



## Rising Star Football Academy Host Family Information

Dear Host Family,

On behalf of Rising Star Ministries and Rising Star Football Academy we want to say thank you for your willingness to help and host members of our team. We know you will be blessed by them.

The team is very excited for the opportunities that lie before them. Every player that travels with us has a dream and we want to encourage them further with the opportunities that lie ahead. The players all have different backgrounds; whether coming from the slum areas of Uganda or an international student coming from different countries but now living in Uganda. Listen to their stories and get to know them and how Rising Star has made an impression on their lives.

We will try to make everything run smoothly during the time the team is with you, however please bear with us if things do not run according to plan. Your flexibility will be much appreciated as we try to make everything run smoothly.

Thank you again for your part in helping to make this US Tour possible. It's been a fun and challenging journey and God continues to work in miraculous ways amongst Rising Star. We know that you will be blessed and encouraged by them as they stay in your home.

The following information is to help you give the team the most comfortable stay while here in the US. Please do not hesitate to call or email me with any questions or concerns. You can contact me at [matt@risingstarministries.com](mailto:matt@risingstarministries.com) or one of the volunteers in the US as listed.

**Detroit Area** – Josh Patton

**Omaha Area** – Bill Bianco

**Dallas Area** – Josh Schofield

Lastly, have joy on the journey of getting to know the children from Rising Star ~ they are totally amazing and each so completely unique!

With much appreciation,  
Matthew Arnett  
Executive Director

## Information for those hosting Rising Star Football Academy

The Rising Star tour leader will assign team members, coaches and chaperones to your home. Please feel free to ask questions or voice any concerns you may have to help bridge the cultural gaps to make memories that last a lifetime for everyone involved. We will have a meeting to review rules and get to meet the kids at the time of pick up. You will be in charge of the kids while they are in your home and they kids must follow the home rules.

### Times/dates

**Detroit Area** – Pick up will be at Wayne Memorial High School on **Saturday July 7, 2018 @ 7pm**. Participants will need to be dropped off by **9am** on **Wednesday July 11<sup>th</sup>** at Wayne Memorial High School.

**Omaha Area** – Pick up will be at Westside Church on **Sunday July 22, 2018 @ 3pm**. Participants will need to be dropped off by **9am** on **Wednesday July 25<sup>th</sup>** at Westside Church.

**Dallas Area** – Pick up will be at Skillman Church of Christ on **Thursday July 26, 2018 @ 1pm**. Participants will need to be dropped off by **8am** on **Monday July 30<sup>th</sup>** at Skillman Church of Christ.

### Transport

During the time the team is staying with you, there will be a service van to drop the kids off at designated drop off locations. You will be responsible to pick them from those locations at the times assigned or you may choose to pick them from the place of their activity, whatever is most convenient for you. You will be given the drivers phone number to contact them if needed.

### Food

Host families will be responsible for providing breakfast daily and at times dinner, though most times dinner will be together as a team. Host families are encouraged to, but not required to, have dinner with the team. With the change in culture, climate and food we want to do our best to help the team adapt and be comfortable on tour. The food they are given on tour is important, as we really don't want them to get sick --- we ask that food is kept simple and healthy to help the team perform their best. Please avoid greasy foods such as pizza, fried foods and hamburgers. Please refer to the player profile you were given and be aware of foods they cannot eat.

As a host, unless you are told otherwise, you will be feeding the team staying with you breakfast and an evening snack may be given as well. Please remember these are teenage kids, they do eat A LOT!! Plan breakfast with adult serving sizes and you should be fine. Don't be afraid to ask the kids what they would like.

### Breakfast examples

This is a list of foods they like to eat for breakfast, please don't present them with everything, this is just a guideline: Bread and eggs is the main diet for breakfast. The leader or older children staying in your home are happy to help you make their breakfast.

