

UNZAPPED

KEFWA non-contracted players training program

Road to recovery: Vihiga Bullets' midfielder,

Kevin Mwavali

A story of hope and perseverance after unlawful contract termination

Martin Lule

From a Striker to Top goalkeeper in Kenya

The story of Thika Queens shot-stopper, Monica Karambu

KEFWA GALA AWARDS





Inspire Soka Academy is a global, full service management soccer academy providing professional training.

PROGRAMS:

- Football against crime
- Digital skills
- Basic cashflow
- Business canvas

STATS

57 players
Ages: 8yrs to 23 years
Number of coaches - 5

School partnerships - 2 (Matiliku Boys secondary school and St Maurice Mwira High School)

High school full sponsored - 10
College sponsored - 2

SPORTS CLINIC CONDUCTED - 4 in Bongoma county, Nairobi county and nyeri county

 **TRAINING GROUND**
 Kahawa Sukari
 Astro turf ground

OFFICE:
 Total Membley,
 EasterN bypass , Office E8

 **FOR MORE INFO:**
+254 723 703 318

EDITORIAL



Football or any other sport is work. No doubt! A few years ago, if you asked footballers if they had a second career or preparing for life after football they would struggle to give a definite answer.

They have become so empowered that they know exactly how they want to transition from active football. They are so so psychologically prepared for life after football that it is phenomenal.

We all know that in 2020, the Covid-19 pandemic was an eye-opener. This is the time we all felt like time can actually be stopped. Not literally, but you could actually see that life can change when you least expect it.

While we all marvel at the success of our sports personalities, we rarely stop to think about all the ingredients that make them who they are. We seldom think about the setbacks that slow down their progress, from injuries to illnesses to no payment of dues.

The aforementioned shows that it takes an immense amount of mental toughness to maneuver the different dynamics presented in football players' work environments.

It should be noted that it is not all doom and gloom. There are numerous opportunities in football. In Kenya for instance, I will take the example of the women who get employment and education opportunities. This is a lifetime investment. As short a career as football, second careers serve you way after retiring from the sport.

Unzipped Magazine brings you an array of inspirational and educational pieces that will not only lift your spirits but also prove relatable in any craft be it in sports and beyond. I hope you enjoy this issue.

Terry Ouko

Our Contributor

Greetings!

I am thrilled to announce the launch of the second issue of our Unzipped Sports Magazine, which highlights the stories and welfare of professional athletes in the country and globally.

We are a team of dedicated and passionate members focused on bringing a positive change to the local and international sports industry through regular marketing and coverage, and therefore it is our privilege to bring you content that not only entertains but also shed light on important issues affecting the world of sports.

In this issue, you will find stories about players who have overcome adversity, achieved remarkable feats on the field, and made a positive impact on their communities. We hope that their stories inspire you and motivate you to pursue your own dreams, no matter how challenging they may seem.

I would like to take this opportunity to thank the members of our team who burnt the midnight oil, putting in countless hours of research, writing, and editing to ensure that this issue is of the highest quality standards. From our writers to our editors, designers, and photographers, every individual has played a crucial role in bringing this magazine to life. I am grateful for their hard work and commitment to excellence.

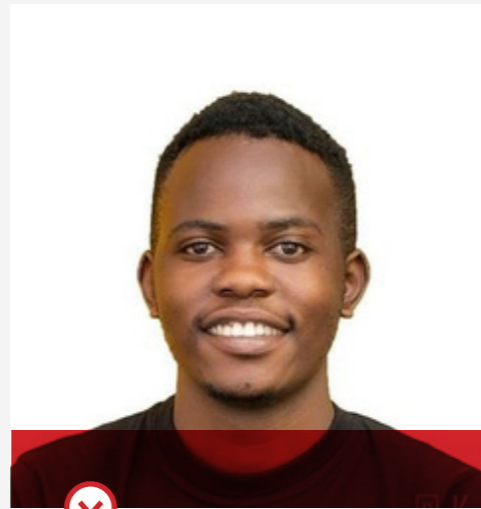
Additionally, I would like to express my gratitude to our partners and sponsors who have advertised in this issue. Their support and commitment to promoting sports in the country have been instrumental in making this magazine possible.

We appreciate their partnership and are proud to showcase their businesses in our publication. Kindly take the time to learn more about these organizations and consider supporting them as well.

Dear readers, growth and evolution is a continuous process and as we remain committed to bringing you the best content, we welcome your feedback and suggestions as we work towards creating a magazine that truly resonates with our audience.

Asante Sana!

Paul Ombati,



The Kenya Footballers Welfare Association (KEFWA) officially launched the flagship project for the first-ever non-contracted players' training which was held at Two Rivers Mall Sports District Grounds. The program drew a number of players from different regions across the country.

According to the Kefwa Education Officer, Dan Makori, the program initiative seeks to revive the careers of the non contracted Kenyan football players

MONICA KARAMBU

She grew up in Meru, where her footballing journey started in the areas of Kivoi, Mpuri, and Kaaga. She played for Kiamimiru primary school, then went to Kithatu Girls, and also played for Kenya Meth-

NEDDY ATIENO OKOTH;

The last half of 2021 was a career-defining moment for Neddy Atieno Okoth. Everything around her happened so fast that she had a hard time keeping up.

KEVIN MWAVALI

"The wound started from nowhere after we had played a friendly match of a buildup game. We had the game on Saturday then my wound started the next day. It was something small on my right leg with less pain

**POWER UP
YOUR BRAND
WITH OUR
PROFESSIONAL
SERVICES**



Cutting Edge Solutions For Fast Growth

- ◆ Graphic Design
- ◆ Digital Marketing
- ◆ Social Media Management
- ◆ Web Design and Development
- ◆ Web and Email Hosting
- ◆ Video Editing and Production

+254 713 662 122 wesancreatives@gmail.com

KEFWA GALA AWARDS 2022:

UNION FETES 11 BEST PLAYERS IN THE KENYA WOMEN PREMIER LEAGUE (KWPL)



Women's football needs support, considering what the players have achieved. Harambee Starlets broke the jinx to qualify for the first for the 2016 AWCON.

It was all pomp and color as the Kenya Footballers Welfare Association (KEFWA) held the first-ever Players for Players' Gala Awards for the 2020-2021 Kenya Women's Premier League (KWPL).

