

Uganda Trip 2022

fostering confidence, empowerment, and leadership for young women in Uganda through the sport of basketball



Busy Summer!

Crossover for Change had a busy, yet remarkable, summer. It has been a few months since returning from our inaugural trip to Uganda where we facilitated two all-girls basketball camps at Maryhill School and Immaculate Heart School. This camp was much anticipated, having had to postpone the initial Summer 2021 plan due to the continued COVID-19 pandemic.



Camp Breakdown

Through these camps, we hoped to inspire confidence through shared experiences and skills with these young women to further their academic and career goals. Each camp included a basketball skills portion, consisting of drills, shooting, and games. The second part was lesson-based where we introduced nutrition and goal-setting exercises. In this portion we also exchanged games while engaging in fun outdoor activities from both Ugandan and American cultures.



Building Relationships

A primary goal for this camp, outside of providing an athletic outlet and promoting confidence, was to build relationships. The pure joy and gratitude personified by each participant proved that sports do offer a transformative power, and the shared experience and communication transcends all cultures. We have continued these incredible friendships since returning to the US and feel more inspired than ever to provide additional resources for the young women in Uganda, helping them to reach their potential and goals.



Next Steps

Since returning from Uganda, our board has examined and explored how to continue the growth and outreach of Crossover for Change. Our new initiatives include the construction of another basketball court, increased research and support for advanced educational opportunities in the US, and a student visa scholarship fund.



Creating Opportunities for Higher Education

Additionally, many girls expressed an interest in US universities. Some share hopes of becoming engineers and lawyers, to name a few, but the opportunities for these highly sought-after degrees are difficult to pursue in Uganda, especially for women. As a result, CFC has increased research efforts into the international student process for US colleges. The second part of this effort includes setting up a scholarship fund to assist in costs associated with holding a required visa to study abroad.

Court at New School!

We have already begun planning for our next court, and once details have been finalized, we will be sure to update everyone!





We will continue updates around our plans as we debrief our trip and execute steps toward these new initiatives. In the meantime, we would appreciate raising awareness or considering making a donation so that we can continue to grow our organization and positively impact these young Ugandan women. Please consider sharing our cause to others close to you that you feel would be interested, and learn more at our website crossoverforchange.org or instagram @crossoverforchange. Thank you for your continued support of Crossover for Change! This is not possible without you!

We look forward to taking next steps and updating you on our progress – one school, one camp, one girl at a time!