- Eggs (1 or 2 eggs per child)– the yokes need to be completely cooked through!
- Bread / jam / honey / peanut butter (3---4 pieces of bread per child is ample)
- Pancakes
- Fruit – apples, orange, bananas, pears, etc.
- Oatmeal
- Low sugar cereal
- Tea with of milk and sugar /weak black tea with sugar
- Fruit juice – apple or orange

## Other general points to be aware of

### Culture

Both the adults and children will automatically be in a new culture and system; we would appreciate patience and understanding wherever possible! We will encourage the leaders to be punctual, responsible and help in the homes wherever needed. Culturally, Ugandan children may kneel when greeting--- in Ugandan culture it is a sign of respect so please do not be embarrassed by this. The children may call you 'Auntie' and 'Uncle'-- this is also a sign of respect.

### Behavioral Issues

In case of any misbehavior, we advise hosts to inform Rising Star staff immediately. We will endeavor to train the children and accompanying adults about American etiquette.

### Pets at home

Ugandans are not used to seeing animals in the home and may be frightened by pets. If possible, please keep your pets away from the children (especially dogs), and slowly introduce them to the children to avoid scaring them.

### Bedtime

Each child should have their own twin size bed or may share a queen or bigger bed with their teammate. No other children are allowed to sleep in the same room as the Rising Star team members.

After a busy day, the team will need their rest so that they are ready and refreshed for the next day. We ask that you send the kids to bed by 10pm.

After a match the children will be sweaty and exhausted. Please allow them to shower with minimal host family interaction. Some children may need to be shown how to use the shower as they don't typically use showers in their homes or have hot water, so please be sure they are fully aware of how to use your shower.

If you would rather the children are not in your living area past a certain time, please make this clear to them to be sure the children go to their rooms at the set time (even if they don't go to sleep straight away). We appreciate you may want your own space.

### Social issues

- **TV** --- We advise that the team watch only minimal amounts of TV while with you. We do not want to over expose them to things they may not be used to. However, if they are to watch TV please make sure the program is appropriate for their age.
- **Computer** – Some kids may have a device to access the internet. If you are fine with that, then you may give them access to your home Wi-Fi, this is not mandatory. Others may not have any device and they are free to use your home computer at your discretion and supervision.
- **Recreational Activities** --- where possible, we would encourage interactive or outside games to be played (board games, basketball, etc.). Alternatively, we are happy for you to take the children out somewhere as long as you remain with the players at all time.

### **Driving**

While the team is with you they must be driven by an adult over the age of 25 years old. At no time should a younger driver be allowed to drive them, even with an adult in the car. The players are strictly prohibited from driving as well. The players are not allowed to ride on motorcycles. All laws of the road should be followed, including wearing seatbelts.

### **Gifts**

We understand your desire to bless the children while they are staying with you. However, keep in mind that the team members in your home represent **ALL** the children of Rising Star. Gifting some children and not others leads to competition and jealousy; which we desire to avoid. In addition, there are weight restrictions for their luggage when returning to Uganda.

**We expressly prefer** that if you desire to bless the children of Rising Star, please consider a donation to Rising Star, this would be the easiest to bring back to Uganda. If you are so inclined to make a donation, please make your check payable to Rising Star Ministries or made through our website [www.risingstarministries.com/donate](http://www.risingstarministries.com/donate). When the children leave your home, if you would like to give a memento please stick to small things that relate to a specific memory; like a photo of you and your family, a card or a small trinket that represents the bond you have developed.

### **Clothes**

All the children will come with clothes that have been given them on arrival for the tour. Please do not hand out clothes and shoes during their time with you, unless they have misplaced their personal items. In the past we have received so many clothing donations, but do not logistically have the space in our suitcases to bring them back to Uganda.

### **Help at home**

The players are happy to help when staying with you so please ask them to do things, e.g. setting the table, washing up, etc. All the children should be encouraged to make their beds and keep the room tidy.

### **Laundry**

We kindly ask hosts who are having the players stay longer than a night to assist in washing the player's clothes – please ask the players to gather only the clothes that need washing! If you prefer, you can show the players in your home how to use the washing machine and they will do the washing.

