



TEAM
ZONKE

ONE FOR ALL. ALL FOR ONE.

TEAM ZONKE:
AN EVIDENCE-BASED
MODEL FOR RESTORING
CHILDHOOD THROUGH
SAFE RISK



WHO WE ARE



A unique therapeutic intervention for children..

Team Zonke is the sports-and-motorsport arm of The Maletsatsi Foundation, a Johannesburg-based child-protection nonprofit (NPC / NPO / PBO; Level-1 B-BBEE). Maletsatsi is known for providing “temporary family” and wrap-around care—education, therapy, nutrition, and everyday family life—for children navigating transitional or alternative care. Team Zonke is how we translate that same ethos into movement, mastery, and belonging.



At its heart, Team Zonke is a structured, evidence-informed program that uses off-road motorcycling and complementary sport to help children reclaim bodily autonomy, regulate emotions, and rewrite inner narratives shaped by trauma, neglect, or loss. We combine safe, progressive skills training, consistent mentorship, and competition pathways to cultivate confidence, grit, executive functioning, and pro-social teamwork. The result is not “just sport”—it’s a therapeutic modality with a scoreboard.



ALL FOR ONE, *ONE FOR ALL*

THE PROBLEM WE'RE SOLVING

Children in protective or alternative care often carry invisible burdens: dysregulated nervous systems, hypervigilance, learned helplessness, fractured trust, and gaps in school-readiness or executive function. Traditional talk therapy is essential, but it is not always sufficient—the body keeps the score, and many trauma imprints are somatic.

Without the right interventions, these children can disengage from school, sport, and social life. The long-term risks are well-documented: anxiety, depression, self-protection that looks like “defiance,” and a drift away from belonging.

Team Zonke offers a different door back to self-actualisation.

By pairing high-interest sport (off-road riding) with clinical safeguarding, mentoring, and everyday family routines, we create a kinetic classroom where the nervous

system learns calm under pressure, choices have consequences, and practice literally moves you forward.

WHY ‘ZONKE’

“Zonke” means “everyone / all.” Our program is intentionally inclusive: girls and boys, beginners and advanced riders, neurodivergent and neurotypical participants—everyone is invited into a community where their effort has visible outcomes, their voice matters, and their body learns to be a safe place to live again.





OUR UNIQUE MODALITY

Our Unique Modality: Why Motorsport?

Motorcycling—when safely taught and properly supervised—is an unusually rich therapeutic canvas:



Bodily Autonomy & Self-Trust

Children experience “*I can*”. They make moment-to-moment decisions: throttle, brake, balance, body position. Each small success accumulates into healthy self-belief.



Self-Regulation & Executive Function

Riding demands planning, sequencing, working memory, and response inhibition. Our drills translate directly into classroom gains: following multi-step instructions, focusing, and recovering from mistakes.

Calm Under Pressure

Track sessions train **breathwork, pre-ride routines, and post-ride debriefs**. Children learn to down-shift their nervous system—skills we then transfer to school, family life, and public spaces.



Pro-Social Skills & Boundaries

Pit etiquette, race starts, track rotation, and gear checks model **consent, boundaries, and respect**—vital for children healing from boundary violations.

Mastery Pathways & Identity Formation

Progression ladders (from balance bikes to 50cc, 65cc, 85cc, and beyond) provide **visible markers of growth**. Identity shifts from “a child with a hard past” to “an athlete, a teammate, a rider.”

Intrinsic Motivation

The sport is compelling. Children want to attend, practice, and improve—turning therapy from something *done to them* into something *they own*.





SCIENCE

The Science Behind Our Method

Team Zonke's approach is grounded in internationally recognised research on risky play — the concept that children develop best when given opportunities to experience challenge, speed, and uncertainty in controlled, supportive settings.

Studies from institutions such as the University of British Columbia and the Canadian Paediatric Society show that children who engage in “risky play” — climbing, racing, tool use, and exploration — experience improved physical health, emotional regulation, social integration, and resilience, with no measurable increase in serious injury.

This evidence forms the cornerstone of Team Zonke's philosophy: “Risky things, done safely.” Our riders learn to master both their bikes and their emotions — to recognise danger, assess it, and make safe, confident decisions — skills that transfer directly into everyday life, relationships, and future independence.