The event was held at Zetech University-Main Campus, Ruiru, Kenya. The private education institution is in partnership with KEFWA Union to offer scholarships for football players.

The faculty is fully registered by the Ministry of Higher Education, Science and Technology and also accredited by the Commission for University Education in Kenya for offering quality higher education to thousands of students from Kenya and abroad.

Themed "Bridge The Gap", the grand event saw outstanding players from each position feted, forming the 'KEFWA Best 11'.

The winners had the opportunity to network and connect with mentors in the corporate world and sports industry, identifying sustainable exit strategies for a smooth transition from active football.

"We are trying to bridge the gap between the sports industry, especially women's football and the corporate industry."

"When you look at the finalists, these are players who were exemplary in their positions, and with the right guidance and approach, they can excel in the corporate world too," said KEFWA General Secretary Jerry Santo. He added that it is important for

players to prepare for life after football.

"The event is not just for awards, but rather a platform in which our players will have an opportunity to learn from other influential and successful women in the business and corporate sectors. We are hoping that the mentors and role models can guide their career path and walk with them through their second career paths," Santo stated.

KEFWA has been conducting Economic empowerment and Capacity building programs such as 'Mind The Gap' and 'Raising Our Game', for their members to embrace second careers, in preparation for life after football.

Speaking during the event, Global Sports Mentoring Program (GSMP) Chairperson Madam Grace Kiraguri who was one of the guests, cited that she was willing to continue mentoring women football players.

"When I received an invite to attend the event, I knew this was another opportunity to mentor the women. I would love to offer capacity-building sessions when I can, and also be able to connect the women footballers to the available leadership opportunities," she said.

Kiraguri also noted that she was happy to fi-

nally see women being recognized in sports. According to her, GSMP, which is under the umbrella of the U.S Department of State, focuses on empowering women through Sports and Sport for Community.

"I am very happy to see women being recognized in sports. I also want to tell them that beyond sports, they can also be entrepreneurs, go to school and study etc. They should equip themselves with the tools required to empower themselves as women," she stated.

On her part, Patricia Mutheu, who is the elected Member of the County Assembly (MCA) for Mlango Kubwa Ward and also the first female CEO at Mathare United football club, a first one in East and Central Africa, noted that all stakeholders must put together efforts to help support the growth and empowerment of women football.

"I am super excited to attend this auspicious occasion because this is an amazing opportunity for our women football players. The possibilities are just amazing because I can see a bright future for women who are in football and sports in general. We must remain vigilant in fighting for the right causes in our football," said Mutheu.

Giving his remarks, KEFWA President James Situma noted that the right path to the growth of women's football in Kenya had been charted, citing recent successes witnessed.

"Women's football needs support, considering what the players have achieved. Harambee Starlets broke the jinx to qualify for the first for the 2016 AWCON. Starlets again won the CECAFA tournament



in 2019, and just recently Vihiga Queens were crowned CECAFA Club Champions. We need to support the talent that the female game attracts," he noted.

Situma also appreciated all stakeholders and partners who were part of the Gala Awards, opining that KEFWA was at the forefront of giving women football in Kenya as much support as possible.

"I thank everyone who has made this event a success. I am happy that we are at the forefront of giving the Kenyan women footballers the appreciation they deserve. Our partners have also been instrumental in making this event successful and my heartfelt gratitude to them for their support," Situma said.

The partners include the Johanna Omollo Foundation which through collaboration with KEFWA, is helping to offer Menstrual Hygiene Management (MHM) to the women's football clubs in Kenya. Others include Zetech University, Kayana, Saru, Rafiki International, Mount Kenya Hub, and Ace Creative Solutions, among others.

The KEFWA Best 11 team initially had 44 players selected by an independent committee team. Each finalist bagged KSh 50,000, a personalized trophy, and gift hampers from our partners.

The awards culminated with the President's Award, given by KEFWA president James Situma to Tabaka Chacha, a former Mathare United Women, Makolandars and Kigoma Sisters player and also a youth Coach



"I am very happy to see women being recognized in sports. I also want to tell them that beyond sports, they can also be entrepreneurs, go to school and study".



MONICA KARAMBU (THIKA QUEENS)
Best Goalkeeper

The shot-stopper was phenomenal in helping her team finish the league unbeaten.

She recorded important saves and clean sheets that saw them clinch the league title in a historic fashion.



VIVIAN NASAKA (VIHIGA QUEENS)
Best Right Back

Nasaka's brilliance at the back saw her clinch the competitive position.

Her dazzling talent helped the former champions finish second place while also guiding them in winning the inaugural Total Energies CECAFA Club Championship.



WINCATE KINYUA (THIKA QUEENS)
Best Left Back

With her team winning the league without losing any match on their path to a historic victory, Kinyua showcased impressive performances in her role at the backline.



RAEL KAMANDA (MAKOLANDERS)
Best Right Attacking Midfielder

The speedy winger was outstanding for her team during the season. Despite Makolanders being relegated, she continued to work hard for the team catching the eyes of a lot of admirers as she bagged the majority of the votes in this category.



LYDIA WAGANDA (THIKA QUEENS)
Best Left Forward

pp liciam hemltum nos h tabefat iurbit. Vivis ape rce opos tus oc,um ina moritiliam inatem horaris sidinatil viquemo et; novem nihilla rberfecilnequit, novero horiac tatis condir lica



NEDDY OKOTH (ULINZI STARLETS)
Best Left Forward

Atieno was instrumental in helping Ulinzi Starlets record outstanding performance as they won both the FKF Women's Cup as well as the Super Cup.



JULIET AUMA ANDIBO (THIKA QUEENS)
Best Left Centre Back

Auma was among the dominant forces that saw her team victorious, and it didn't come as a surprise. The indomitable defender maintained an unbeaten run on their way to clinching the top-flight title.



BEST RIGHT CENTRE BACK
Dorcas Shikobe (Thika Queens)

The legendary defender showcased consistent and incredible performances as she manned the backline. She was key in the makeup of a solid, impregnable defense as they won the league unbeaten.



SHERIL ANGACHI (GASPO WOMEN)
Best Central Defensive Midfielder

Angachi was phenomenal for her team at the heart of the midfield, as she helped Gaspo record a good run of performance to finish second narrowly missing out on the title.



