

PLWC NEWS

SEPT. 22, 2025

VOL.1, NO.2



PLWC PEACE GAMES COMING TO ARUSHA!

Lacrosse is coming to Arusha, Tanzania! The PLWC PEACE GAMES from December 27, 2025-January 5, 2026 will feature three kinds of contests, each a unique education in the game as lacrosse spreads across East Africa. The first contest will feature a men's exhibition of "African 7's". Men from the age

of 16 and up in Africa and 18 and up from around the world are being invited to come play together on one of the four East African Teams highlighting Africa's "indigenous" lacrosse discipline. Pan, Parrot, Zee and Cezar are the PLWC teams being organized with player rosters featuring the Youth Academy leaders from Tanzania, Rwanda, Kenya and Uganda, as well selected East African talent along with American collegiate and post collegiate as well as international players (cont. GAMES page 11)



PLWC PEACE Games in Arusha
Dec. 27, 2025-January 5, 2026



UGANDAN LAX PLAYER NURSES INJURIES

Last spring season, Christine, Africa's first NCAA lacrosse recruit, tore her ACL, requiring her to undergo surgery in July. Now, as Uganda's Christine Ijawet is recovering in her fourth semester at Anna Maria College in Paxton, Massachusetts, she has also begun her nursing clinicals as the youngest nursing student in her class. Having been admitted as just a first semester sophomore into Anna Maria's competitive nursing program (which usually admits only upperclassmen), Christine has demonstrated not just resiliency, but resolution as



well. Inspired to believe that she was capable of much more than her circumstances might allow, Christine embraced the role as the PLWC Scholarship Program's first recruit. Success on the field followed her decision as she was selected to the All Rookie team for her conference in her freshman year. Her injury in Anna Maria's game vs. Conference Champion Emmanuel, however, limited her play in her sophomore year. The blessing in disguise perhaps being the ability to both focus this year on her nursing clinicals at a time when her studies require extra attention, as well having the unique position of being both a nurse and a patient at the same time.

WHO IS RUKIA ALI, KENYA'S FEMALE COACH OF MEN?

Rukia Nyende started playing lacrosse when she was in grade six at Mumias FCA Lacrosse Academy under coach Fred Osore. After her primary school, she joined a high school where she played soccer, as the school didn't have a lacrosse program. She could only play lacrosse during school holidays at her Mumias FCA academy. When she finished high school, she joined Masinde Muliro University of Science & Technology where she pioneered a lacrosse program for both men and ladies which she trains. When universities took a break in April 2025, Rukia took up a coaching job at Mumias Muslim Boys High school which participated in Kenya's first Secondary School Sports Association (KSSSA) games as well as the Federation of East Africa FEASSA Sports (FEASSA) games. (...see RUKIA cont. page 5)



Rukia Nyende Ali, Kenya's female "Coach of men!"

BRINGING THE PLWC LOGO TO LIFE

Abelto Branding's Story

I began my journey into graphic design not through a formal education, but by following a genuine curiosity and a passion for creating. It all started in 2017 when I was experimenting with digital art and realized I loved the process of bringing ideas to life visually. To kickstart my career, I first dedicated myself to self-learning. I used free online tutorials and resources to master design software like Adobe Photoshop and Illustrator.



I also studied design principles like typography, color theory, and layout to build a strong foundation. Next, I focused on building a portfolio. I created a variety of projects both personal and for friends and family to showcase my skills and unique style. This portfolio was my key to attracting my first clients. A major turning point came when I decided to design the PLWC logo. It was a challenging project, but successfully creating something so meaningful gave me the courage and confidence to pursue graphic design



**SEEING THAT LOGO COME TO LIFE MADE ME
BELIEVE IN MY ABILITIES AND SOLIDIFIED MY
COMMITMENT TO THE CRAFT!**

(Continued... ABELTO, page 6)
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CONSIDER COMING TO TOUR LACROSSE EAST AFRICA DEC. 27-JAN. 10

