

# Mount Kenya



# University

*Unlocking Infinite Possibilities*

## OFFICE OF SPORTS, FILM AND CREATIVE ARTS

# SPORTS

The office deals with all matter's sports, more specifically teams that represent Mount Kenya University in different sporting activities be it competitive or recreational.

We have categorized sports games into two categories

# Sports

Outdoor games (ball games)

Indoor games (rackets, martial arts,  
board games among sports under  
indoor and recreational games)

# Available Sports

## Outdoor

- ❖ – Ball games
- ❖ Soccer Men/ Ladies
- ❖ Basketball Men/ Ladies
- ❖ Volleyball Men/ Ladies
- ❖ Handball Men/ ladies
- ❖ Hockey Men/ ladies
- ❖ Netball MEN/ ladies
- ❖ Rugby men/ Ladies
- ❖ 3 on 3 basketball Men/ ladies
- ❖ Beach Volleyball Men/ ladies

## Indoor games

- ❖ Tennis Men/Ladies
- ❖ Table tennis Men/Ladies
- ❖ Badminton Men/ Ladies
- ❖ Athletics Men/ Ladies
- ❖ Wood ball Men/ Ladies
- ❖ Karate Men/ Ladies
- ❖ Swimming Men/ Ladies
- ❖ Taekwondo Men/ Ladies
- ❖ Scrabble Men/ Ladies
- ❖ Chess Men/ Ladies
- ❖ Roll ball Men/ Ladies
- ❖ Darts Men/ Ladies
- ❖ Base ball 5 Men/ Ladies

# Mount **SPORTS TRAINING** University

- ❖ Training is free of charge, no one should be charged money for training
- ❖ Most of the teams have coaches , and the coaches are fully in charge of training schedules
- ❖ No player should be victimized in training , especially freshmen and women
- ❖ All teams have their own training grounds, though a few share
- ❖ - University gym is open to sports students for training under the guidance of the coaches.



# SPORTS COMPETITIONS

The University participates in :-

1. University sports competitions (KUSF)
2. National Federation leagues for the few selected teams
3. Federations Championships for the few select teams.

# SELECTION FOR TEAM PARTICIPATION

1. Selection to represent the University is free and fair.
2. The coaches have the express authority to select a team dwelling on once discipline and performance
3. Our players fight it all out to represent the budge of the University

# PARTICIPATION IN COMPETITIONS

- ✓ The University facilitates players to their competition's venues
- ✓ Transportation is by use of University availed vehicle or bus .
- ✓ A token of appreciation is given to players, to help them buy lunch , water and other meals incase of a night out.



# Mount Kenya University Sports

I WELCOME YOU ALL TO THE SPORTS FAMILY

DON'T WAIT TILL ITS LATE

DON'T SEAT ON YOUR TALENT

IT MATTERS NOT IF YOU HAVE NEVER PLAYED  
BEFORE

PRESENT YOURSELF TO YOUR FAVORITE SPORT AND  
WE SHALL MOULD YOU TO GREAT SPORTS PERSON.

# FILM, CREATIVE AND PERFORMING ARTS

This office in charge of

- Drama activities
- Music activities
- Dance activities
- Film activities
- Entertainment activities
- Brass band activities
- Arts designers and pencil artists creative's

# FILM, CREATIVE AND PERFORMING ARTS COMPETITIONS

- ❖ The University facilitates Drama and Music competitions under the Ministry of Education.
- ❖ The University facilitates training in preparation to the mentioned events
- ❖ The University facilitates brass instruments and training to the brass band group
- ❖ The office facilitates different entertainment activities in the university – graduation ceremony's , VIP welcome , name them

## **Finally**

We have all year round activate drama, dance and music (choir & instrumentation) groups that carry on with training and participation in many activities that engage them positively.

# Mount Kenya University

## SPORTS, FILM, CREATIVE AND PERFORMING ARTS

WELCOME TO MOUNT KENYA UNIVERSITY

FOR ANY FURTHER ASSISTANCE CALL ME

-WILLIAM LUTA

-ON

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