JEREKO MWANALIMA DOGO (THIKA QUEENS)
Best Right Forward

Finishing as the league's top scorer, Jereko Mwanalima Dogo (Thika Queens) was the dazzling eye of the champions. Her 23 goals tally was not only among the best records in the league but it also propelled Thika Queens in clinching the league title.



TEREZA ENGESHA (VIHIGA QUEENS)
Best Centre Forward

Finishing the league as one of their top strikers, Engesha guided Vihiga Queens to a historic CECAFA Club Championship title which in turn secured them a slot at the CAF Women's Champions League that took place in Egypt in November 2021.



TABAKA CHACHA (MATHARE WOMEN)
PRESIDENT'S AWARD

The former Mathare United Women star who has also played for Kigoma Sisters Stars in Tanzania and currently for Makolanders was the first recipient of the President's award

FROM A STRIKER TO TOP GOALKEEPER IN KENYA THE STORY OF THIKA QUEENS SHOT-STOPPER, MONICA KARAMBU

Thika Queens' custodian Monica Karambu was on an impressive form in the 2020/21 season as she guided her team to clinch a third league title in a spectacular fashion. Queens were unbeaten the entire season.

Monica was at the centre of it all. Making brilliant saves in goal coupled with her good leadership at the heart of the backline to marshal a solid defensive unit. A key element to the Thika based side's success.

If you think the 29 year old started her career between the sticks, then you are wrong. Her football journey is quite an interesting one.

She started her journey in Meru, the areas of Kivoi, Mpuri, and Kaaga where she grew up. She played for Kiamimiru primary school, then went to Kithatu Girls. It's at the Kenya Methodist University where she nurtured her talent to professional levels.

Surprisingly, she revealed that she started her footballing career as a striker, only to shift to a goalkeeper at a time her team needed someone to step up.

"I was not playing as a keeper, but rather as a striker. I had scored a number of goals," she said in a recent interview with KEFWA.

"My journey as a goalkeeper started in 2015 at Thika Queens when our first-team goalkeepers got injured, and I was asked if I could try between the posts. I took up the challenge and my future exemplary performances shows how tremendous the journey has been."

From there, she went on to receive her first call up to the national team, Harambee Starlets. Last season, she was voted in as the best goalkeeper for the KWPL 2020-2021 season.

According to Karambu, she was excited to be among the KEFWA Best 11 team, voted as the best goalkeeper.

"I am excited to be nominated as the best keeper. We had a fantastic season winning the title. I kept a number of clean sheets, helping my team to finish the season unbeaten," she said.

"Being among the finalists is an honor, winning the trophy is exemplary not only to me and my team but also to our fans and the entire Meru community."

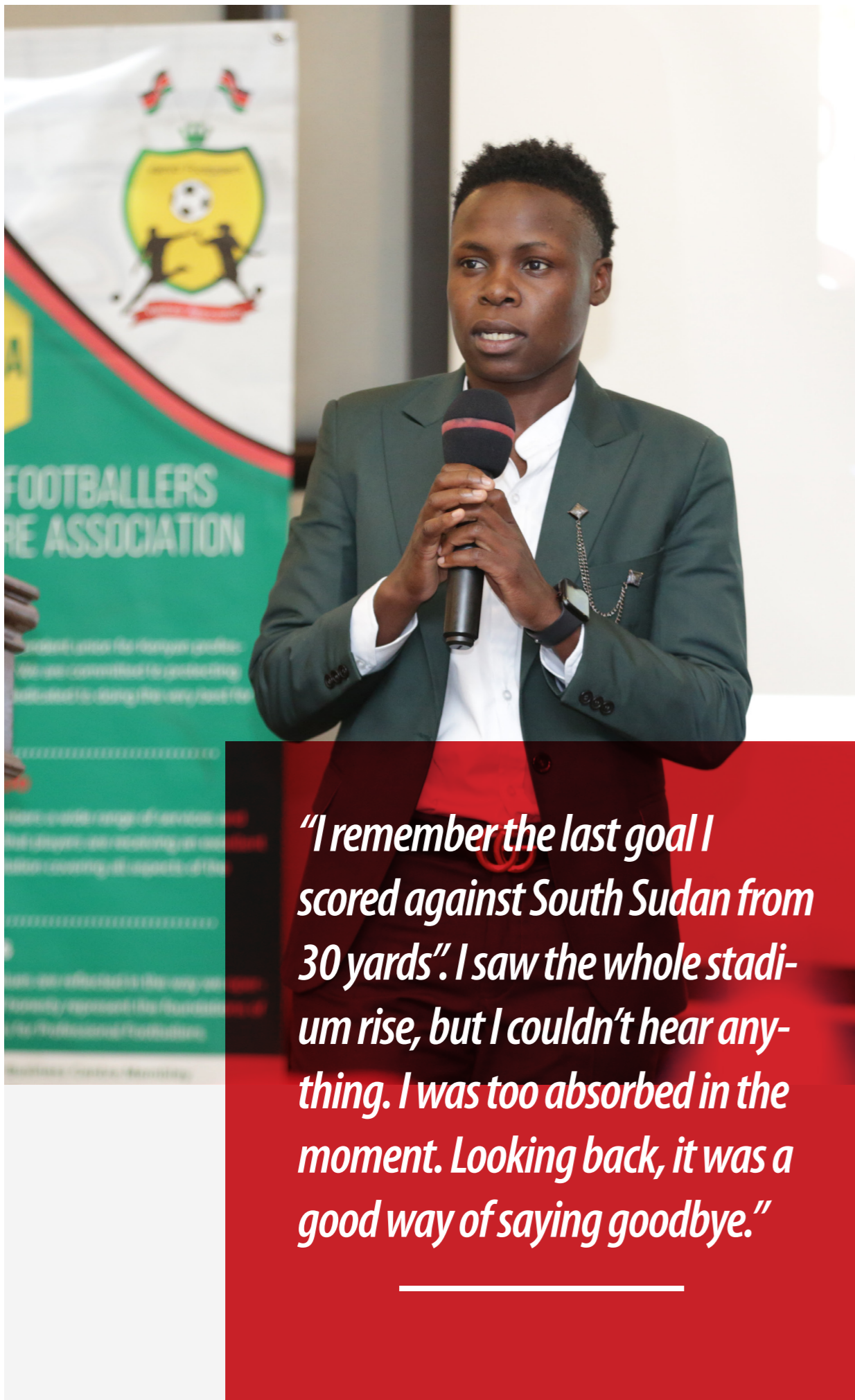
With her parting shot, Karambu had a message to her fellow professional and upcoming footballing ladies.