My name is Charles Z. Panga, and I am the founder of Tour Lacrosse Africa,

I am serving as the host for the PLWC PEACE Games, which are being played in Arusha Tanzania, where I was born in the Karatu District. I am involved in tourism, especially wildlife tourism, cultural tourism, sports tourism and mining tourism, etc. My biggest goals in my life are now focused on facilitating Tours Lacrosse Africa, where I hope to bring visitors, especially sportsmen from around the world who play or are interested in lacrosse, to Africa, to see the most beautiful places they have never seen (cont. TOURS, page 6)



PREPARING THE PLWC PEACE GAMES TEAMS

I am Ezequel Ceant,

I am a 2x All-Conference and Collegiate All-American lacrosse player, sports scientist, and MMA fighter from Vero Beach, Florida. I've dedicated my life to sports, not only as an athlete but also as someone who deeply understands the science behind peak performance. I'm thrilled to be a part of Tour Lacrosse Africa and the up and coming trip to Arusha, Tanzania Dec. 27-Jan. 5, as well as the after tour to the "East African Cities of Lacrosse." I am also excited about the PLWC and the up and coming Peace Games because I truly believe in the power of growing lacrosse across Africa. Having experienced the transformative impact sports can have on individuals and communities, especially my own, I'm excited to share my love for lacrosse (cont. TEAMS page 6)

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AFRICA COMMUNITY EDUCATION - (ACE) CELEBRATES LACROSSE TRAINING THIS FALL

ACE (African Community Education, is a 19 year old after school program serving the African refugee community in Worcester, Massachusetts. With over 30 countries represented in the ACE programs, the not for profit organization is a true jewel of Central Massachusetts, and a one of a kind effort in the US. Helping the vulnerable communities from Africa effectively acclimate well and learn how to live independently and securely in the US is at the center of the organization's mission. Thus, opening up the after school program to learn the sport of lacrosse, has become a great tool at ACE. On Tuesdays, from 3:30 - 4:30 pm in the fall, African students learn lacrosse game dynamics through competitions in volleycrosse, a PLWC training game which develops ball movement and game IQ, both needed for success in the sport. The ACE students are also being taught how to develop their stick skills, by participating in the World Wallball Series, which also allows the ACE students to compete with their African counterparts in both the World Wallball Contests and Championships. As a bonus, the ACE lacrosse kids are being invited to join area clinics and events and the program's youth players have been invited to also play with the Worcester-Auburn youth team this spring. The goal of the lacrosse program at ACE is to help bring African youth into the sport in a way that is both fun as well as opens up collegiate opportunities through the game of lacrosse. Contact: Info@ACEchildren.org

(...continued from Rukia, page 3)

The KSSSA lacrosse national games brought together a total of sixteen teams, eight for boys and eight girls. Four boys teams were advanced from these to play at the FEASSA Lacrosse Games in August in Kenya, playing against three boy's teams from Uganda. Of the seven boy's teams at FEASSA in 2025, Rukia's team finished fifth. Rukia was the only lady coach out of the 14 boy's and girl's teams at FEASSA. All other 13 teams including all the girl's teams, were coached by male coaches. Rukia has been accepted to Anna Maria College in Paxton, Massachusetts, and is awaiting her student Fr Visa as an NCAA college lacrosse recruit with the PLWC Scholarship program.



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(from ABELTO, page 3)

Finally, I started freelancing, taking on small projects to gain real-world experience. Each project, no matter how small, helped me learn how to work with clients, manage deadlines, and turn feedback into a great final product. This hands-on experience has been the most valuable part of my journey with the personal success of the PLWC logo transforming a hobby into a fulfilling career.