Beyond the research, we have seen these principles transform lives. Many of our children come from experiences where their bodily autonomy was stripped away through abuse, neglect, or systemic harm. Restoring that autonomy — the power to choose, to assess, to say yes or no to a challenge — is profoundly healing. Each decision to put on protective gear, to throttle forward, or to call a stop is an act of reclamation. In these moments, children learn that safety is not something imposed upon them, but something they can actively create for themselves.

We add our lived findings to the global evidence: that allowing children the power to choose safety over harm is a pivotal developmental milestone. It rebuilds trust, fosters self-worth, and reawakens agency — creating children who are not only more confident and self-aware, but who grow into well-rounded, well-healed young people capable of contributing meaningfully to society.



SAFETY

Safety & Safeguarding (Non-Negotiables)

Team Zonke harnesses the proven developmental power of risky play (done safely)—transforming motorbike use into a safe, structured environment where children can experience challenge, consequence, and triumph. This evidence-based model mirrors international therapeutic research demonstrating that managed risk builds confidence, focus, and belonging.

Safety is never negotiable. Every element of Team Zonke's programme is underpinned by The Maletsatsi Foundation's safeguarding framework and strict adherence to national child-protection legislation. Our riders learn that bravery and responsibility coexist: proper gear is worn at all times, bikes are meticulously maintained, and every track session is supervised by trained adults. We believe that true freedom comes from feeling safe enough to take the next leap, and it is this balance — structured risk within unwavering safety — that allows our children to grow, heal, and thrive.



Qualified Coaching & Progressive Curricula

- age- and stage-appropriate, from foundational balance to technical enduro

Protective Kit & Medical Readiness

- helmets, boots, armor; first-aid on site; emergency protocols; MSA licensing where applicable

Trauma-Informed Practice

- choice, consent, co-regulation, restorative debriefs; never shaming

Caregiver Integration

- briefings for house parents/caregivers; shared language for regulation at home and school

Data & Documentation

- attendance, progression logs, incident reports, goal tracking, and termly narrative reports

HOW THE PROGRAM WORKS

Weekly Rhythm

- Training sessions: structured drills, skills blocks, and track laps (with explicit regulation tools: breath sets, “reset laps,” and calm-down corners).
- Strength & Mobility: injury prevention, balance, core, and flexibility.
- Academics & Life Skills Tie-ins: goal-setting, journaling, nutrition, hydration, sleep hygiene.
- Mentor Circles: small-group check-ins to practice voice, reflection, and peer encouragement.



Competition Pathways (tailored to rider readiness and interest)

- GXCC Cross Country
- Lowveld Enduro
- HESA
- Overland XC
- KZN XC
- IMPI Enduro (development pipeline)
- Roof of Africa (select advanced riders)

These pathways give children targets to train for, feedback loops for growth, and a community beyond the program—while our team safeguards against over-exposure or pressure.



OUTCOMES & *INDICATORS*

WHAT WE SEE IN OUR CHILDREN

Short-Term (3–6 months)

- Improved sleep routines and appetite; reduced startle responses.
- Increased task persistence (finishing drills, accepting coaching).
- Noticeable gains in classroom focus and willingness to try.
- Language shift from “I can’t” to “Watch me try.”

Medium-Term (6–12 months)

- Measurable progression on skills ladders and race results.
- Consistent use of self-regulation tools under stress.
- Healthier peer relationships; fewer conflict escalations.
- Positive identity statements: “I’m a rider,” “I’m a teammate,” “I’m safe in my body.”

Long-Term (12+ months)

- Transfer of mastery habits to academics and home chores.
- Sustainable fitness and fewer sick days.
- Youth leadership: older riders buddy-mentoring newcomers.
- Expanded life horizons: apprenticeships, coaching certifications, or sport-adjacent careers.

We track outcomes with attendance data, skills rubrics, simple well-being scales, coach notes, and caregiver feedback. For sponsors, we provide termly impact snapshots plus annual narrative reports.