"Put God first and discipline is key."

"Football is a team sport and therefore be respectful to the club's management, coach, and fans. Everyone expects the best of you, so with every minute on the pitch, make it count."



"I am excited to be nominated as the best keeper. We had a fantastic season winning the title. I kept a number of clean sheets, helping my team to finish the season unbeaten"



“I remember the last goal I scored against South Sudan from 30 yards”. I saw the whole stadium rise, but I couldn’t hear anything. I was too absorbed in the moment. Looking back, it was a good way of saying goodbye.”

FROM BEING GIVEN KSH.40 AS POCKET MONEY TO APEX OF WOMEN FOOTBALL MANAGEMENT

The last half of 2021 was a career-defining moment for Neddy Atieno Okoth. Everything around her happened so fast that she had a hard time keeping up.

Tentatively returning to the national team after three years in the cold, the ex-international was on a scintillating form as she led Harambee Starlets’ charge in the 8-0 riot to South Sudan in the first leg.

She finished the match with 4 goals to her name to put Kenya one foot into the AFCON qualifiers. Then, a few weeks later, boom! Out of the blues, she was named to the FKF caretaker committee mandated to take over from the (then) suspended Football Kenya Federation.

“I wasn’t expecting it. I was at work, and a call came,” She recalled in a recent interview with KEFWA. “I was then sent a screenshot of the gazette notice.”

Her name would spark protests in football circles with claims she was still an active football player and therefore not qualified to be part of football management. She decided to quit active football.

“I just thought it was the right time, God’s time,” She said. “I still miss the competitiveness of football but

I decided to direct that passion to football management.”

“I remember the last goal I scored against South Sudan from 30 yards”. I saw the whole stadium rise, but I couldn’t hear anything. I was too absorbed in the moment. Looking back, it was a good way of saying goodbye.”

The 30-year-old is currently the chairperson of women’s football in the Kenya Football Transitional committee.

Who better to address issues bedeviling women’s sports than one who fell on its short-end, and experienced first hand? To the women footballers, Neddy is a symbol of hope, their biblical Moses.

Vihiga Queens was the first to dip into her bag of goodies as they were handed a Ksh. 1 million prize money for winning the 2021/22 women’s premier league title.

“We also came at the time women referees were paid half to their male counterparts. She said, “ Right now all of the referees are paid an equal amount.

Neddy, who also doubles up as a soldier has had a stellar career in football, littered with a number of achievements. Currently, she’s the CAF top scorer with 6 goals and also crowned as the best Right Forward in the KEFWA Best 11.

According to her, her swift rise to the top brass of football management has been coupled with hard work and determination, perseverance, and a supposedly ‘growing a thick skin’, with few gods of luck in her way.

Born in Nanyuki, Laikipia county, the ex-Ulinzi Starlets captain was a multi-talented player taking part in swimming, boxing, taekwondo, and athletics but the allure for football was just too much to resist. Partly because of her elder brother.



"I was good with the ball at my feet, especially dribbling," she said. "My brother liked to tease his peers if I happened to dribble past them. Although he didn't play, he would always tag me along to every football match he attended."

Nicknamed 'Barlow'.

Why Barlow?

'Balotelli', she chuckled. "In his prime, he was a fighter, technically capable, and scored epic goals." I always admired his style of play," said the former Ulinzi Starlets captain.

However, the Laikipia County tournament held in 2009 was a notable moment that changed her fortunes forever.

"I had dropped out of school due to lack of fees. I was roped into the county team to face MYSA."

They might have been thrashed seven goals, but the attacker, however, as it came to be, developed a knack of leaving a mark, an indelible mark.

"I scored the consolation goal to finish the game 7-1. I celebrated like we had won the match - by removing my shirt, like 'Barlow'. It was an epic goal," she said smiling.

This is how she earned her scholarship to St. Theresa Girls in West Pokot - a school with a tradition for sports. "I didn't even have fare to get there."

Her mom, her biggest supporter, had just had surgery but got up to get her fare and took her to school.

"I remember my mom leaving me with sh. 40 bob for my pocket money."

But it turns out that her gods of fortune were always on her side.

"A teacher in the team just from nowhere gave me ksh. 500." This was the needed motivation for the former Ulinzi Starlets attacker.

"Whenever the teachers came to watch our match, I always strived to do something different and unique. To catch an eye and maybe something for my pocket money."

This is how she learned the art of standing out, and striving to give 100% to the team.

"I spent three years in school without going home," she said with a sternness in her voice. "I was always afraid I might lack the fare back."

In the first year, St. Theresa was eliminated in the inter-school competition at the provincial level. This prompted a mass exodus of players, and the coach also left.

Coach Justin Okiring Omojong' (now at Trans Nzoia Falcons) came in, which proved to be a blessing in disguise for the attacker.

"The coach picked a liking for me. I was therefore trained for a typical number nine role."

When the tournament came, Neddy scored goals for fun in the Nationals 2010. She emerged as the top scorer. Selected by Airtel as the most promising young player.

She emulated the same success in the East Africa inter-school competition. Although they finished as first runners up. Neddy left a mark as she was named the best player and again emerged as the top scorer.

In 2010, Neddy featured for the U20 Harambee Starlets against Zambia announcing herself on the big stage with a bang. "I dribbled past about four players before scoring from a distance. It was an epic goal." Kenya went on to win 2-1.

As her star continued to soar, she got promoted to the senior team but sat out as the team camped for the AWCON qualifications opting to take her KCSE examination. "It was Terry Ouko who pushed me to finish my studies first."

After a botched move at St. Mary's Kijabe, Uganda. Neddy would be enveloped in Kenya Methodist University for a scholarship program in teaching and Physical education. However, she would drop out following unclear terms of agreement with the university as her fees kept compounding contrary to the scholarship agreement.

A move to Sunshine Queens in Nigeria materialized but her stint didn't last long with the club struggling financially. She came back but unfortunately picked up an injury.

"Hitherto, football was my source of income. It became difficult after the injury. It's then that I started a business which morphed into the widely known Nedd sports center."

"I would go to Gikomba, get some boots and supply mostly to schools."

In 2016, she had been selected by David Ouma (the then Starlets coach) in the team's Afcon squad but opted for Kenya Defense Forces (KDF) training after successful recruitment.