Yours Sincerely,
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(TOURS, continued from page

4)...in their lives since they were born. My expectations for Tour Lacrosse Africa have to do with helping the community through tours that especially serve the orphans, street children and mothers with small capital, to aspire for more by interacting with the broader world. As we



learn to serve, we change lives. So, through sports tours, I hope we can make a difference. There are many, especially mothers, without any healthcare, who can have their lives changed, if they get connected with people who can help in some way. I hope Tour Lacrosse Africa will help people connect in ways that matter. To join us here, contact: tourlacrosseafrica@gmail.com



(Cont. from TEAMS, page 4)..while helping players develop their skills and reach new levels. This initiative is about more than just expanding the game—it's about creating opportunities for African athletes to play lacrosse at the collegiate levels in the US and beyond, opening doors to new possibilities.

I'm committed to helping elevate this incredible sport in Africa and empowering athletes to achieve their dreams.

772-584-0716 is my phone number and my what's app and ezequelceanto@gmail.com is my email

if you might be interested in playing with me in the PLWC Peace Games in Arusha, or perhaps in taking an after games tour to one of the East African "Cities of Lacrosse" please feel free to reach out to me, so I can help you come.





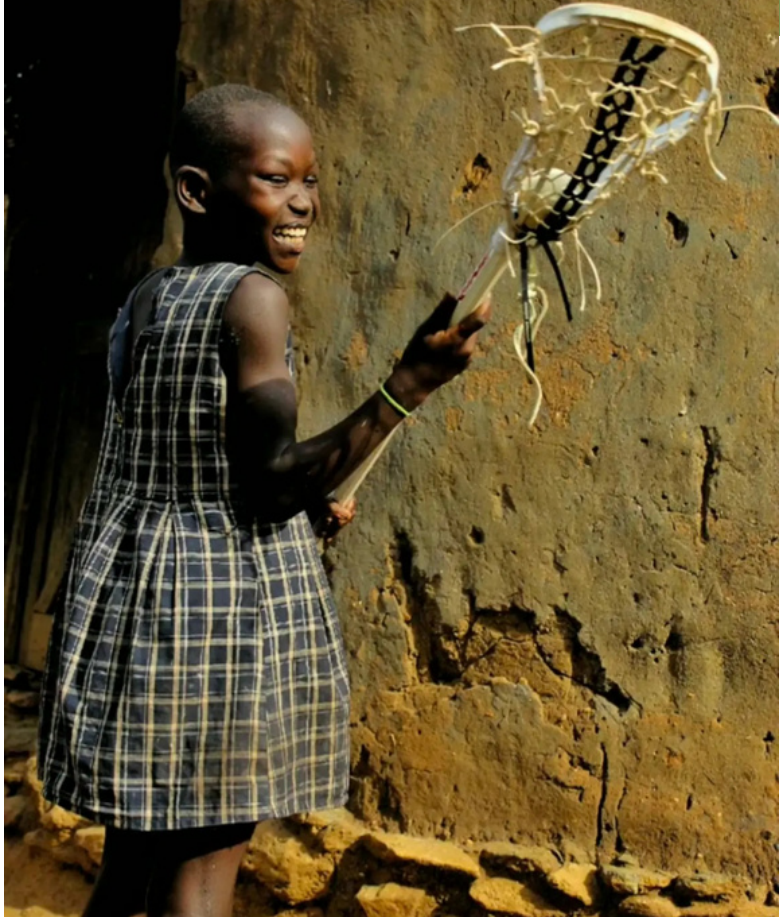
THE MINISTRIES OF LACROSSE

The Youth Lacrosse Academies in East Africa operate as ministries of lacrosse, serving as a vital community stabilizer and support facilitator, with ministry efforts that expand well beyond the playing field and players in the games. Managed by dedicated ministers of lacrosse, whose devotion keeps the youth academy going, East African youth lacrosse academies provide support and resources for their community as well as assistance to families in the areas of nutrition, education, health care and career development. Thus, as the kids play, the whole community celebrates their achievements as hope for the future is developed with every game.



