



# ESWATINI FOOTBALL ASSOCIATION

## NOVEMBER 2025 NEWSLETTER



### TOP NEWS

#### TRI-NATIONAL FRIENDLY GAMES

#### BUILD IT NATIONAL CHAMPIONSHIP 2025

#### EFA/PC SYSTEMS SCHOOL GIRLS' FOOTBALL DEVELOPMENT PROGRAMME

#### EFA ANNUAL PROGRESS & ACHIEVEMENTS WITH EFA GENERAL SECRETARY

#### REFEREES DEVELOPMENT ACROSS THE COUNTRY



#### OUR SPONSORS

**Pc Systems**  
Information Africa (Pty) Ltd. & Pc Systems  
Computer Sales, Repair, Maintenance, Supplies, Accessories, Consultancy & Training



**emlembe**  
Mountain Spring Water

**Build it**



# ESWATINI HOSTS SUCCESSFUL TRI-NATIONS MATCHES

The Eswatini Football Association (EFA) successfully hosted Tri-Nations matches on Saturday 22 to Sunday 23 November, welcoming Lesotho and Mozambique for competitive fixtures involving both the Senior Women's National Teams and the U20 Men's National Teams from the three participating nations. These matches were held from Saturday to Sunday, aimed at providing players valuable international exposure and preparation ahead of next year's official international competitions.



Saturday's action at Somhlolo National Stadium began with Sitsebe



SaMhlele playing to a 1-1 draw against Lesotho. After trailing at halftime, Sitsebe dominated the second half and deservedly found the equalizer in a tightly contested match.







Eswatini's U20 Men's National Team then faced Mozambique in an impressive display, winning 2-0 by scoring in both halves and controlling the match throughout. Later, they played their second game of the day against Lesotho. Despite a determined fight from Eswatini, Lesotho claimed a 2-0 victory

On Sunday, there was more action at the EFA Lobamba Technical Centre, where Sitsebe played against a fast and dominant Mozambican Senior Women's National Team. Although Eswatini created several chances and enjoyed more possession, Mozambique won the match 1-0.





# REFEREES DEVELOPMENT ACROSS THE COUNTRY

From 15 to 21 November, The EFA rolled out a series of refereeing development activities aimed at strengthening officiating standards across the country. The program began on 15 November with a Referees Assessors workshop held at Sigwaca House, aimed on improving the reporting skills of assessors to ensure accurate and constructive evaluations of referee performances.

On 16 November, during the FIFA international break, all elite referees assembled at Mavuso Sports Centre for their mandatory fitness test, an assessment designed to maintain high physical standards and ensure readiness for both domestic and international assignments. The week concluded with the referees basic Course hosted from 17 to 21 November at His Majesty's Correctional Services in Matsapha.



Led by instructor Mr Mbongeni Fakudze, the five-day program equipped inmates and correctional officers with foundational refereeing knowledge and techniques, supporting ongoing football activities within the correctional facilities while also broadening future opportunities for inmates once they complete their sentences. This initiative strengthens football development both inside and outside correctional environments and reflects FIFA's guiding message that "Football Unites The World", ensuring that the sport's impact reaches every member of society.





# NATIONAL TEAM REPLICAS AVAILABLE



**ALL SIZES**  
HOME/AWAY/ALTERNATIVE

**E 450  
EACH**

**AVAILABLE AT:** The Century Fashion (Mbabane)  
African Heritage (Matsapha)  
Mr. Matata (Moneni)



@EFA/official\_efa  

## Advertise here?

**GET THE EXPOSURE THROUGH  
THE OFFICIAL EFA NEWSLETTER**

**marcom@nfas.org.sz | +268 2404 6852**



# EFA UNDER 15 SCHOOL GIRLS FOOTBALL DEVELOPMENT PROGRAMME

A season of determination and growth reached its pinnacle on the 14<sup>th</sup> of November, as Ezulwini Catholic Primary School stood tall at Lobamba Technical Centre, officially crowned champions of the EFA U15 Schools Girls' Football Development Programme 2025.

