



SUCCESS TIPS

For

INTERNALLY DISPLACED GIRLS IN SPORTS

A Play it Dream it Initiative

by FAME Foundation

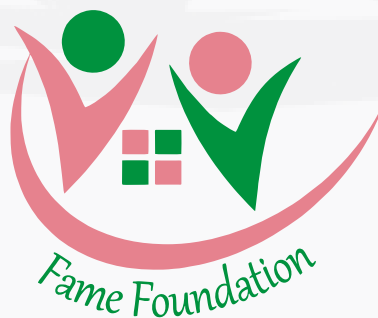


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GIRL-CHILD

Jewel of inestimable value
The pearl of the oceans
Though like a diamond in the dirt,
She is usually undervalued
Often maltreated, dejected and detested
Yet like a pelican alone on a house top
Or like an owl alone in the desert,
She builds herself into a real woman
Defiling the disdains and scorns of life
And converting all odds into stepping stones

Oh girl child,
A rare gem
A care giver
A potential mother
My mother,
Your mother,
A mother to us all
My home maker,
Your true champion
Our nation builder:

There are many economists the world over,
But one Ngozi Iweala holds a place in my heart;
You may know many mechanics,
But my heart pants for the lady mechanic;
Truly you have heard of numerous human right activists,
Yet Malala has a place in history;

You can tell me stories of humanitarian service providers,
But Mother Theresa still hold still the hand of time,
The world keeps producing prime ministers,
Yet Margaret Thatcher stands the test of time

History has stories on many subject matters,
But the present and the future has a place for the Girl Child;
A route leading men into tomorrow,
A lamp unto the path of success,
A boat sailing over the slavery of life to independence,
A ready help for every husband,
The brain behind the success of all men

There is no arguing
The girl child is knowledge personified, wisdom branded,
For Genuine counsel abodes with her,
Leading by example is her way of life,
Instructing by living it out
Is her culture,
Guiding by doing it is her tradition,
Giving discipline with care is her way of doing things
For she is a born teacher,
Who knows not just what and how to teach,
But knows exactly who to teach,
As only a grown girl child
Knows your actual Pains,
Oh my mother,
Who alone teaches me morals

She alone knows the highway to education,
No wonder she teaches even outside the classroom

The girl child is a transmitter of knowledge,
But how can she transmit without being educated?
Give me your hands and take mine,
Together let's
Send the girl child to school,
Train the girl child in school,
For in the girl child lies the hope for a better tomorrow.



SUCCESS TIPS FOR INTERNALLY DISPLACED GIRLS IN SPORTS



They do not have to be supporters by the sideline or cheerleaders. We can create an environment where the GIRL CHILD is in charge of her own game too.



This manual is compilation of success nuggets delivered at the 2020 edition of the PLAY it DREAM it Conference, in commemoration of the International Day of the Girl Child and #FooballPeople weeks. Different sports persons from around the world, many of whom has over 10 years of working experience participated in the programme.

Compiled by Anna Mambula.
Edited by Aderonke Ogunleye Bello.

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for Girls and Women Empowerment.



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Also, **David Doherty** (CEO Team Nigeria UK and International), **Ms. Ruth David** (Head of International Competitions, Nigeria Football Federation), **Ms. Maureen Mmadu** (Former Nigerian Football coach and midfielder), **Tara Alade** (Director and Head of Talent Identification, Team Nigeria UK and International), **Ms. Iloduba Sarah** (Football player, Osun Babes Football Club), **Trina Bolton** (Program Officer, US Dept. of States, Diplomacy Division of the Bureau of Educational and Cultural Affairs), **Ayishatu Zakaria Ali** (Sports Journalist with Global Media Alliance, Ghana), our speakers who participated at the conference held in Durumi IDP Camp, Abuja, Nigeria, on October 9, 2020.



SUCCESS TIPS FOR INTERNALLY DISPLACED GIRLS IN SPORTS

DEDICATION

This book is deservedly dedicated to all refugee girls around the world. You are the part of the future we envision.



"When used consistently, efficiently and strategically, sports, an important social change vehicle, can be used to advocate for Gender Equality and Girl child empowerment"