Please do not dry the soccer uniforms as the stickers will easily melt in the high heat. They are a thin material that can easily air dry in little time.

### **Communication**

Children or adults may pronounce some English words differently. We would appreciate patience in this and it is ok to keep asking them to repeat themselves. Phrases like “can you say that again please?” or “excuse me?” are always helpful.

The children at first may seem shy, but please feel free to ask them questions and talk with them; many of them will soon feel at home!

### **Emergency contacts**

Due to differences in diet, weather and extensive travel some of the children may seem tired or become ill (they are like children everywhere). Should this occur we will have the child rest and recuperate at the host family home with a chaperone or be taken to another home for rest.

Also it would be prudent to have a first aid kit in your home during the teams stay in your home.

We provide medical coverage for each member of the team should a doctor or hospital visit be necessary.

### **Drinking**

We kindly ask if all hosts can refrain from drinking alcohol or smoking in front of any of the team.

### **Showers**

All water tanks and heating are different in each home. Please advise the players staying with you on how best to manage showers with the team (is it best to have them having showers at different times or the same, etc.) If you are finding the team are taking too long in the shower/bath, please feel free to discuss this with the players in your home so they can resolve the problem.

### **Lights**

Electricity in many parts of Uganda is very sparse and so they are not used to turning lights on and off. Please be aware of this so that lights are not left on in their rooms when they are not needed– please feel free to keep reminding them to turn the lights off!

### **Towels**

We would appreciate towels being provided for those staying in your home.

### **Sleeping arrangements**

We ask that no member of the family sleep in the same room as a member of the team.

When the team arrives please lay down any rules you have in your home that you would like them to follow. Please remember that two different cultures are coming together and there may be misunderstandings. If there is anything that you do not understand or are not sure about, it is ok to ask questions. Please feel free to communicate with them about anything or speak to the Tour Manager if you have any issues.

THANK YOU so much for hosting some of the Rising Star team, we are so grateful for your help.

### Statement of Acknowledgement of Code of Conduct for Signature

Thank-you for offering to host some of our Rising Star players, coaches and parents for the coming USA tour. We appreciate you opening your home to them. To ensure that expectations are clear to the visiting students, their parents, the host parents and Rising Star, we ask you to read and sign the form below and return to the tour manager.

### Statement of Acknowledgement of Code of Conduct for Signature

I agree to follow the rules and guidelines in this Code of Conduct when hosting visiting Rising Star team members.

**I will:**

- Treat the team members with respect, patience, integrity, courtesy, dignity, and consideration.
- Ensure appropriate and safe supervision of students at all times, this includes if students go out.
- Ensure that team members will abide by the published curfew times. At this time, the team members must be in the host family's home – coaches will call to check that this is the case.
- Provide my guests with breakfast and other meals if required.
- Maintain appropriate physical boundaries at all times and touch children – when necessary – only in ways that are appropriate, public, and non-sexual.
- Comply with the mandatory reporting regulations of Rising Star and with the Rising Star policy to report suspected child abuse.

**I will not:**

- Under any circumstances, allow a visitor to ride or be a passenger on a motorbike, take an Uber or be a passenger in a car driven by a student, even if they have a license.
- Touch or speak to a student in a sexual or other inappropriate manner.
- Inflict any physical or emotional abuse.
- Allow students to use or possess tobacco products, alcohol or any illegal drugs at any time.
- Take, or allow students to go to any bars, nightclubs or casinos.
- Accept gifts from or give gifts to students without the knowledge of their parents or guardians.
- Engage in private communications with students via text messaging, email, Facebook, Twitter or similar forms of electronic or social media.
- Use profanity in the presence of students at any time.

I understand and agree to the above.

Name (Mother): \_\_\_\_\_ Phone # \_\_\_\_\_

Signed: \_\_\_\_\_ (MOTHER) Date: \_\_\_\_\_

Name (Father): \_\_\_\_\_ Phone # \_\_\_\_\_

Signed: \_\_\_\_\_ (FATHER) Date: \_\_\_\_\_