The ceremony marked more than just silverware. It celebrated a transformative journey in grassroots

women's football, recognizing schools that have committed to building the sport from the ground up. Ms. Sibongile Skaggel, Head of Women's Football, praised the season as living proof that unity and resilience deliver triumphs. She thanked the EFA for establishing a clear development pathway that connects young players at U15 level all the way to the senior national team, Sitsebe SaMhleleazi.

	P	W	D	L	GF	GA	GD	Pts
1 Ezulwini Catholic P.S.	18	13	3	2	49	12	37	42
2 Lobamba National P.S.	18	11	4	3	34	12	22	37
3 Lobamba P.S.	18	11	2	5	27	22	5	35
4 John Wesley P.S.	18	10	3	5	38	19	19	31
5 Elangeni P.S.	18	7	3	8	32	23	9	24
6 SOS P.S.	18	7	2	9	26	28	-2	23
7 Roman P.S.	18	6	1	11	25	53	-28	19
8 Kobe P.S.	18	4	3	11	17	34	-17	15
9 Entuthukweni P.S.	18	4	3	11	12	31	-19	15
10 Sydney Williams P.S.	18	3	4	11	14	40	-26	12

League Log 2025.







Speaking on behalf of the champions, Head Teacher Mr. Mdluli expressed deep gratitude to the Eswatini Football Association while calling for sustained support from the Ministry of Education. His message highlighted the ongoing challenges schools face in nurturing young talent.



EFA Chief Executive Officer Mr. Frederick Mngomezulu congratulated every participant, coach, and school for navigating a demanding season.

He emphasized the programme's direct impact on national development, noting that it feeds into the U15 squad set to represent Eswatini at the CAF African Schools Championship in Cape Town this December. Mr. Mngomezulu reaffirmed the Association's commitment to expanding participation, enhancing training quality, and addressing equipment shortages through partnerships with government ministries.



# EFA/PC SYSTEMS SCHOOL GIRLS FOOTBALL DEVELOPMENT PROGRAMME 2025 CONCLUDES

On the 4<sup>th</sup> of November, Pc Systems, the official sponsor of the EFA/PC Systems U19 Schools Girls' Football Development Programme, awarded a total of E51,000 in cash prizes to the 17 participating schools following the successful conclusion of the 2025 inaugural edition under the partnership of the EFA and Pc Systems.



Ngwane Park High School emerged as the champions, receiving E6,000, the championship trophy, and 25 gold medals. Mjingo High School earned second place with E5,000 and 25 silver medals, while Lozitha High School

secured third place with E4,000 and 25 bronze medals. The remaining 14 schools were also recognized for their commitment and dedication, each receiving E2,000 as a token of appreciation.

The EFA Technical Director, Mr. Bhekisisa Mkhonta, expressed profound gratitude to the teachers who served as coaches, the players, and Pc Systems for their invaluable support.





Mr. Mandla Zulu, the sponsor's representative, praised the girl child for participating in this football development programme, as they are ambassadors of school football, and reaffirmed Pc Systems' dedication to youth development, gender equality, and fostering long-term partnerships.



	P	W	D	L	GF	GA	GD	PTS
1 Ngwane Park H.S.	16	14	0	2	60	13	47	42
2 Mjinga H.S.	16	12	3	1	46	11	35	39
3 Lozitha H.S.	16	12	2	2	64	14	50	38
4 St Mary's H.S.	16	10	3	3	80	17	63	33
5 Moyeni H.S.	16	10	2	4	33	17	16	32
6 Woodlands H.S.	16	9	2	5	33	22	11	29
7 Somnjaloze H.S.	16	9	1	6	29	15	14	28
8 Elangeni H.S.	16	8	0	8	34	30	4	24
9 Mbabane Central H.S.	16	7	3	6	24	28	-4	24
10 Swazi National H.S.	16	7	2	7	41	22	19	23
11 Lobamba Lomdala H.S.	16	5	4	7	30	41	-11	19
12 Lobamba National H.S.	16	5	2	9	28	34	-6	16
13 St Paul's H.S.	16	3	3	10	8	36	-28	11
14 John Wesley H.S.	16	3	1	12	11	75	-64	10
15 St Christopher's H.S.	16	2	2	12	10	47	-37	7
16 Kobe H.S.	16	2	1	13	8	93	-85	6
17 St Francis H.S.	16	1	3	12	9	33	-24	4

EFA General Secretary, Mr. Frederick Mngomezulu, emphasized how the programme reflects the inclusive spirit of football as a sport for everyone. He commended the collaboration between the schools, EFA, and Pc Systems, revealing that the top talent identified through the programme will represent Eswatini at the upcoming CAF African Schools Football Championships scheduled for December in Cape Town.