"Coach Ouma's advice was very helpful. I decided to sit out of Africa Women's Cup of Nations (AWCON) for the KDF training."

After completing the training in 2017, she received another call-up for the national team. This not only underlined her importance but also her exceptional talent.

Again proving all her doubters wrong, she impressed in the COSAFA tournament as she was named the Most Valuable

Player in the Mauritius and Mozambique match.

In 2019, she opted to join the newly formed Division 1 side Kahawa Queens (currently known as Ulinzi Starlets). With competition in the attacking department, the ex-international showed her versatility as she switched to a fullback position. They finished the league unbeaten to get promoted to the top-tier women's premier league.

Neddy was vital in the team's performance in the 2020/21 season as she led them to win the FKF cup and Super cup. Her good performance saw her receive a call back into the national team after three years in the cold. And she was back like she never left.

According to the 30-year-old, football has been her first love. Football has shaped her whole existence. But she was always mindful of life after football with the sun setting on her years of active playing.

With a dream of being a professional trainer, she opted for the KEFWA educational program.

"I approached Kefwa with the idea of undertaking a course in Nutrition and Fitness training. Besides, I only registered with sh. 150 at Kefwa. They have supported me in the two-year course. I am currently waiting for graduation in November.

"Players need to associate more with KEFWA because they can reap a lot from the many educational programs they are offering. They provide a lot of short courses that can come in handy as far as uncertainty in football is concerned." She added.

Dan Makori who's in charge of the educational program at Kefwa reiterated that they have opened doors for footballers who are interested in taking up a second career apart from football.

"When Neddy came to us, she had already decided what she was interested in. We funded and paid for her fees. She was committed and has since completed the program," said Makori.

"We had 13 other players who have been in our educational program. A large percentage of them have graduated, we are currently remaining with only two."

"We not only have a partnership with Zetech but also many other vocational institutions in the country. For Zetech, it provides online learning for those who are far away or prefer to study remotely."

Makori went on to encourage other football players to come on board.

"As long as you are a registered member of Kefwa we will help. We give full scholarships to those that are struggling financially. As long as you want to learn or any form of vocational training."

"Football careers are not only short but there exist a lot of uncertainties. Our mission is to mind the gap. Assist players to have an exit plan." Makori concluded.

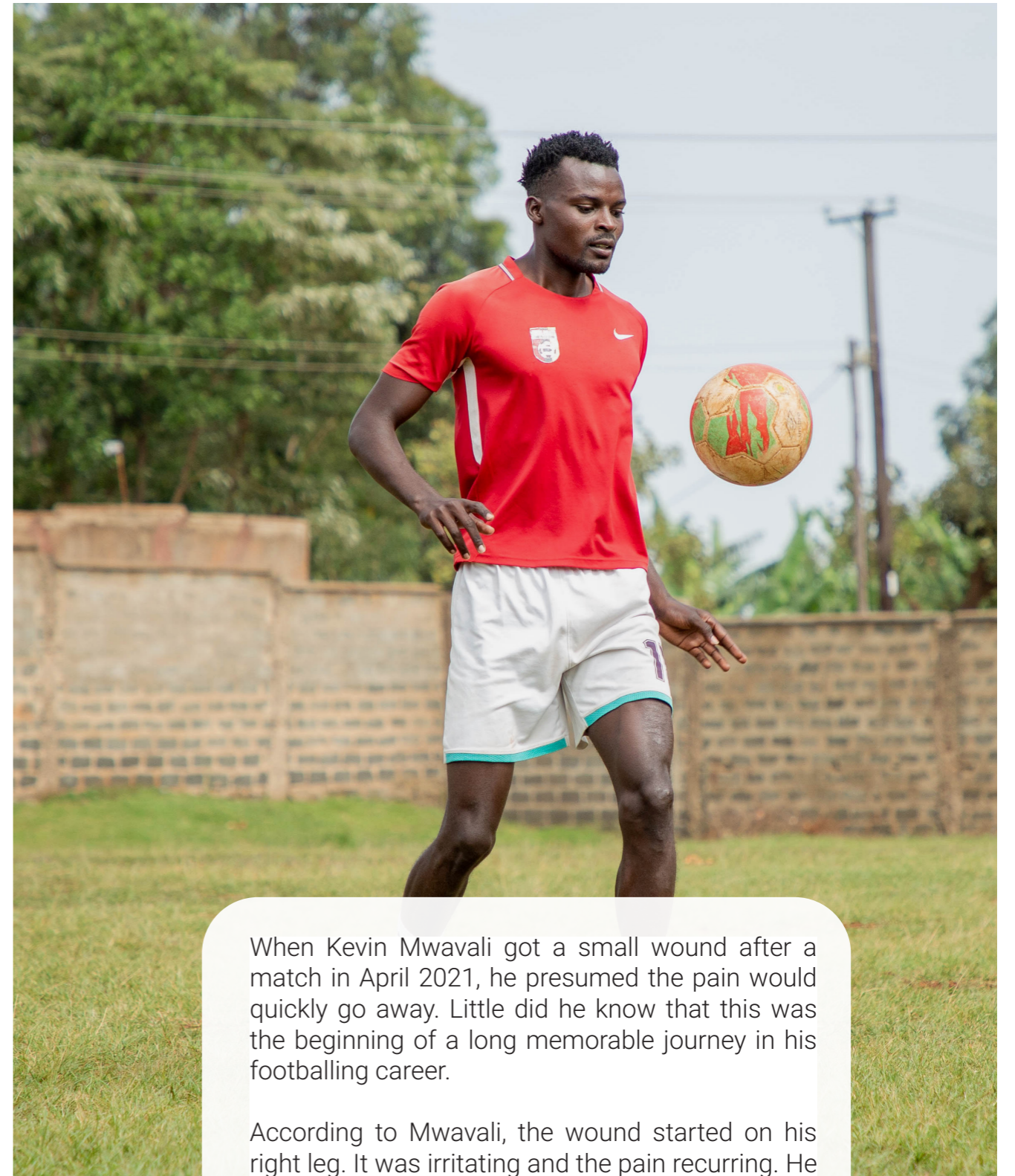
Neddy like many other women in sports has gone through the hustles and struggles in trying to reach their dreams. Her rise to the top points to a paradigm shift, a story of resilience, hard work, and consistency. The future of women's football now solely rests in her hands.

