



FC REALE NEPAL

FC REALE NEPAL is a social organisation, adapting soccer as a global tool, acting as a foundation for character development in kids and people with main focus on helping kids pursue their dreams regardless of ethnicity, background, race, culture or economy in this world.

Reale football Academy is operating every morning for positive development of the personality of young soccer players. We create such an environment to grow as human who think about self, for people and society.

FC REALE NEPAL

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ANNUAL REPORT 2022

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FC REALE ACADEMY

70
KIDS

In consideration of family circumstances, the monthly fee is either minimal or free so that even children from poor families can participate.

Since there are many families who find it difficult to purchase soccer equipment, shoes, jerseys, etc., we provide necessary supplies from Japan. Our goal is to create a place where children can experience, through soccer, that anyone can do anything regardless of their circumstances, regardless of nationality or race.



Celebrating traditional spring festival "Holi" with colours!



U-10
KIDS



U-8
KIDS



U-13
KIDS



U-15
KIDS



Reale Kids cleaning the ground



FC REALE GROUND before fencing



Cleaning weeds during Rainy Season



Maintenance of fence in Reale Ground



A storeroom and toilet



Sanitary soaps and toilet cleaners!



Drainage in Rainy Season

REALE CUP 2022/23

225
PARTICIPANTS

This year's (2022/23) theme was "YOUTH DEVELOPMENT" for sports culture. Reale Cup 22-23 (also Reale Youth Development League) was focused on bringing the sports culture in the local community as to aware the need of active lifestyles, physical and psychological development in kids, & need of open spaces for healthy community.

The tournament was categorized to U10, U13 and U15 while the match being played every Saturdays. In this tournament, players had to register themselves individually, no team registration! Two invited academies namely Khwopa Kings and SWSC FA also participated in Reale Cup. The total number of participating players in Reale Cup 2022-23 is 225!!!



U10 GARUD – 1ST POSITION



U13 GARUD – 2ND POSITION



U15 BHARAV – 3RD POSITION



WORLD FRIENDS PROJECT



Distribution of soccer balls to Lions Club

Reale World will work with the Kathmandu Lions Club to donate football goods to village schools in Nepal. This time, Reale World delivered uniforms and balls along with teaching materials and bags to a school in a village in Sindhupalchok District, which is a two-hour drive from Kathmandu. In Nepal, where there is a large gap between urban areas and villages, I would like to provide opportunities for young people in villages to have various experiences. We would like to continue to work with Lions Clubs, which are active in local communities in Nepal, to deliver goods donated by everyone in Japan to villages where it is difficult to obtain equipment even if they want to play soccer. .



The shoes of the Reale Cup held in 2022 will be given to children in the village of Donna, a professional soccer player in Nepal.

Wanting to give hope to children in such situations through soccer, Donna returns to her village during the off-season and holds free soccer classes.



Hiroko Tsruta celebration spring festival "Holi"



Goalkeeper session by Yuya Kuriyama

Yuya Kuriyama, who came to Nepal to play 'A' Division League from APF team, visited FC REALE NEPAL morning training! He taught the kids about basics of goalkeeping like catch, dive, collection, set position, distribution and other soccer basics. Kids really enjoyed the time with Kuri San. The goalkeeping session was loud and active. Kids played a practice match with Kuriyama at the end!

Thank you Yuya Kuriyama for the time!

Kids really get excited when foreigners visit the FC REALE GROUND.



Okura san provides soccer shoe to U13 player Anmol



Thanks to the donations from everyone in Japan, one Nepalese child has been protected from delinquency and is growing up to be a child who strives straight for his dreams. And his way of life is a role model for the little reale kids. Thank you for all your support and encouragement. I would like to continue to live up the Hero Project with everyone, so please continue to support me.

ONLINE LECTURES AND INTERACTION

REALE NUTRITION CLASS 2023

(Introduction to nutrition for Reale Cup Kids)

Instructor Ryuichi Okada

Reale Cup Kids developed healthy and smart food habits. With the help of Nutrition class being organised in the middle weeks of Reale Cup, Ryuichi Okada (dietician) knowledgeable us about what and when to eat.