Mr. Mngomezulu challenged all stakeholders to pursue continuous improvement and wished the learners success in their academic examinations while encouraging excellence in both academics and football. “The Eswatini Football Association extends heartfelt congratulations to all participants and salutes Pc Systems for their visionary investment,” he concluded.



# EFA BASIC & INTERMEDIATE COACHING COURSE 2025



The Eswatini Football Association, through the Office of the Technical Director, officially launched the 2025 Basic and Intermediate Coaching Courses on 1 November. The programme, which will run until January 2026, is designed to strengthen the foundation of football

development in the country by equipping coaches with the essential knowledge and practical skills required in the modern game.

The Basic Course focuses on preparing fresh coaches for the realities of leading teams, teaching them how to develop players, plan training sessions, manage team dynamics and understand the broader responsibilities that define effective coaching. This continuous investment in coach education is critical, as the growth of the sport does not only rely on the players on the field but also on the quality of the coaches guiding them. Coaches influence performance, decision-making, discipline and long-term player development, making their role central to the success of any team.





Those who have completed the Basic Course are now advancing to the Intermediate stage, which offers a deeper and more advanced level of training, positioned just below the CAF License pathway. With the CAF License expected to be rolled out locally next year, as promised by the Technical Director, the timing of this programme ensures that more coaches will be eligible and adequately prepared to take that step when the opportunity arrives.



As football standards continue to evolve globally, the 2025 course also integrates important modern requirements such as Safeguarding training, now mandatory for all professional coaches and Anti-Doping education, which provides a clear understanding of prohibited substances, risks, and the consequences of violations. These components ensure that Eswatini's

coaches are not only technically capable but also professionally responsible and aligned with international best practices.



# EFA HOSTS MEDICAL WORKSHOP TO STRENGTHEN CLUB MEDICAL STANDARDS



The Eswatini Football Association (EFA), through its Medical Committee, hosted a full-day Medical Workshop on 16 November 2025 at Lobamba Technical Centre. The session brought together team doctors from the Premier League of Eswatini and the National First Division, focusing on strengthening medical standards within local football.





Despite the cold and rainy weather, team doctors showed remarkable commitment, attending in impressive numbers. The timing of the workshop aligned well with the FIFA international break, allowing medical personnel to dedicate their full attention to the training without match-day disruptions.



## Key Focus Areas of the Workshop

### 1. The Role of Team Doctors in Modern Football

*The EFA Medical Committee highlighted the crucial responsibilities team doctors hold in safeguarding player welfare and supporting high-performance environments. Doctors were briefed on what*

*is expected from them, both on and off the pitch, in ensuring players remain medically fit throughout the season.*

### 2. Training on the PCMA (Pre-Competition Medical Assessment) Form

*One of the main learning components of the workshop was a detailed session on the PCMA form, a mandatory document designed to capture and store essential medical information for every registered player.*

Doctors were trained on how to properly complete, update, and utilize the form, which plays a vital role in early detection of health risks and ensuring players meet the medical standards required for competition.

This workshop directly supports the broader goal of professionalizing football in Eswatini, a vision echoed in last

-month's newsletter message from the PLE CEO, who emphasized that raising club standards on and off the field is essential for the future success of the game. By empowering medical personnel with the right tools, knowledge, and expectations, the EFA is taking strategic steps toward elevating football administration and player welfare in the country.