HELPING CONNECT US TO EAST AFRICA'S YOUTH LACROSSE ACADEMIES

The East African Youth Lacrosse Academies, as ministries, with dedicated coaches, trainers, ministers and volunteers, each serving to help the academies grow, also offer a helpful liaison for people wanting to connect with the development of lacrosse in East Africa. Youth Lacrosse Academies provide a great opportunity to make a difference in the lives and futures of the children in East Africa, as well as in the future of the game of lacrosse itself. However, the abundance of needs in the East African countries can become overwhelming for people who would like to find simple ways to help the children. This is why the Youth Lacrosse Academies, and the PLWC, help build support around the common ground of training in the game of lacrosse. The strategy offers a stable opportunity for people to make a real difference in the lives of kids in the most vulnerable places in the world. Africa has the fastest growing youth population in world, which is why helping a youth lacrosse academy today.... PLWC.DL@GMAIL.COMmakes such a lasting difference



THE PICTURES PAINTING THE STORIES ON THE WALLS OF EAST AFRICA

Milton Aikobua is a dedicated photographic artist based in Uganda, whose work is driven by a profound belief in the power of documentation. Starting in the small town of Jinja in 2010, he honed his craft and used it to build a life, funding part of his university education facilitation through photography. In 2015, his path converged with the sport of lacrosse, where he identified a critical gap in visual storytelling. He dedicated himself to becoming the primary documentarian of the sport across Uganda. His most defining project emerged during the immense challenges of 2022: amidst a government lockdown (cont... MILTON, page 10)



THE 350TH NARAGANSETT POW WOW IN AUGUST REFLECTS HOW NATIVES ONCE PLAYED LACROSSE



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WHAT HAPPENS WHEN PEOPLE GIVE A STICK!

Kirk Upton and Laurel Hemmer may look on the surface like happy New Englanders, living the dream in Charlton Massachusetts, enjoying small town life as the dramatic colors of fall welcome both the opportunity to bake apple pies as well as enjoy Friday night high school football games under the lights. But they are now also a part of seed planters of the rising sport of lacrosse on the continent of Africa. They did so by gathering up their old lacrosse gear, and donating it to the PLWC equipment drive, which is



collecting gear to send to 36 youth lacrosse academies, all needing equipment, in the East African cities of Arusha and Dar Es Salaam in Tanzania, Nairobi and Mumias and their surrounding areas in Kenya, Tororo, Jinja, Mukono, Kampala, Masaka, Arua and Moyo in Uganda and Kigali in Rwanda. Each of these cities has at least three youth lacrosse academies, which is the minimal number of youth programs needed to conduct a local season of play. But to conduct a season, safely, these youth lacrosse academies need sticks and balls as well as uniforms and protective lacrosse gear for both boys and girls. Kirk was a coach with Worcester Academy's Men's lacrosse program, which is why he had some sets of old lacrosse gear that will now find a new life in East Africa. With the youngest populations in the world, East African leaders and trying to help kids learn the game of lacrosse, both to keep them out "dubious activities", as well as (Cont. GIVING page 11)



GRACIE'S FRUIT PERFECTION'S GREAT TASTE HELPS THE PLWC SCHOLARSHIP PROGRAM

100 % of the people who have tasted Gracie's Fruit Perfection have loved this new fresh fruit topping. Enhancing a variety of foods, such as breads, yogurt, ice cream and other fruits, with the best farm grown fruits available and no artificial processing, this all natural food solution has been taste tested at lacrosse

tail-gating events, as well as house parties, community gatherings, in restaurants and even at farmer's markets. The result is always the same - people love the great fresh fruit taste of Gracie's Fruit Perfection. But as a new international food company, Gracie's also hopes to add value in the world in other ways as well. The company has opted to develop an affiliate partnership strategy with community organizations and causes, allowing the cause or community group to sell Gracie's through an affiliate portal - where 15% of the revenues of the sales from orders on their portal, will then be directed to the community or affiliate group's account. Gracie's plans to open up its sales by introducing the PLWC Scholarship portal, as a first model affiliate, supporting the PLWC Endowment fund for Africa. P L W C . D L @ G M A I L . C O M

