

DECISION 3 – WHO WILL PARTICIPATE IN THE  
ACTIVITIES DESIGNED BY YOUR CHAMPIONS?

## Case Studies

### **MBALI, SOUTH AFRICA**

Meet Mbali Dlamini, one of the Made to Play fund winners from Soweto, South Africa. She currently coaches 120 girls in an afterschool programme she runs through Altus Sport in the township. With the Made to Play fund, she expanded her programme's offerings to include a variety of sports activities, such as cricket, street soccer & silent ball, alongside life skills training that will help these girls better address issues such as peer pressure, abuse & bullying. Mbali uses sport to build the confidence of girls experiencing low self-esteem and body confidence due to the way they look. Mbali herself had experienced these issues and wanted to share how sport had helped her to improve her own confidence in her body.