"Always show up. Give 100%, the world is watching and it always rewards consistency." She concluded with a word of advice.





THE STORY OF VIHIGA BULLETS' MIDFIELDER, KEVIN MWAVALI



When Kevin Mwavali got a small wound after a match in April 2021, he presumed the pain would quickly go away. Little did he know that this was the beginning of a long memorable journey in his footballing career.

According to Mwavali, the wound started on his right leg. It was irritating and the pain recurring. He thought the pain would end as the wound healed since it appeared like just a small injury.

"The wound started from nowhere after we had played a friendly match of a buildup game. We had the game on Saturday then my wound started the next day. It was something small on my right leg with less pain that came and disappeared, so I assumed it's something normal," said a Mwavali.

“I thank KEFWA so much for coming to my aid. I never believed I could be back to play football since all the odds were against me.”

After two days, the wound worsened as his leg swole. He took a step and informed his team. They took him to Mbale Regional Referral Hospital. He was admitted for a week, with the swelling of the leg worsening.

“I stayed there but the swelling on my leg continued to worsen, extending close to my thigh. I was wondering what could be the problem. When I inquired from the doctors, I was not given any clear information,” Mwavali revealed.

It reached a point where his movement was curtailed. He could not walk or do anything other than just sit on the bed. He was then prematurely discharged from Mbale hospital owing to the fact that his family could not afford the compounding hospital bill required for further treatment.

A day after coming out of the hospital, his leg swell bursted with a lot of pus coming out. His brother immediately called the doctor at Mbale Hospital informing him of

the condition, and also shared the pictures as requested by the doctor.

According to the doctor, Mwavali’s condition was now getting out of hand and he offered to personally attend to him at home. “The doctor indeed came and attended to the wound, washing the place that had burst, removing pus and blood.” But still, it was tough for them. “The doctor required us to cater for transport and treatment fees. It was hard for the family financially.”

“My father had been forced to sell the trees around the compound and some things at home so at least I could get treatment,” he added. Three weeks later, no change was registered. It



was evidently clear the medication was not working.

The midfielder’s general health started deteriorating, with loss of appetite, depression, and pain. It was at this time that his father came up with an alternative idea for treatment, a herbal traditional doctor.

Coincidentally, it was then that the Kenya Footballers Welfare Association (KEFWA), a union mandated to champion and advocate for the rights and welfare of professional football players, paid him a visit.

“The very same day that the herbal doctor came and had started his traditional treatment, KEFWA paid me a visit. I was surprised and shocked because I wasn’t expecting them.”

“I explained to them my predicament,” Mwavali narrated. “KEFWA immediately took action.” Mwavali was immediately registered under the National Hospital Insurance Fund (NHIF) and then admitted to Kakamega General Hospital.

“At Kakamega Hospital, the doctors were working so smart since the day I was admitted. I started seeing progress. KEFWA were checking up on me. I was very much in touch with the president James Situma who called me regularly to know how I was fairing,” he noted.

Mwavali was booked to the theater where they removed all the dirt from the growing wound, leaving a visible hole that showed the veins and bone. He would stay in the hospital for two months as doctors attended to him.

With flesh refilling up, he went back to the theater for skin grafting, with his left leg providing the skin that covered it. Mwavali stayed in the ward for ten days after the operation, after which he was discharged for home care. It is during this time that unfortunately, his father passed

away after a short illness.

With his condition improving, he went back for regular checkups at Kakamega. He was assigned a physiotherapist who dressed the wound, stretched the skin, and massaged the wound to an extent that it started to stretch and function like other parts.

“I went to see a physiotherapist for two weeks. He would ask me to take the ball and go to the empty rooms where I would hit the ball on the wall and receive it. As I continued with the exercise, at this time I was not feeling the pain in my leg.”

“The pain was deep inside my heart. I was filled with fear due to the trauma. The physiotherapist helped me to manage my fears, even if I was kicking a long pass,” stated Mwavali.

Soon, Mwavali was fully healed,

something he terms as a “miracle”. According to him, neither his teammates nor locals believed that he could play football again. He started gaining fitness with the local matches, before being absorbed back into his former team, Vihiga Bullets, which plies its trade in the Kenyan Premier League (KPL). He was selected in the first eleven squad in his debut since the injury.

“I thank KEFWA so much for coming to my aid. I never believed I could be back to play football since all the odds were against me.”

“I encourage other football players in Kenya to register as members and enjoy the services offered.” Mwavali concluded.

Like any dreamer, Mwavali has big dreams. His hope is now to play football to international standards and also feature for the national team, Harambee Stars.



FIFPRO, KEFWA, Appeal CAF's Decision to Disqualify Kenya women's National team from AWCON & FIFA World Cup Qualifiers

HARAMBEE STARLETS:

The Kenya Footballers Welfare Association (KEFWA) in liaison with the International Federation of Professional Football Players (FIFPRO) filed an appeal in February 2022, to protest against the decision by the Confederation of African Football (CAF), which disqualified Kenya women's national team Harambee Starlets from the AWCON and FIFA World Cup qualifiers.

The decision was arrived at after the Football Kenya Federation (FKF) informed CAF that it was unable to organize any more national team matches because of sanctions imposed by the government. As a result, CAF withdrew the team from the last qualifier against the 'Crested Cranes' of Uganda.

In a statement that was sent out to the press and public, FIFPRO and KEFWA, whose mandate is to advocate for the rights and welfare of players in Kenya, made an urgent plea to football authorities not to deprive the Harambee Starlets of their chance to qualify for the 2022 AWCON and 2023 FIFA Women's World Cup.

"Harambee Starlets have reached the second and final round of qualifying for the 2022 Africa Women's Cup of Nations which also serves as the qualifying competition for the next World Cup in Australia and New Zealand. The Kenya Footballers Welfare Association (KEFWA) and FIFPRO, the global player union, have written to CAF to urgently overturn this decision so that players do not face the devastating consequences of a situation that has nothing to do with them," read the statement.

Amid the chaos, the Kenyan players continued to train in Nairobi with the hope that they might still be able to play the two-match qualifier, which was scheduled for 17th to 23rd February 2022.

FIFPRO and KEFWA were regularly in contact with the players and offered them necessary support.

"The dream of every footballer is to play in a World Cup and for this opportunity to be taken away from these players without any effort to reach a solution is heartbreaking," said the KEFWA Secretary-General Jerry Santo while speaking to the press, adding that the appeal was made in pursuit of fair play.