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Hello, my name is Kyakulaga Mohammed A.K.A Benjamin. (Evangelist), and I work with Christcomrades Ministry in Uganda. I have started the Apostolos Lacrosse Academy in Mukono City and would like to invite you to come to East Africa to help us share the gospel of Jesus Christ with the world, through the game and training of lacrosse. I was introduced to the game of lacrosse as a dancer and musician and so I would like to invite you to share the ministry of music and dance as we help the world worship God together through song, dance, and the wonderful game of lacrosse in Arusha and Mukono this coming December and January



My WhatsApp- +256707015178 -
and my email is:
kyakulagamohammed@gmail.c
om



(Continued from MILTON, page 8)
...and a period of violent presidential elections, Milton walked for 13,5 km across Kampala each day to photograph youth athletes participating in the World Wall Ball Challenge. His courageous effort provided a vital platform for these young players, showcasing their resilience and talent to a global audience and ensuring their stories were not silenced by circumstance. Milton's work goes beyond photography; it is an act of advocacy and preservation. If you have seen pictures from East Africa that seem to capture the "essence" of life as well as the magic of lacrosse, then you have likely been blessed by Milton's skill, combined with his insightful empathy, as he paints life with the "Walls of East Africa".
MillzShot Media

Location: Kampala, Uganda
Contact: WhatsApp: +256703161870
Email: miltonaiko@gmail.com
Website: (Recommended for future: www.millzshotmedia.com)

MONDAY, OCTOBER 13, 2025

11 AM-5 PM ET

NEWTON, MA

Join us to celebrate & uplift Indigenous peoples & voices on Indigenous Peoples Day in Newton, MA. All are welcome to this free, outdoor, family-friendly, Indigenous-led, volunteer-run event to enjoy great music, check out cultural dances & presentations, support local Indigenous vendors & non-profits, & eat delicious food. Rain or shine. We can't wait to see you there!

Bring lacrosse sticks to toss around!

Schedule of Events:

- 11:00 AM: Opening Ceremony
- 12:00-4:40 PM: Presentations, Speeches, Demonstrations, & Vendor Market
- 4:40-5:00 PM: Closing Ceremony
- <https://www.ipdnewton.org/celebration>



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(Cont. from GIVING.. page 9) offer them new opportunities in life. Donating lacrosse gear to the PLWC Equipment Drive is fairly easy. Individuals with extra lacrosse gear, uniforms or other accessories, can join Kirk and Laurel in helping to supply needed equipment to kids in East Africa now. Everything is needed from sticks and balls, to nets and goals, to goggles and uniforms as well as helmets, shoulder pads, gloves and elbow pads, as well as coaching tools and equipment bags. The PLWC will be sending a 20 ft. container out in October of 2025 to Dar Es Salaam to distribute to the 12 cities, as well as another in May of 2026 to support the development of lacrosse as a high school sport in East Africa. To help by either donating gear, or time or financial resources to support the charitable effort, contact the Peace Lacrosse the World Campaign's (PLWC's) - Equipment Drive by emailing plwc.dl@gmail.com, to let us know that you want to give a stick as well!



(Cont. GAMES pg 1) Alongside the men's African 7's exhibition games, the PLWC Peace Games will feature a Women's level in the NCAA 12 a side format which is not introduced to Africa, as international play operates in a modified men's 10 a side discipline. NCAA women's lacrosse however has the largest lacrosse associations in the world, making it vital to introduce to international women who want to pursue a future in the game. Four women's 12 a side exhibition teams are being organized with women players ages 16 and up from Uganda, Kenya, Tanzania and Rwanda as NORTH (Uganda), SOUTH (Tanzania), EAST (Kenya) and WEST (Rwanda) teams. International women who might like to come to play with the East Africans

