

WOMEN NEEDED SOLD SUPPORT

By Hope Amurire

This year's International Women's Day celebration theme is 'Give to Gain,' which means investing in women today to build stronger communities tomorrow.

It is a reminder that when opportunity, support and belief are extended to women, the returns are felt far beyond the individual.

In an interview with Vision Sports, different Ugandan female athletes and coaches shared their perspectives on this year's theme, speaking as competitors, but also as leaders, mentors and change-makers within sport.

Long-distance runner Stellah Chesang describes Women's Day as more than a symbolic date.

"For me as a professional female athlete, Women's Day is more than a date on the calendar," she says.

"It is a day to celebrate the achievements of women worldwide and honour those who fought for the rights we have today," she said.

PHOTO BY OLIVIA NAKATE

WOMEN ATHLETES ADVOCATE FOR EQUAL OPPORTUNITIES & EMPOWERMENT



Women athletes battling it out during a national athletics championship recently. Females athletes face many daunting challenges in their sports careers

support girls from grassroots to elite competition and leadership.

Badminton athlete Husina Kobugabe reflects on the discipline behind the theme.

"In my journey, I have learned that success comes from giving my best every day, my time to training, my energy to improving and my determination to overcome challenges," she says.

Additionally, Kobugabe, mentioned that the giving extends beyond performance.

"When I show that girls can succeed in sport, we gain a stronger and more confident generation of young women."

Across many disciplines like athletics, volleyball, netball, basketball, badminton, woodball, football, the message stands out clearly, giving is not about charity it is about investment.

When women are given equal opportunities, fair facilities, mentorship and recognition, the gains multiply in performance, leadership and national pride.

As Uganda marks International Women's Day, all sportswomen agree on one

get,"
That sentiment resonates with Mavita Ali, head coach of the Junior Gazelles.
"When we give, it is the act

powered as athletes, leaders and decision-makers, everyone gains," Nassim noted. She believes education and mentorship are key pillars in

in Sports Management at the Russian International Olympic University, Mutesi Nassim, who represents NIC and the Uganda national netball

support to empower them." Amuron emphasizes that supporting women in sport benefits entire communities. "When women are given

Eunice Amuron, a veteran player at KCCA Volleyball Club, the theme speaks directly to investment in sport. "Women's Day is a col-