WHAT FUNDING MAKES POSSIBLE

Direct Program Costs (per child, per season — indicative ranges)

- MSA License: ± R3,000
- Medical Top-Up: R3,000–R8,000 (needs-based)
- Track Fees & Training: ± R150/week x 40 weeks = ± R6,000
- Coaching & Mentoring: ± R12,000–R18,000
- Competition Entries: R3,000–R10,000 (series-dependent)
- Travel & Logistics: R6,000–R20,000 (race calendar)
- Bike Maintenance & Consumables: R8,000–R25,000
- Kit Replacement/Upgrades: R5,000–R18,000

Program Infrastructure (annual)

- Shared bikes and spares pool; safety gear library
- Tools, fuel, lubricants, tyres, and service parts
- Transport trailer, pit gazebo, and trackside safety kit
- Data & reporting systems; safeguarding & first-aid training
- Staff: head coach, assistant coaches, program lead (trauma-informed), logistics





CURRENT PARTICIPATION SNAPSHOT

Current Participation Snapshot (illustrative and fluid as kids progress)

GXCC

- The Gauteng Xross Country Club
- 8 riders currently competing in the championship

LOWVELD

- The Lowveld Enduro Club
- 6 riders currently competing where possible

HESA

- Hard Enduro South Africa
- 4 riders currently competing

OVERLAND

- The Overland Cross Country Series
- 8 riders currently competing

KZN

- The KZN Cross Country Club
- 9 riders currently competing

IMPI

- Hard Enduro South Africa
- 4 riders currently competing

Every rider who competes holds an annual MSA license, and most receive medical top-up cover. We also fund weekly track fees for training.

PARTNERSHIP OPPORTUNITIES

Sponsorship Opportunity	Investment	Return on Investment
1. Sponsor-A-Rider	R40k–R100k / season	Give one child a full season: training, entries, medical cover, travel, and reporting. You'll receive a welcome pack, termly progress updates, race-day photos, and an annual impact letter.
2. Squad Sponsor	R250k–R500k / year	Back a training squad (6–8 riders). Includes kit co-branding, pit-area signage, social media highlights, and a bespoke "Meet the Team" day.
3. Series Sponsor	R500k–R1.2m / year	Enable Team Zonke's participation across a full series (entries, travel, maintenance). Prominent branding on race tents, bikes (where appropriate), and all series-related comms.
4) Safety & Medical Partner	R150k–R400k / year	Underwrite medical top-ups, first-aid refreshers, and on-site med kits. Recognition as our safeguarding partner.
5) Equipment & Logistics Partner	In-kind or R200k–R600k / year	Bikes, parts, tyres, tools, fuel, transport. Branding on the pit rig, trailer, and equipment.
6) Legacy Partner	Multi-year, R1.5m+ over 3 years	Anchor long-term sustainability: multi-year squads, coach development, and certification pathways for graduating youth to become assistant coaches.



** All partners receive appropriate Section 18A tax certificates, B-BBEE Level-1 SED recognition, and tailored visibility aligned to child-protection best practice.

*** Team Zonke — a sub-project of The Maletsatsi Foundation NPC. A registered Non-Profit Company (NPC No: 2020/257077/08) | Non-Profit Organisation (NPO No: 254-968) | Public Benefit Organisation (PBO No: 930070879) | Level 1 B-BBEE

• GOVERNANCE & COMPLIANCE

The Maletsatsi Foundation maintains robust financial controls, board oversight (Finance & Audit), safeguarding and ethics policies, inventory controls for in-kind goods, and documented processes for volunteer screening and staff onboarding. As a PBO with Section 18A status, we issue compliant donation receipts and report transparently to donors. Team Zonke operates under the same governance umbrella—with additional track-specific risk assessments and incident reporting.

• WHY YOUR PARTNERSHIP MATTERS

Children don't heal in file rooms; they heal in relationships and routines—around dinner tables, in classrooms, and yes, on tracks. Team Zonke is the rare program that lets a child feel growth in their hands and feet: a cleaner line, a steadier throttle, a braver breath. That felt sense of progress becomes a template for life.

Your partnership turns petrol and practice into protection, purpose, and possibility.

• CALL TO ACTION

Join us in scaling a proven, child-safe, trauma-informed program that changes trajectories. Whether you sponsor a single rider or underwrite a series, you will see your investment translated into measurable outcomes and unforgettable milestones.

Let's ride toward wholeness—together.

To discuss a tailored partnership, site visit, or sponsor-a-rider package, please reach out and we'll share current squad profiles, calendar plans, and budget detail aligned to your priorities.

