

Coach for College

A Global Initiative to Promote Higher Education Through Sports

We come together each summer with the focus of making a real and lasting difference in the lives of the youth we serve and mentor. At the same time, Coach for College is intentionally designed to maximize what the college students gain and take away from this significant experience, as direct result of stepping outside their comfort zone and dedicating themselves to high quality, real-world service. We asked student-athletes from our partner universities to evaluate various ways their time with the program has had an impact on them. The following are the average scores given by our Summer 2025 participants.

AREAS OF GROWTH AND LEARNING

Please indicate how much you feel your experience in Vietnam with CFC was beneficial in helping you learn, grow or improve in the following areas.

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| • Experiencing and getting to know another country/culture in meaningful ways | 9.8 |
| • Learning how to work effectively with people from different backgrounds | 9.8 |
| • Ability to work collaboratively to produce real-world results | 9.5 |
| • Ability to live in harmony with other people, even if there are differences | 9.4 |
| • Teaching/coaching ability | 9.2 |
| • Mentorship ability | 9.1 |
| • Capacity for empathy and caring about those around you | 9.5 |
| • Leadership skills or confidence in your leadership ability | 9.5 |
| • Ability to go outside your comfort zone or try something new and different | 10.0 |
| • Resilience | 9.5 |
| • Adaptability/flexibility | 9.3 |
| • Self-confidence | 8.3 |
| • Desire to continue learning more about the world | 9.6 |
| • Desire to continue to have a positive impact with those around you, after returning home | 10.0 |
| • Appreciation for what you have in your own life | 10.0 |
| • New perspectives on what you might like to pursue while on campus or after graduation | 8.5 |
| • Gaining valuable friendships | 9.6 |
| • Has your experience with CFC positively influenced your outlook on the world, life or what you value? | 10.0 |

OVERALL PERSPECTIVE

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| • How would you rate your time in Vietnam with CFC? | 9.4 |
| • Did your experience with CFC in Vietnam help you learn or grow in ways that have been positive for you as a person/in your personal life? | 9.7 |
| • How would you rate the depth and impact of the service that you took part in? | 9.4 |
| • Did your experience with CFC in Vietnam help enhance or develop skills that have been (or that you think will be) helpful for you in your studies and work later on? | 9.2 |
| • How strongly would you recommend CFC to other student-athletes? | 9.6 |
| • How strongly would you recommend that your university provide this opportunity for student-athletes from your school in the future? | 9.8 |
| • Did you feel adequately supported during the period from application to departure? | 9.5 |
| • Did you feel adequately supported while in Vietnam? | 9.4 |

Describe or list one or a few of the most meaningful aspects of your time with CFC.

- The ability to connect and mentor the kids was truly special. Even with us not understanding each other all the time it was incredible to see how easy but also impactful our presence was for them.
- It was incredible to be immersed in a new culture and be forced to confront the ways in which other people see the world differently from yourself. It was just so wonderful to meet new people and have a direct impact on kids' lives.
- The people are amazing, the culture is very welcoming and super interesting. Kids are little gems.
- The most meaningful aspect of my time with CFC was not only making great connections with the kids we were teaching but also making life-long connections with the Vietnamese coaches.
- Being able to show the kids that they are capable of more than they think they are.
- I think one of the most meaningful aspects of Coach for college was learning the importance of nonverbal cues while leading. The language barrier was hard at times, but not as hard as I would have expected. You can show excitement, attention, and belief in someone nonverbally, and this can be just as meaningful to leadership and building connections.
- I was able to tell that I was having a real impact on the children we were teaching, and they were always excited to see us and have us.
- Making genuine friendships, particularly with the Vietnamese coaches in my color team
- Making such amazing bonds with kids without speaking the same language !!
- The new friends I made in the coaches I was working with, the memorable moments with the students, playing games with the coaches, the list goes on!

How would you describe some ways you grew and the experience has impacted you?

- I learned to have more patience, I learned to judge less, I learned to give more.
- I grew in my appreciation for the impact of kindness. With vastly different circumstances, the people we met were some of the most welcoming and generous that I have ever encountered.
- I think I got more real world working experience than I had expected. It's hard work and many days we showed up to school tired and needing rest. However, the kids were always there with high expectations. The experiencing of finding more energy so that I could be the best teacher and coach for them every day was difficult, but ultimately very rewarding.
- I definitely grew in being more spontaneous and open. I often struggle if I don't have a detailed plan so being on a trip where our time was often not our own and to get the most out of it you had to be willing to do spontaneous things was so good for me. It also made me much more open career-wise for when I graduate from college. The program allowed me to see that there are so many cool and fulfilling opportunities in the world and I don't have to get boxed in.
- Trying new things, food to just teaching in the classroom. It gave me more confidence and made me feel excited.

- It gave me a fresh outlook on life and made me realize how good I have it. It reignited and added to my previous motivations to help people, and to continue down the path of medicine.
- I learned to overcome my social anxiety, and worked on my overall communication.
- Learning how to communicate with others who don't speak the same language as me, expanded my understanding of a new culture, and I learned how to work alongside people from a multitude of backgrounds.
- One of the ways I grew was by making connections with people who didn't speak the same language as me, which wasn't something I had ever experienced before. I learned how to connect with the kids through emotions and body language because many of them did not speak English and I did not speak Vietnamese.
- Learning to deal with new and different people and their opinions, and motivating and teaching kids who are very different from people I am used to interacting with.

If you were speaking to a student-athlete who is considering taking part in Coach for College, what would you want to tell them?

- I would tell them that if they have the opportunity to participate in CFC, they should do it. It has genuinely been one of the best things I have ever done in my entire life, and I feel like I truly made life-long friendships and connections.
- This will be one of the best parts of your college experience. You will be challenged, included, and loved in so many ways while in Vietnam. You will build deep relationships and have so much fun.
- It is such an incredible experience that I think every student athlete should partake in. It widens your perspective on life well beyond teaching and sports and gives you the opportunity of a lifetime to immerse yourself in a new culture.
- Incredible way to learn to work with people different from you, and experience a side of the world you may have never seen before.
- DO IT DO IT DO IT! Even if you are nervous or aren't sure, DO IT! You will learn so much, form such rich relationships, and understand things more deeply about the world. It is an incredible time and you simply will not regret going.
- That it is not easy but so rewarding. The people and experiences you make are amazing.
- I would tell them that it is something they have to do because they will learn a lot about themselves, create new relationships, and dive into a new culture.
- I would tell them that it is hard work at first but so worth it in the end for the rewards.
- You should definitely do it, it is a comfortable environment that still pushes you out of your comfort zone.
- I would tell them that it is an amazing experience. You get to see the personal lives and hopes of a different culture in a way that I think is very unique. The camp is hard work, but you make friends and memories that will last a lifetime.