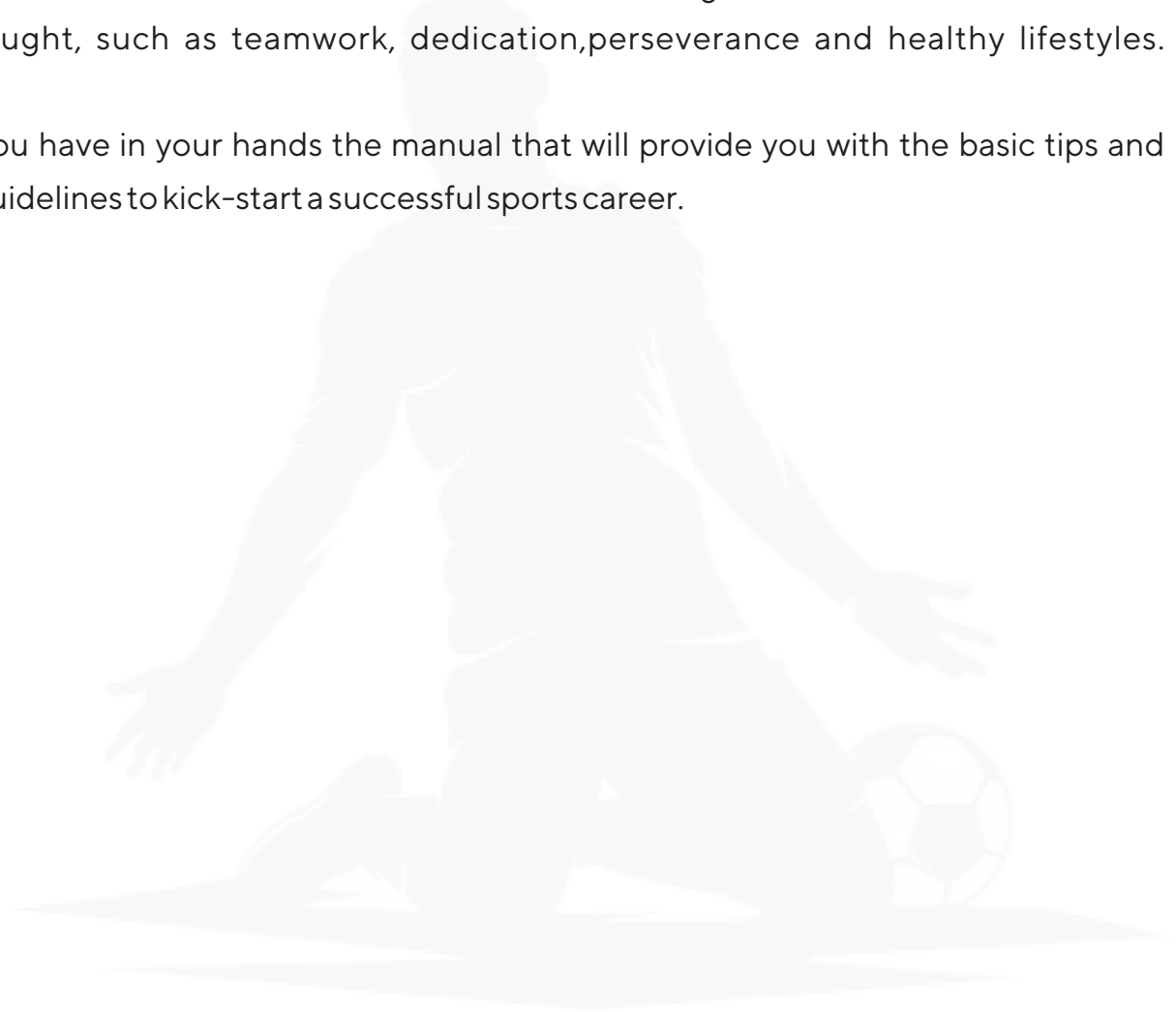


Aderonke Ogunleye- Bello
Founder, FAME Foundation
Gender Rights Advocate

PREFACE

Sports can be described as a school of life through which valuable skills can be taught, such as teamwork, dedication, perseverance and healthy lifestyles.

You have in your hands the manual that will provide you with the basic tips and guidelines to kick-start a successful sports career.



CONTENT

03

Girl-Child Poem

08

Acknowledgement

10

Dedication

11

Preface

12

Table of Content

13

Introduction

15

Chapter 1 The Do's
and Don'ts of Domestic
Football in Nigeria

17

Chapter 2 How to kick start
a successful football career in
a male dominated field

18

Chapter 3
Football as a Tool for
Girl-child Empowerment

22

Chapter 4
Questions and Answers



INTRODUCTION

Starting a sport career for the average girl can be hard and confusing. Internally Displaced Girls experience two times this confusion and difficulty.

This mini handbook is going to proffer solution to the problem by providing you with success tips from sport experts on starting and excelling in this chosen career of yours. It will also serve as a guide for every girl interested in building a career in sports, grass-root teams, physical and health education/sport teachers in schools.

This handbook is a very useful tool for displaced/refugee girls with the passion to start a sport career. It provides them with basics to lay their foundation on.

If you follow the basics we reveal in this book, it's highly possible that a successful sports career is yours to have.



CHAPTER ONE

THE DO'S AND DON'TS OF DOMESTIC FOOTBALL IN NIGERIA

Maureen Mmadu; Former Nigerian football coach and midfielder

Despite the challenges of gender stereotyping and lack of support,

- ✔ Do not let anyone kill your dreams of playing football.
- ✔ Believe in yourself and work towards your dreams of being a sports woman.
- ✔ Set goals and expectations that inspire you to move in a targeted direction.
- ✔ Learn from the best; do not overlook greatness.

