



Esse Akida (second from left) gives the MTG United Seniors team a pep talk on her visit in July 2022

## OPPORTUNITIES

### IT'S YOUR CHANCE TO DISRUPT FOR CHANGE!

Are you interested in politics?

Do you want to make a difference in your community?

Then if so, you are the one we are looking for!

In partnership with Women Win, Empodera and National Democratic Institute, MTG kicked off DisruptHer. This program guides girls and young women to learn more about political leadership, building learning and emotional support systems.

If you are interested, you will be part of an exclusive group of girls and young women in Kilifi, Kenya and Rio De Janeiro, Brazil, transforming your communities through health, political participation and leadership.

Want to join? Contact your Divisional Assistant today for more information and sign up for the program!

## MTG ALUMNA UPDATE

### WELCOME HOME, ESSE!

Esse Akida was home for the holidays and stopped by MTG to inspire the next generation of professional female footballers.

Esse sat down and chatted with the MTG United Seniors team about her experience playing in the group and building a career as an international professional female football player in Turkey and Greece with PAOK FC.

#### Some words of inspiration from Esse.

1. No matter how hard it seems now, don't give up; keep fighting
2. Always play every game as if it is your last; give it your all
3. There is a chance for everyone to make it to your play internationally. You never know when scouts will be watching you play
4. Never forget where you come from.
5. Always have life goals and always stay focused on achieving them

## FROM THE FIELD

# MTG UNITED SENIORS TEAM IS NOW IN THE KENYA WOMEN'S PREMIER LEAGUE!

MTG United has been promoted to the Kenya Women's Premier League. We know it's every girl's dream to play at the national level!

Congratulations to all the players and coaches whose hard work made this possible! To the MTG Sports Academy team, parents, family, and friends who supported this effort, we thank you!

And for aspiring players in junior teams, as part of the MTG United family, you can be part of the next Premier League winning team.

Make sure you show up for practice, train hard, and stay on the path to success, and during tryouts, you can be selected as part of the winning team!



## PLAYER OF THE SEASON



## FLORIDA BOKOLE

**Team:** MTG United

**Position:** Defensive Midfielder

**Field:** Bale League Field

**County:** Kilifi

**Subcounty:** Ganze

**Division:** Vitengeni

Florida was voted the most improved player of the Season because of her excellent leadership skills on and off the pitch. She communicates and encourages her teammates and ensures she keeps the opponent away. Her ball control and confidence when receiving the football have been exceptional.

Well done, Florida!

Florida has been featured in this video;  
<https://www.youtube.com/watch?v=F4ixUFDe4mA>

## FIELD OF THE SEASON

# CONGRATULATIONS, KANG'AMBONI!

Kang'amboni League Field has completed its fixture matches for all age categories.

**Field Leader:** Lydia Mwalimu Ngari

**Divisional Assistant:** Janet Karemba

**Volunteer Divisional Assistant:** Munira Mapenzi

**County:** Kilifi

**Subcounty:** Ganze

**Division:** Vitengeni



## TEAMS PLAYING ON THE FIELD

### Kang'amboni Open Age (OA)

Chelsea  
Manchester United  
Mancity

### Kang'amboni U13

Elephants  
Simba stars  
Kang'amboni queens

### Kangamboni U10

Junior Stars  
Seven Stars  
Young stars



## PLAYERS OF THE SEASON

# TOP SCORER: GOLDEN BOOT AWARD

And the award goes to.....  
**CONGRATULATIONS, NELLY KACHE!**

**Name:** Nelly Kache

**Field:** Kitengwani

**County:** Kilifi

**Subcounty:** Ganze

**Division:** Ganze

**Position:** Forward

MTG United scored a total of 57 goals this season. Nelly Kache Jonathan had her most prolific campaign that saw her strike 26 times in the Women Division One League. The forward scored MTG United's goals in the playoff to earn her team a promotion to the top league. She had 22 appearances and scored 26 goals.

Nelly advises fellow girls, **"Commit to your goals, turn up for practice and league matches and train hard. There's no shortcut to becoming a top player without training, practice and competitions, be disciplined and always remember God"**.





**MTG UNITED'S MARIAM MAPENZI  
RECOGNISED AS YOUNG LEADER AT  
CITYZENS GIVING YOUNG LEADERS  
SUMMIT, MANCHESTER CITY, UK**



**It was an excellent opportunity for Mariam to learn more about what it takes to build an international career in professional football. Meeting some Man City trainers and staff and interacting with other young footballers and leaders using sport to transform their communities.**

Mariam was awarded the outstanding leadership award for promoting sexual and reproductive health rights and education in league fields in Kenya.

Mariam now has her eyes set on building her career as a professional footballer as part of the Manchester United Women's Football team.



**COMING UP**

**HEALTH DESK**

Get ready for another season of fun, information and great football. Here’s what to expect from September to November 2022.

MONTH	NAME OF SESSION		
	UNDER 10	UNDER 13	OPEN AGE
September	How to Become Assertive	How to Become Assertive	Contraceptives
October	How to Make Decisions	How to Make Decisions	How to Make Decisions
November	Know Your Rights	Know Your Rights – New Children’s Act in Kenya	Sexual Violence and Abuse - How You can Seek Help.

**JOIN US**

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