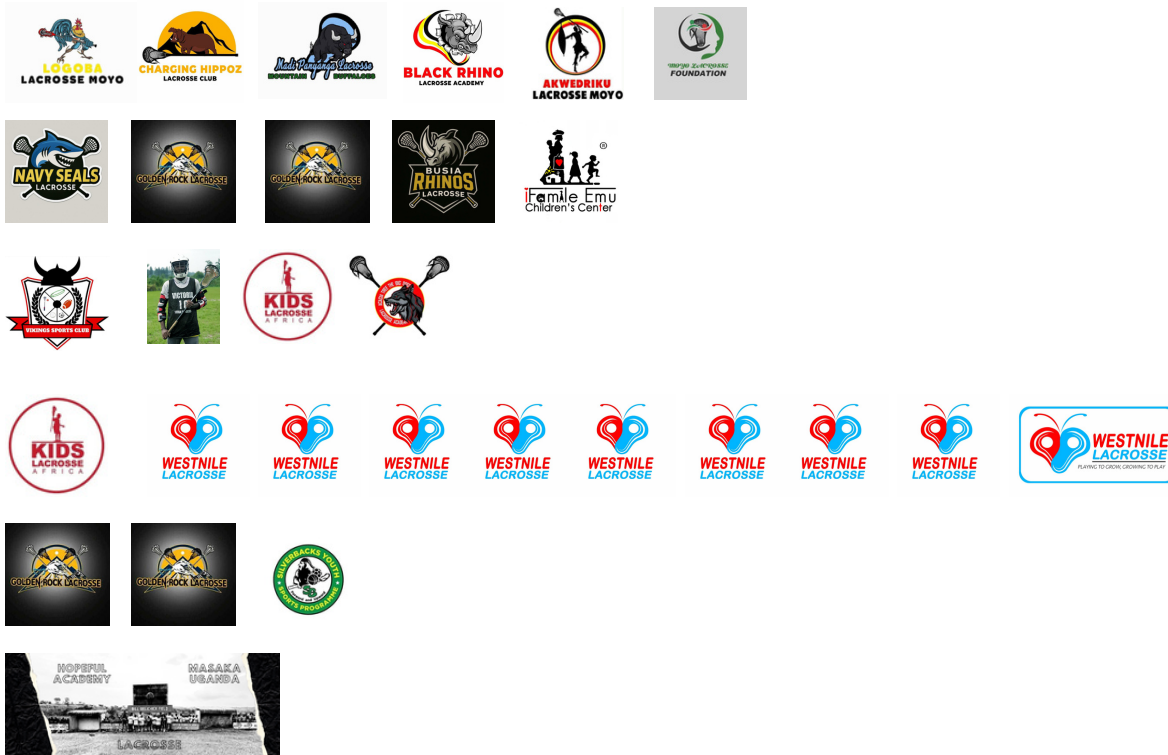
can join the NORTH team if they are from Europe, the SOUTH team if they are from Africa, the EAST team if they are from Asia and the WEST Team if they are from America. In this way, women from around the world can also have the opportunity to come to Africa to learn how to play lacrosse in America and pursue a collegiate lacrosse dream. The third kinds of contests will feature an Elite African Select level of talent - as the best U20 boys and girls players from East Africa are being invited to also play in the African 7's format, which might just be the best lacrosse discipline for featuring rising talent in the world. For any who might be interested in coming to the games, contact Tour Lacrosse Africa at: tourlacrosseafrica@gmail.com



