

Corporate Sports turns focus on preg. mothers

BY A. NASSER SSEMUGABI

KAMPALA. The third edition of the Corporate Sports Network kicks off with a series of football games at Legends Rugby Grounds in Lugogo Sunday. But the new season promises something special for pregnant women. Sunday Alex, a medical emergency physician at Case Hospital, said there will be two outings for pregnant women.

"Every Saturday we have sessions of safe workouts for pregnant women at our hospital. But because we are the CSN medical partners we pledge to dedicate two outings to those pregnant women who may have missed our workouts at the hospital and have them at our sports venues," Alex promised during the 2026 season launch at Hotel Africana on Monday.

Select physical exercises guided by a qualified fitness professional are essential to expectant mothers in reducing pregnancy stress, back pain, addressing gestational hypertension and easing delivery, among others benefits.

"On those particular outings, we will have separate tents where our professional will be conducting the exercises," Alex assured. Case will also do blood donation campaigns and testing for diabetes and other such conditions.

Like last season, 2026 teams will compete in football, netball, volleyball, basketball, woodball, athletics, swimming, tug of war, pool, darts, table tennis, and fun games. The events will be hosted at Luzira Prisons Grounds, Jeph International University, formerly Gems Cambridge School, Hotel Africana and Makerere University Business School.

Hotel Africana, the overall defending champions, will aim to retain their crown, against giants like Centenary Bank, Stanbic, among others.

Quality Chemicals will also be keen to retain their football title to prove that their 2025 victory was not by chance. New CSN chairman, Kennedy Mpanga, is glad that the entity has now grown to 40 members, and welcomed new teams: Petroleum Authority Uganda, Movit Products, Exim Bank, NCBA Bank, Judicial Service Commission, Pride Bank and Old Mutual Insurance.

Inspired by this year's theme: health, water and sanitation, CSN will take its corporate social responsibility drive to a community in Karagi, Mukono district in August.

Discipline nonnegotiable

Wherever there is competition so is the temptation to win at all costs. No CSN team is allowed to use a player who is active in elite sports unless



Beyond Sweat. Corporates compete in last year's Games in the sport of netball. PHOTO/MICHAEL KAKUMIRIZI

they have been retired for the past two years. But some teams gamble and register players who do not pass that eligibility test or players who do not belong to their respective organisations which causes arguments on match days. That is why CSN is strict on regulation. "We will continue to be very strict on matters of eligibility. We are going to do random visits to companies and to verify the documentation regarding their relationship with

respective companies," said Florence Kizito, the CSN in-charge for discipline. Companies are encouraged to share a list of permanent and non-permanent staff for verification because abrupt player verification will not be encouraged this season.

"We won't tolerate the use of mercenaries. And some teams may lose points for that." Similar penalties await teams whose players violate the standard code of conduct.