Okada sensei also taught us how different taste stimulate our body activities! Coffee, salt, sugar, lemon tastes had different range of stimulation and activation of body and mind of different kid. Each kid was different. Make sure to stimulate your body with the taste before exercise or activity!!!

Carbohydrates and protein are equally important before and after playing. Different sources of energy are found but know the best source of food to develop a healthy mind and body!

Reale cup kids, parents, coaches and supporters had the opportunity to learn such a simple and efficient knowledge from Okada Sensei.



REALE KIDS MEET 2023

REALE kids in Japan and Nepal. There are two main purposes.

One is to let both children feel they are in the same REALE family even staying far away from each.

Another is to broaden their outlook and update their sense of values by communicating with children living in completely different environments.

Furthermore, they had a big challenge to communicate in English this time!

With support from coaches they tried to start communicating in English.

Compared to last year, it seemed Japanese kids could deliver messages a bit more in English.

Through this experience it seemed their interest in English has changed. Never expect improvement in English without a challenge to speak. We will hold the exchange meeting once a month from now on.



"Hero Project ZERO"

The battle for FC REALE promotion to the C division has begun!
 Reale World promotes hero projects in various forms, one of which is "Hero Project ZERO" in Nepal.
 It is a project to develop SS Reale FC from a completely zero state into a professional league team in Nepal.
 SS Reale FC is a team consisting of FC Reale Nepal players over the age of 15, graduates and coaches.
 Seeing them working hard and taking on challenges will inspire children and local people to take on new challenges.
 Hero Project is a project to change the future.

At the moment, SS Reale FC's goal is to enter the C division (J3 in Japan). Currently in Nepal, the C division promotion qualifying championship is being held. It is true that behind their success is their own efforts, but it is only with the support of the Japanese people that they are able to practice and take on challenges. Thanks to everyone's support, we are able to cover the expenses for soccer equipment, training equipment, and practice matches. thank you very much.

The barrier to promotion to the C division is quite tough, but SS Reale FC continues to challenge. Two games are scheduled for today.

All of them will show the results of their practice so far and hope to play with all their power. Thank you for your continued support for "Hero Project ZERO".



FC REALE SENIOR TEAM



FC REALE SUPPORTERS



FC REALE IN C QUALIFIERS 2022



FC REALE SENIOR TEAM



Sunil Tamang (GK) receives Emerging Player



Niroj Waiba Lama receives MoTM



TARGET – Professional League



Rohan's Journey to Pro

Selected in U-20 National Team

The U-20 Asian CUP Qualifier will open in Bahrain in SEP followed by U-20 South Asian Championship in JUL. Rohan KHADGI from FC REALE Nepal has been officially selected again as a U-20 National team member this time. FC REALE Manager Bal GOPAL is also leading the U-20 National team as an assistant coach.

Upon returning from the match in India, the manager Bal GOPAL and Rohan received enthusiastic welcome. REALE kids are so proud of them making a great HOPE for the future.

"I wish to become like Rohan."

REALE kids get passionate about practice since their star player is around them.

"We are taught by the National team coach!"

Thinking like that would be a great pride and confidence to REALE kids.

Human resources training takes a long time to bear fruit.

It has been 18 years since MIYOSHI started to engage in Nepal. With steady efforts, results have come out on the occasion of the 10th anniversary of FC REALE Nepal.

We will continue our activities in an honest way with gratitude.

The U-20 National team will participate in the South Asia Championship on 25 JUL-05 AUG in India.

The 1st match is against Moldive on 25 JUL.

Please cheer for them!

Selected in New Road Team (NRT) Nepal 'A' Division

FC Reale Nepal Senior Team player Rohan has signed a contract with Nepal Soccer League A Division (Top League) "New Road Team (NRT)".

Rohan will make his professional debut at the age of 17!

Rohan has participated since the launch of FC Reale Nepal in 2013.

Rohan was six years old at the time.

In the fall of 2022, at the age of 16, he was selected for the Nepal U20 national team.