EAST AFRICA'S YOUTH LACROSSE

ACADEMIES

UGANDA



KENYA



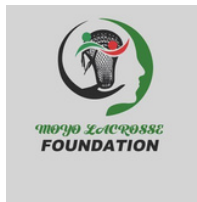
TANZANIA



RWANDA



UGANDA NORTH EAST



MOYO LACROSSE



**LOGOBA
KEEPERS**



**CHARGING
HIPPOS**



**MOUNTAIN
BUFFALOS**



**BLACK
RHINOS**



**AKWEDRIKU
LACROSSE MOYO
NORTHERN
ELVES**

UGANDA EAST



**NAVY
SEALS
TORORO**



**GOLDEN
ROCKS
DEER
TORORO**



**GOLDEN
ROCKS
ELEPHANTS
TORORO**



**BUSIA
RHINOS**



**IFAMILE
EMU DOVES
BUKEDEA**

UGANDA SOUTH EAST



**MUKONO
VIKINGS**



**CHRISTCOMRADES
APOSTOLOS
MUKONO**



**KIDS
LACROSSE
AFRICA
JINJA**



**ACADIA
TREE
BIG DOGS
JINJA**

UGANDA NORTH WEST



WEST NILE LACROSSE

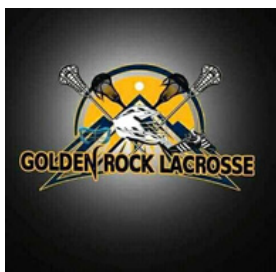


**KIDS
LACROSSE
AFRICA
ADJUMANI**

**WEST
NILE
ACADEMIES
ARUA
REGION
UGANDA**



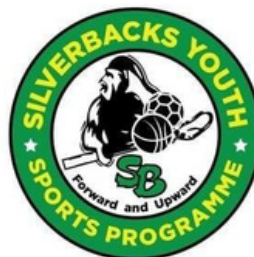
UGANDA WEST



**GOLDEN
ROCKS
LIONS
KAMPALA**



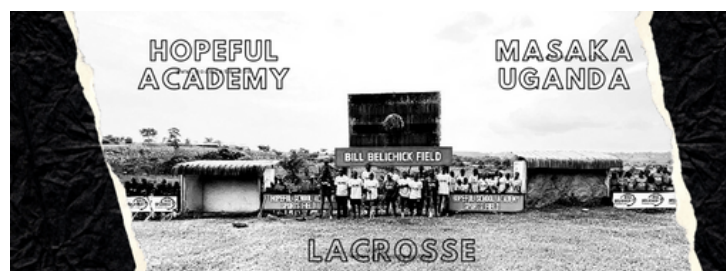
**GOLDEN
ROCKS
LEOPARDS
KAMPALA**



**SILVERBACKS
KAMPALA**

UGANDA SOUTH WEST

**HOPEFUL
ACADEMY
MASAKA**



KENYA

MUMIAS REGION



**FCA
MUMIAS**



**FCA
MAKUNDA**



**MASINDE
MULIRO
ACADEMY**



**SIGALAGALA
ACADEMY**



**ROCKSTARS
ACADEMY
MUMIAS**



**APEX
ACADEMY
MUMIAS**



**BUNGOMA
POLYTECHNIC**



**KIBABI
UNIVERSITY**

NAIROBI REGION



**MUKURU
QUEENS
NAIROBI**



**OUTLANDERS
ACADEMY
NAIROBI**



**BRIDGE
ACADEMY
NAIROBI**

RWANDA



**HOME
ACADEMY 1
KIGALI**



**HOME
ACADEMY 2
KIGALI**

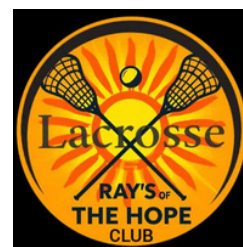


**HOME
ACADEMY 3
KIGALI**

TANZANIA



**ARUSHA
ACADEMY**



**RAYS OF
HOPE
ARUSHA**



**BAGAMOYO
SPARROWS**



**TEMEKE
SPARROWS
DAR ES
SALAAM**



**DODOMA
SPARROWS**



**TANGANYIKA
SPARROWS &
LOYOLA
QUEENS**

UGANDA YOUTH LACROSSE ACADEMIES

NORTH WEST REGION

1. WEST NILE LACROSSE
2. KIDS LACROSSE AFRICA - ADJUMANI

WEST REGION

3. GOLDEN ROCKS LIONS
4. GOLDEN ROCKS LEOPARDS
5. SILVERBACKS

SOUTH WEST REGION

6. HOPEFUL ACADEMY

NORTH EAST REGION

1. MOYO LACROSSE

EAST REGION

2. NAVY SEALS
3. GOLDEN ROCKS DEER & ELEPHANTS
4. BUSIA RHINOS
5. IFAMILE EMU CHILDREN'S MINISTRY

SOUTH EAST REGION

6. MUKONO VIKINGS
7. CHRISTCOMRADES APOSTOLOS
8. LUGAZI RHINOS
9. KIDS LACROSSE AFRICA - JINJA
10. ACACIA TREE BIG DOGS

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NEED HELP CONNECTING WITH A YOUTH
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KENYA YOUTH LACROSSE ACADEMIES