Note (annexures available on request)



- Detailed seasonal budget & series calendar
- Safeguarding & safety protocol pack
- Sample rider progression report (anonymized)
- Brand placement guide for partners (gazebo, kit, comms)



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OUR RIDERS



What has Team Zonke done for you?



Rider #265

Age 14
Yamaha YZ85



Rider #299

Age 9
KTM 65 SX



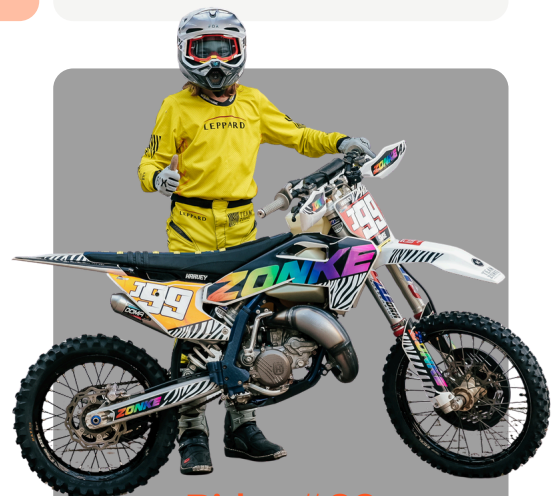
Rider #264

Age 7
Husqvarna TC50



Rider #180

Age 12
KTM 85 SX



Rider #99

Age 12
Husqvarna TC85

OUR RIDERS



Built From Many. Stronger Than Any.



Rider #199

Age 4
KTM 50 SX (Mini)



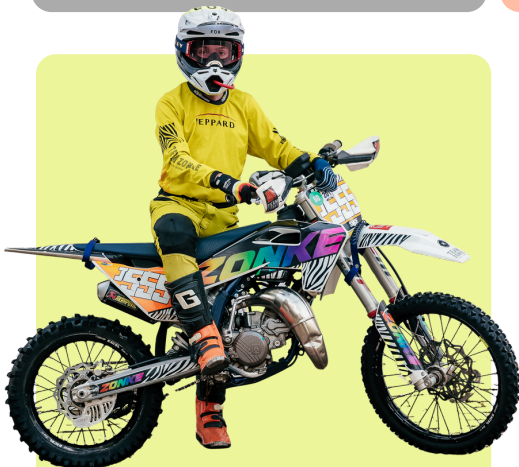
Rider #399

Age 7
Yamaha PeeWee 50



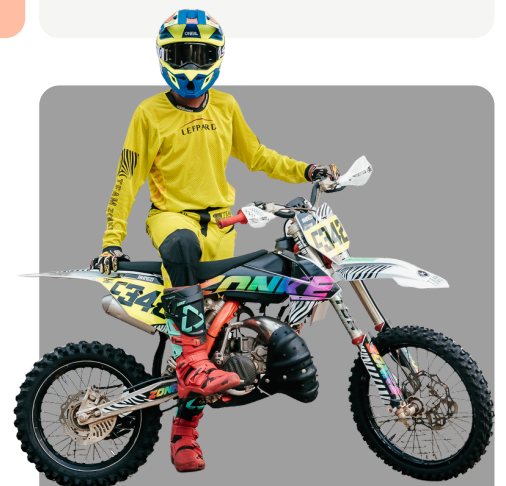
Rider #

Age 8
Husqvarna TC50



Rider #555

Age 13
Husqvarna TC85



Rider #345

Age 15
KTM 85 SX



A few girls and some big dreams.

Nobody told them the track was mostly boys. Or maybe somebody did. Either way, they showed up, geared up, and haven't looked back since.

The girls of Team Zonke don't ride to prove a point. They ride because the dirt is theirs too — and they are very, very good at it. Some had never sat on a bike before they found this team. All of them found something here that is harder to name than a trophy.

And then there is Sophie-Mae Hein. Thirteen years old, founder of Zonke Izingane, and the kind of ambassador who doesn't just wear the shirt — she rides across borders in it. In 2026, Sophie-Mae entered a race in Botswana and raised R103,000 for Team Zonke.



One girl. One race. One hundred and three thousand rand for the riders who needed it most.

Not just girls on bikes. Girls who understand that when one rises, all rise.

A few girls. Some very big dreams. Watch this space.