He will make his debut as a professional player in the Nepalese Football League A Division (Top League) starting in March 2023.

FC REALE NEPAL wants to create a place where children in economically difficult home environments can work hard with hope, preventing them from giving up their dreams for financial reasons and running into delinquency.

Nepal's FC Reale started with such a thought.

Rohan showed us with his actions that if you put in the effort, you can do it, and if you put in the effort, something will definitely change.

Following Rohan, the children of FC Reale are working harder every day.

No matter what kind of birth you were born in, you can open up your own life by believing in yourself and striving with hope.

FC Reale will continue to be a place where this can be put into practice in both Japan and Nepal, so I ask for your continued support in the future!





REALE SCHOOL PROJECT

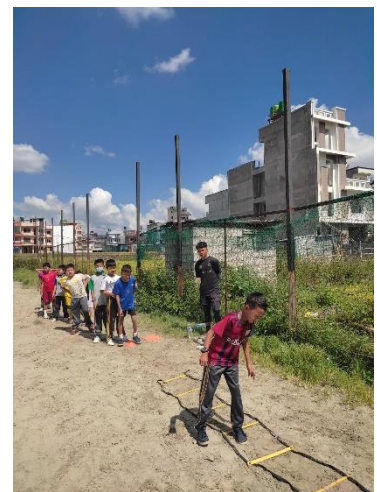
FC REALE NEPAL started the Reale School Project with leadership of Bal Gopal Shahukhala and Reale Coaches Anish Chakradhar, Sunil Tamang, Niroj Waiba Lama , Rijen Shrestha and Bijen Shrestha. FC REALE agreed with Advance Academy School to introduce soccer class to elementary kids and junior high school kids every Friday from 11 am to 1 pm Nepali Time. Similarly, a broader idea of sports was introduced in Shankhadhar School. Indoor games includes Badminton, Chess, Snake and Ladder, Carom-board, Table Tennis, Hula Hoop, Skipping & Outdoor games include Kho-Kho, Volleyball, Basketball, Dodgeball and Football was held after their lunch time (1:15 pm to 2 pm)

During the play, students are described and demonstrated about the techniques of games. Motor development is the goal. Students are challenged to match practice slowly with different drill practices (breakdown components of the match) . Skill and cognitive development is the goal. Free game play time is given to kids to express their ability , knowledge and skills into the match.

The aim of the sports period is to develop agility, balance, coordination, speed , flexibility, mobility and to grow strength, power and endurance.

Students will grow more self confidence, awareness and perception, discipline and respect, & motivation.

“Regular games have helped us to move on from a stressful education curriculum which is boring. Now, we have fun with friends. Games are tricky to win. We always want to win everyday. But we have a problem with school uniforms. It is uncomfortable to play games. Space of play is unhygienic and small. We might clash with each other while running and get injured!” – Shankhadhar School,Class 6 Section Moon’s Voice.



REALE COACH

REALE YOUTH DEVELOPMENT MODULE I

REALE COACHING SESSIONS 2022 was organized before Reale Cup 2022/23. The main theme of the coaching is “developing the learning environment”. The workshop mainly focused on developing and maintaining the environment around the players which would help them groom their talents. The workshop mainly focused on developing and maintaining the environment around the players which would help them groom their talents. There were 10 participants. It help to know about 1.the need of the players in technical , physical , social and psychological areas, 2. session planning & organization, 3. three part session about soccer.

REALE YOUTH DEVELOPMENT PLAN

FC REALE believes in overall player development (The 4 CORNER MODEL), throughout the 3 different stages of youth development plan.

Stage 1 - Developing Environment (Fundamental Stage)
Age group upto 10 years

Stage 2 -Developing Player (Training to learn & training to develop)
Age group 11-13 years

Stage 3 - Developing Team
Age group 14-17 years

Long Term Player Development is the ultimate goal of the academy.

Our Reale Football Coach, Anish Chakradhar has completed ‘ANFA Community Football Course’ organized by Lalitpur DFA. Best of luck for future.



SUPPORTERS



Athlete Firm





FC REALE NEPAL

Authorized NPO Corporation

REALE WORLD