MUMIAS REGION

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- 2.FCA MAKUNDA ACADEMY
- 3.BUNGOMA POLYTECHNIC
- 4.KIBABII UNIVERSITY
- 5.SIGALAGALA POLYTECHNIC
- 6.MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY
- 7.APEX LACROSSE ACADEMY
- 8.ROCKSTARS ACADEMY

NAIROBI REGION

- 9.MUKURU QUEENS ACADEMY
- 10.OUTLANDERS LACROSSE
- 11.BRIDGE LACROSSE ACADEMY

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TANZANIA YOUTH LACROSSE

ACADEMIES

DAR ES SALAAM REGION

1. BAGOMOYA SPARROWS
2. TEMEKE SPARROWS (DAR ES SALAAM)
3. DODOMA SPARROWS
4. TANGANYIKA SPARROWS
5. LOYOLA QUEENS

ARUSHA REGION

1. ARUSHA ACADEMY
2. RAYS OF HOPE ACADEMY

TANZANIA SPARROWS LACROSSE ACADEMIES

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TOUR LACROSSE AFRICA

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TARGET MARKET: INTERNATIONAL TOURISTS

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RWANDA YOUTH LACROSSE

ACADEMIES

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1. HOME LACROSSE PROGRAMS

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PLWC NEWS - Peace Lacrosse the World Campaign

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Dear Reader,

September 22, 2025

We hope you have enjoyed the second edition of PLWC-NEWS and the stories that are emerging as lacrosse develops in East Africa and across the African Continent.

Our aim in this edition was to help you become familiar with many of the entrepreneurial leaders in both Africa as well as around the world who are contributing to helping make the world a better place, through efforts that help to develop peace, through the game of lacrosse.

The Peace Lacrosse the World Campaign, as a ministry of the Libby Mission, is both a charitable cause as well as voluntary collection of people, organizations, teams, clubs and ministries, developing peace in the world by supporting the efforts involved in developing lacrosse, specifically in Africa, but also around the world, through the support of the youth lacrosse training academies. The PLWC Scholarship fund is being developed specifically to help facilitate support for Africa through lacrosse.

East Africa, as well as the African continent as a whole, are important for game of lacrosse, as the game is trying to be more than just a North American dominated sport. However, we also want to honor the playing (and praying) roots that allowed for colonial and native communities to find common ground together through lacrosse, which is a growing need in the world today.

Thus, we want to highlight the up and coming “Indigenous People’s Day” celebration in Newton, Massachusetts on Monday, October 13th, from 11 AM to 5 PM, and to offer a special invitation for lacrosse enthusiasts, new and old, to get re-connected with the Native American roots of the game. We are especially inviting the new lacrosse communities developing with the Chinese youth community in Boston, the African Community Education after school programs (ACE) in Worcester, the various youth programs from the cities across Massachusetts, well as in the United States, and the aspiring Nipmuc youth who might want to also join in the game once again, to come to celebrate with the Nipmuc of Massachusetts, by bringing lacrosse sticks to throw around together at the Indigenous People’s Festival (which is being held at Albemarle field in Newton, Massachusetts).

The Peace Lacrosse the World Campaign, using lacrosse as a bridge to build connection and peace, at a time when so many things isolate and separate people, is developing a PLWC Scholarship program that is helping the youth in the vulnerable communities be included in not only the sport, but also in the dream that freedom can be achieved through peace, if we just learn the right game.

With the help of people willing to share their time, talents and treasures, peace lacrosse the world is possible, as we also make the world a better place for everyone. Please reach out to our email (plwc.dl@gmail.com) with any questions you might have or if you are looking for ways to make a difference by helping to bring Peace... lacrosse the world.