Ms. Iloduba Sarah; Football player, Osun Babes FC

- ✔ Avoid distractions at the early stage of your lives.
- ✔ Always look for ways to improve their skills through constant training.
- ✔ Don't Set Unrealistic Goals.
- ✔ Develop a healthy lifestyle.



LET
● GIRLS
PLAY

#Footballpeople

AY IT
EAM IT

CHAPTER TWO

HOW TO KICK START A SUCCESSFUL FOOTBALL CAREER IN A MALE DOMINATED FIELD

Ms. Ruth David;

Head of International Competitions, Nigeria Football Federation

- ✔ Education plays a huge role in football career.
- ✔ An educated player is a better player; An educated player is disciplined and humble in her career.
- ✔ If possible, start young.
- ✔ Work hard and be willing to sacrifice.
- ✔ Positive attitude, determination, commitment, and promptness to training are keys to a successful football career.
- ✔ Engaging in entrepreneurship and sports is a great plan. A player should have a backup plan.
- ✔ Keep working hard.

CHAPTER THREE

FOOTBALL AS A TOOL FOR GIRL-CHILD EMPOWERMENT

David Doherty;
CEO Team Nigeria UK and International

"If we can empower girls, we will have a massive impact in football"

- ✔ Football is a powerful tool for girl-child empowerment.
- ✔ Girls can combine education and sports.
- ✔ Teach them to become coaches and assist them in forming a local football team.
- ✔ believe girls are more passionate and successful in sports career. Girls should be given mentorship platforms in order to become great footballers.

Omotara Aladegbamigbe; Director and Head of Talent Identification,
Team Nigeria UK and International

- ✔ Football have being used to address various issues faced by the youth such as drug abuse, violence, discrimination, etc.
- ✔ Pay attention to your health, feeding habits, and lifestyle. It shows in your performance.
- ✔ Ensure you have a backup plan as a female footballer, in case of injury and other unforeseen challenges.
- ✔ I would love to see girls improve in their skills. Keep pushing! Keep working hard!
- ✔ The government and other initiatives should help girls get access to sports training and mentorship programme easily.
- ✔ Volunteer to local sport teams so that they can develop their skills.



**Ayishatu Zakaria Ali,
Sports Journalist with Global Media Alliance, Ghana**

- ✔ There is nothing wrong in women participating and succeeding in sports all over the world.
- ✔ Education is very important.
- ✔ Lack of education can cause people to take advantage of you.
- ✔ Don't dream small because you are a female, dream big.
- ✔ Dream big and do not limit yourselves.
- ✔ Don't just dream to play in local games but internationally.
- ✔ Aside from being football players, you can also be a coach, sport administrator, analyst and FIFA agent.
- ✔ Have great passion and work on your dream.
- ✔ Push yourself forward so that people can see you in your career.
- ✔ Train and train, believe in yourself and aside that put yourself out there.
- ✔ Boost your self-esteem..

**Trina Bolton ;
Program Officer at the US Dept. of States, Diplomacy Division of the Bureau of Educational and Cultural Affairs.**

- ✔ Women have equal rights as men.
- ✔ Football has been used as a tool used in closing the gender gap
- ✔ Know that sport is a unique way to get girls out in the field of life.
Girls should have and look up to sports role model.
- ✔ Sports can have a mental draining effect, so keep their fitness level high and have a support system.

**I
AM A
FUTURE SPORT
ROLE MODEL**

**#Playit Dreamit
#Football People**

**PLAY IT
DREAM**

CHAPTER FOUR

How to empower the IDP Girls in Sports

- ✓ - Creating platforms that combine football and education.
- ✓ - Teach them to become coaches and assist them in forming a local football team.
- ✓ - Teach them how to plan their session.
- ✓ - Putting girls through mentoring programmes.
- ✓ - Formation of local football teams and involving girls in volunteering with football teams.
- ✓ - Sourcing for funds.
- ✓ - The government and other initiatives should help girls get access to sports training and mentorship programme easily.

Solutions Regarding Sports Infrastructure

- ✓ - Sponsorship and Partnership with relevant stakeholders, both private and government.
- ✓ Source funding through CSN (Community Services Network).
- ✓ Make use of what we have access to for now. As we start, other organisation can see this as a major move to funding. eg a small base such as university field, school field.

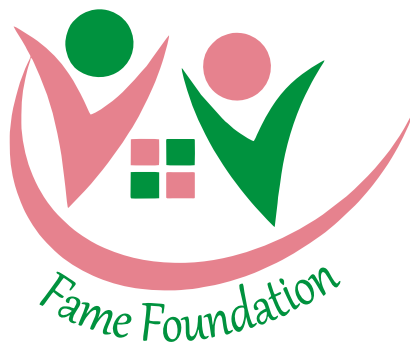
How to cope during an injury

Sports can have a mental and draining effect on players, so;

- ✓ Keep your fitness intact.
- ✓ Have a support system.



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