galapagos. Primarily to children and schools in Puerto Ayora.

The objectives were also to teach the PE teachers in the area how to hold Frisbee classes in their schools. Perhaps enable the town to start up teams and a league for this new sport. This way hopefully the children will be able to continue play Frisbee sport long after the authors' return to Sweden.



Kevin Garcia is one of the children who liked frisbee sport.



All the 300 frisbee kids at the Vacaciones Feliz.



The new frisbee teachers in Santa Cruz.

The Project

The project has included different parts: Vacaciones Feliz, Escuela Deportiva, teaching PE teachers and finally supervising the teachers at their own schools/colleges.

The authors started with joining the local police force's activities for children during Vacaciones Feliz (school holidays) at Escuela San Francisco. During 3 weeks, 4 mornings/week approximately 300 children learned how to throw a Frisbee/disc and to do different exercises with Frisbees/discs. They also learnt how to play the team sport Ultimate.

During this time other volunteers helped out with this activity.

During the same period of time as the above the authors also began Escuela Deportiva at the Cancha Sintetica in Puerto Ayora. The purpose of this activity was to give the children an opportunity to play sports (organised) after school.

Escuela Deportiva continued for 6 weeks and the activities varied from learning additional throws with the frisbee/disc to additional exercises with Frisbee/disc and also different disciplines within the sport. The authors hopes were to be able to start up an Ultimate team and to help it progress throughout the months of their stay in the Galapagos.

Unfortunately due to the lack of participants at this activity, the authors did manage to for fill the object/hope of starting of a team. In total the authors recon they had approximately 12 students attending (although not everyone at the same time) the Escuela Deportiva.

The activities at Vacaciones Feliz showed that there was a strong interest among children for playing Frisbeesport. Hence it was decided to incorporate the PE teachers of Santa Cruz in the project to somehow try to make the sport continue "living" in the future as well in Galapagos.

The idea was to train the teachers so that they themselves would be able to have PE classes in Frisbee sport. If succeeding in this the teacher would in the end receive a certificate showing that they were trained in teaching Frisbee sport.

In the end of March the authors held 2 days of Frisbee sports training at Escuela Galo Plazas Lazzo. The participants were 13 PE teachers from 9 schools/colleges.

Day one started with theory "class" which included some background facts of the sport and also a run through the 9 different disciplines of the sport (individual and team). Emphasis was put on Ultimate Frisbee and DDC (double disc court).

In the afternoon of day one and both morning and afternoon day two the teachers learned different throws, exercises and games.

They two training days went well. Approximately half of the group showed interest straight away to incorporate Frisbeesport in their teaching. They were very positive regarding the idea that the authors would come out and supervise/aid the teachers through some classes in each school/college. At the end of day two each teacher received a Frisbee/disc as goodwill from Galapagos ICE.

From mid April and for a total of 6 weeks the authors went to each of the nine schools/colleges to supervise/

aid the PE teachers with Frisbee sport throughout their classes. The idea was for the teachers to hold the classes and the authors would help out when needed for example showing different throws, assisting in exercises. The important part was for the teacher to show that they were able to by themselves manage to hold classes in Frisbee sport.

On the whole this turned out well for all teachers who participated.

Thanks to donations (Frisbee/discs) to Galapagos ICE

the teachers will receive 5 discs per school/college for using in classes. In addition to this they will also in the future be able to borrow or buy Frisbees/discs and/or other equipment from the organisation that will help them when holding classes.

In the beginning of June each PE teacher who had completed the Frisbee sport training received a certificate which showed that they were able to on their own hold Frisbee classes.



Tomas Burvall is instructing and discussing how to throw a proper backhand.

Isabela

At the end of April the authors went to the island of Isabela as part of the Ponte En Forma project. The plan was to teach PE teachers on the island the same concept as had been done on Santa Cruz. In the end only one teacher showed up, but this teacher got similar training, and day two was able to by himself hold classes in Frisbee sport. The teacher's school received a donation of approx 15 frisbees/discs for future classes.

The authors were pleased with the result of the training. Hopefully in the future other teachers on Isabela will catch on to the sport as well.

Conclusion

As a conclusion the authors are very pleased with the outcome of the Frisbee project on Galapagos. On the whole they have received positive response for the project both from children, PE teachers and the Municipal Government. The director of physical education in Puerto Ayora, Fernando Boma, also took

great interest in the sport and also himself participated in classes at schools/colleges.

The children quickly understood and applied Fair play in the game. They (most of the time) realised the importance of honesty, own responsibility and respect for oneself and others. The authors' hopes are that the children will learn to apply these skills in other aspects of life as well.

For future references the authors suggest that the Escuela Deportiva is not run during the same period of time as Vacaciones Feliz. Hopefully, in the future, there will be another Escuela Deportiva with Frisbee sport which will attract the children of Galapagos who wants to practise the sport more than a few times a year in classes "Cultura the fisica".

The authors are grateful for all the donations of Frisbees from different organisations and individuals that will ensure that Frisbee will be able to live on her on the Enchanted islands.

- Fly well



Dario is going for a hard throw and the point in Double Disc Cort.