"We appealed for fair play to prevail, so these women have a chance to follow their dream," added Santo. However, in their decision dated 10th June 2022, The Court of Arbitration for Sport (CAS) ruled that the appeal for Harambee Starlets (Labelled as Ms. Anita Aongo et al) was upheld, although they (CAS) did not have the jurisdiction to order CAF to rearrange the fixtures.

"The appeal filed on 18 February 2022 by Ms. Anita Aongo et al against the decision rendered on 20 January 2022 by the Football Kenya Federation is partially upheld," read the ruling, noting the decision to reorder fixtures was not for the court.

"The Court of Arbitration for Sport does not have the jurisdiction to rule on the request by Ms. Anita Aongo et al. to order the Confederation of African Football to reinstate the Kenya Women's National Football Team to the 2022 Africa Women Cup of Nations (AWCON) and to rearrange the matches against Uganda in the second AWCON qualifying round before the start of AWCON finals group stage on 2 July 2022," read the ruling.

On her part, US-based Kenyan International Marjolene Nekesa cited that she had geared towards making her debut appearance in the senior national team.

"The team was in camp and in high spirits. The commitment level was high in the camp and as an individual, this was my first call up and I was looking forward to taking part in the qualifiers. Qualifying for the World Cup is the most desired goal for any player, and it was a huge disappointment that we did not get a chance to play," Nekesa stated.

In the first qualifying round, Harambee Starlets had won the two-legged fixture against Sudan with a whopping 15-1 aggregate scoreline after winning 8-0 and 7-1 respectively. Had they been given the opportunity to play against Uganda and win, Starlets would have qualified for the continental showpiece for the second time, and a chance to qualify for the women's World Cup in 2023 for the first time.

"The dream of every footballer is to play in a World Cup and for this opportunity to be taken away from these players without any effort to reach a solution is heartbreaking,"



MARTIN LULE: A story of hope and perseverance after unlawful contract termination

Last year, The Fifa Dispute Resolution Chamber ordered FKF PL side, Posta Rangers to pay Martin Lule, after the team illegally terminated his contract in 2019. This was yet another groundbreaking ruling that opened a Pandora's box on player's rights in a country notorious for unlawful dismissals.

Kefwa media recently caught up with Lule who after staying without a club for two years, has since joined Uganda's top-tier side Vipers FC. He opened up on a wide range of issues in regard to the steps he took to ensure that he is compensated. After joining Posta in 2019, he was the first-choice goalkeeper. The Ugandan international then played in eight matches, keeping seven clean sheets before losing one match. It was all rosy until three months later after the club hired a new coach. "I was approached by a club official who asked me to quit the club saying that the coach was not on good terms with me. I then went to the club chairman to seek clarification, and he said my contract would be terminated due to poor performance," Lule narrated.

Devastated, Lule reported the matter to the players union, KEFWA in order to seek legal guidance. At the time, he admitted that he was struggling and could barely make ends meet but he was ready to go through the process.

"A demand letter was written to Posta so that we could mutually agree on the way forward in terms of compensation but they did not respond. I was even approached by the Football Association and asked to drop the case or have my work permit terminated but I stood my ground."

While the shot-stopper admits that the process can be slow and hectic, he cites that his main strength the whole time was patience and trust in his legal representatives.

"I was damaged emotionally because of the news that was being written about me all over the media. No coach wanted to sign me because word had spread that I was axed due to poor performance. I, therefore, had to stay out for a very long time. I was on the verge of quitting."

The regulations on the Status and Transfer of Players (August 2021 edition) states that if the full payment including all applicable interest is not made within 45 days of notification of the decision, the club shall be banned from registering any new players, either nationally or internationally up until the due amount is paid with the maximum duration of the ban

being up to three consecutive registration periods.

"When the matter was presented to FIFA, they also reached out to Posta who remained unresponsive until when they were told they could be penalized."

"After holding talks with Posta, I was paid the first installment but the second did not come and the club went silent."

The matter was taken back to FIFA and this time, the amount had accumulated.

"We had to do another agreement and I am glad that patience paid in the end and Posta agreed to settle the agreed amount as ordered by FIFA," he said.

Lule also cited the importance of players being able to read and understand their contracts, or involve a lawyer or an advocate to interpret the content as they sign any contracts with the clubs.

"Football is like any other job. It doesn't matter whether you are playing in your home country or in a foreign land. If your contract is breached, you have rights as an employee," he noted.

KEFWA Secretary-General Jerry Santo weighed in on the issue after being involved in the process urged players to remain vigilant.

"Like many other players, he went through a lot. It was not only breach of contract but also psychological torture from his former employers," Santos noted.

"He remained patient when we were pursuing the issue legally and did not fall into the deceit that the clubs use to lure him to payments when they know you are desperate and need some cash to survive. I am happy he got paid and it serves as a lesson to players and clubs."

The secretary general also explained the challenges that exist with regard to the local players' cases.

"Yes. FIFA has been pushing FKF to establish the National Dispute Resolution Chamber (NDRC). The mechanism and structures are yet to be put in place but once that happens, the cases will be heard expeditiously because with such a chamber we will have several judges and three can hear a case at any particular time."



“

“Football is like any other job. It doesn't matter whether you are playing in your home country or in a foreign land. If your contract is breached, you have rights as an employee,”



"This is a good initiative because we have our own coaches here, scouts and former footballers who are guiding us. The training facilities are also of high quality including the fitness gym where you can do personal training like gaining muscles. Hopefully the majority of us will find better opportunities."

*Duncan Otieno,
Assistant Captain*

KEFWA HOLDS FIRST-EVER NON-CONTRACTED PLAYERS TRAINING PROGRAM

The Kenya Footballers Welfare Association (KEFWA) officially launched the flagship project for the first-ever non-contracted players' training which was held at Two Rivers Mall Sports District Grounds. The program drew a number of players from different regions across the country. According to the Kefwa Education Officer, Dan Makori, the program initiative seeks to revive the careers of the non contracted Kenyan football players.

"We are excited to announce that we will hold training programs for our non-contracted members," he stated.

"The program is aimed at ensuring that the professional players whose contracts have expired, terminated, returning to play after an injury or could not sign for a club for other reasons, are engaged and their holistic development and fitness levels maintained," said Makori.

He added that the program is just one of the many capacity building programs members can enjoy.

"This is just one of the many capacity building programs we have put in place as KEFWA to ensure that we provide safe spaces for our members by creating a foundation geared towards forming strong synergistic partnerships which bring beneficial value by providing different opportunities for our

members," stated Makori.

On his part, Clifton Miheso, the inaugural captain of the non-contracted team, was optimistic that the players would make better use of the initiative. "The training was good and we have enjoyed ourselves as it has helped us players who are cur-

"I am very happy that we have finally kick started this flagship project for our players who are also our members from across the country."

Mr. Dan Makori

rently out of contract keep in shape with an aim of engaging out-of-contract players, and ensuring they are fit," said Miheso.

The former Gormahia Fc speedy winger also noted that being a transfer period with scouts looking for talents, the project will be a platform to provide visibility for players in order to attract new clubs.

"I would like to urge other players who are at home to make use of this opportunity because at times it is easier and better to train and play as a group," said Miheso.

Former Nairobi City Stars marksman Rodgers Ochieng noted that the project was a wonderful idea that will go a long way in helping out-of-contract players.



"This is a good initiative since a lot of players are out of contract due to injuries or other reasons and they don't have clubs. We've had a good session and I am hoping more players will join us for this program before the final selection is made," noted Ochieng. The players were under the tutelage of an experienced technical bench consisting of former players in the likes of David Omenngo, Wycliffe Opondo, and Osborne Monday who will be using the opportunity to foster their growth and transition into coaching.

"We recognize and appreciate the support of all football stakeholders including coaches and club officials who are giving their support in different manners to ensure our players get a platform to stay fit and market themselves." Osborne Monday, Team Manager

"I first heard about the KEFWA Non-contracted players program on the social media page, and made an application because I was interested in taking part in it. The program is helping play-

"Since joining the Non-contracted team, we have played a lot of friendly matches with clubs across the Kenyan Premier League and NSL. More matches are yet to come and I understand the management together with the technical bench are using the friendlies to shape us up and find new opportunities." Ian Wafula, Player. This is a good project by KEFWA. As a coach, I can see a lot of experienced players who maybe due to one reason or the other are out of contract but it is only a matter of time now because these are talents which will soon find their way to competitive clubs. I have already identified a player of two who will be of great service to my team next season." Bernard Kitolo, Head coach, Zetech Titans.

"I am happy that we managed to play a very good match against the KEFWA Non-contracted players, and I have seen a lot of special talented players who deserve to be in our competitive team. It is a good initiative because we are in the transfer period where coaches and clubs are looking for players to improve their squads ahead of the new season. Nicholas Muyoti." Head coach, Nairobi City Stars

"The last time I was unattached to a team was Western Stima after I got a meniscus injury, went through treatment and have been in the rehabilitation process. After being informed that KEFWA were offering a training program for non-contracted players, I quickly joined and I hope my form will be back so that I can find another club." Augustine Kuta, Player.

"This is a good initiative because we have our own coaches here, scouts and former footballers who are guiding us. The training facilities are also of high quality including the fitness gym where you can do personal training like gaining muscles. Hopefully the majority of us will find better opportunities." Duncan Otieno, Assistant Captain

"The last time I was unattached to a team was Western Stima after I got a meniscus injury, went through treatment and have been in the rehabilitation process. After being informed that KEFWA were offering a training program for non-contracted players, I quickly joined and I hope my form will be back so that I can find another club." Augustine Kuta, Player.



"I am very happy that we have finally kick started this flagship project for our players who are also our members from across the country.

The response has been amazing as we received too many applications and we will see how to balance the numbers so that at least everyone gets an opportunity to become a beneficiary." Makori Chacha, Technical Director.

"This is a very good initiative for unattached players. It is not easy for our players here in Kenya who are non-contracted to get such opportunities where they are provided with training facilities, fitness coaches, friendly matches and scouting personnel to showcase their talent." William Muluhy - Head Coach, Kariobangi Sharks.

ers without contracts rejuvenate their forms. I hope the training offered here will help me stay fit and gel easily when I find a club." Kennedy Agogo Otieno, Player

"I was a free agent and when I saw this initiative by KEFWA, I made haste and joined. I am glad to meet up and train with professional players all over the country who are seeking to stay fit and bolster their careers. It is easy to train with fellow players, unlike alone. I hope to find a club soon." Michael Kibwage, Player

SOLVIN Apartments KIKAMBALA

2 BEDROOM AIRBNB AVAILABLE FOR SHORT AND LONGSTAYS

Are you looking for a home away from home?
Do you need a place to stay for a few days or more?

If so, then look no further than Solvin Apartments.
We've got everything you need for a short stay or long stay. So whether you're just in town for the weekend or looking to stay for a year, we have the perfect place for you.

It is a 2 bedroom is set inside the luxurious five star Sultan palace beach homes in Kikambala and it is two minutes walk to the beach.

We are located along Kikambala, Kilifi County, North Coast of Mombasa in Sultan Palace Beach Resort.

Features and Amenities;

- ✿ Two bedroom Apartments.
- ✿ 4 People Maximum.
- ✿ Ample secure parking.
- ✿ Fast Wi-Fi and Netflix.
- ✿ Pool table and Restaurant in the Premises.
- ✿ A bar and restaurant.
- ✿ 24hr security services.
- ✿ Private Clean Beach.
- ✿ Well Equipped Kitchen and Chefs can be Arranged when needed.
- ✿ 3 Swimming pools. Kids water slide also available

Activities

- ✿ Play Golf at Vipingo Ridge.
- ✿ Snorkeling at Kuruwitu marine sanctuary.
- ✿ Visit the historic Jumba ruins in Mtwapa.
- ✿ Boat rides on mtwapa creek, Go Karting at The Mombasa Go Kart shanzu.

Arrivals/Departure Arrangement.

Pick up from the airport can be arranged at a fee.
Closest airport is Vipingo airstrip 20mins away.
Solvin Apartment is 1 hour drive from Moi international Airport.



For Inquiries Call:
+254 729 295 233



METAL FABRICATION EXPERTS

- Steel Sliding Gate Fabrication
 - Steel Sliding Door Fabrication
 - Steel Single & Double Door Fabrication
 - Steel Floating & Spiral Staircase Fabrication
-

0708 92 96 81

| sales@gradeone.co.ke | www.gradeone.co.ke