**FOR ATHLETES  
FOR LEADERS  
FOR YOU**



**emlembe**  
Mountain Spring Water

*For Corporate orders & Partnerships:*

**2518 8893 | +268 7816 2366 | [sales@emlembe.co.sz](mailto:sales@emlembe.co.sz)**



# BUILD IT NATIONAL CHAMPIONSHIP 2025

On the 15<sup>TH</sup> of November, in a spectacular display of skill and determination, Manzini Build It clinched their first-ever national title with a commanding 4-1 victory that will be remembered as a defining moment in youth football.



On that memorable evening at Somhlolo National Stadium, Manzini Build It U13 Pick Team transformed years of near-misses into a moment of pure triumph. The young warriors dismantled Mbabane Build It U13 Pick Team with a performance that was nothing short of extraordinary, securing a resounding 4-1 victory in the finals.





The final match was more than just a game, it was a statement. Manzini's players demonstrated a maturity beyond their years, combining technical prowess with an unbreakable team spirit that left spectators in awe. Every pass, every tackle, and every goal spoke of a team that had prepared meticulously and believed unwaveringly in their potential.

The 2025 Build It U13 National Championship once again proved why it remains the premier platform for youth football development in Eswatini. With teams showcasing remarkable talent, the tournament highlighted the incredible depth of young footballing talent waiting to be discovered.



This championship is not just about winning; it's about nurturing the next generation of football stars who will one day represent Eswatini at the highest levels of the sport. It's about building character, discipline, and a love for the beautiful game. To every young player who stepped onto the field, to

every team that competed with passion, this is your moment. The journey to greatness continues, and today, Manzini Build It stands as a testament to what can be achieved through hard work, belief, and teamwork.





## **ACKNOWLEDGMENTS AND GRATITUDE**

**The Eswatini Football Association extends heartfelt thanks to:**

- **Build It, the title sponsor, for unwavering support**
- **Local retailers committed to grassroots development**
- **Suppliers**
- **Dedicated coaches and parents**
- **Media partners who amplify youth sports**

**For making this year's Build it under-13, yet another memorable one, from the stores tournaments to the National Championship.**



# EFA ANNUAL PROGRESS & ACHIEVEMENTS

FROM EFA GS MR. FREDERICK MNGOMEZULU



“As we reflect on the journey of Eswatini Football

Association (EFA), I am proud to share the progress and milestones we have achieved together. The development of women's football has been one of our most inspiring successes. Since the launch of the Women's Football Strategy (2022–2025), we have seen remarkable growth, from the appointment of a full-time operations officer to the

establishment of youth competitions in schools. Our women's teams senior, U20, U17, and U15, now compete regularly at COSAFA, CAF, and FIFA levels, while initiatives such as the Women in Football Leadership Programme and futsal for girls are helping us build both numbers and quality in the women's game.



Equally important has been the nurturing of young talent through the Build it U13 competitions, which have become a cornerstone for identifying and developing future stars. Exceptional players are integrated into the Talent Development Scheme and gradually progress into national teams, while plans are

underway to transform these tournaments into nationwide leagues to ensure consistent competition and growth. International exchange programs, such as our cooperation with the Durban Central Football Association, further strengthen the foundation for youth development and international exposure.



Education remains central to our vision. Through Build it's bursary programme, football is not only shaping players but also supporting their academic growth. This partnership

highlights our commitment to professionalism, intelligence, and preparing young athletes for life beyond the pitch.



At the senior level, recruitment for a new national team coach is already underway. Guided by transparency and merit, both local and international

candidates are being considered, with emphasis on qualifications, experience, and alignment with our long-term goals.

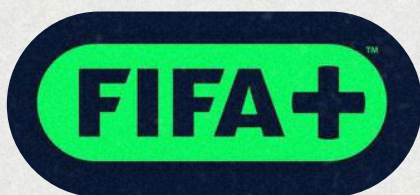
The past year has also been marked by significant achievements across the association. We successfully amended the EFA Statutes and hosted the elective General Assembly, ushering in a new Executive Committee. Our teams participated in all planned international competitions, while the return of Somhlolo National Stadium promises fiscal relief and improved preparations for future matches.





Cooperation agreements with Morocco have opened doors for technical and administrative exchange, and grassroots

programs from CAF and FIFA have been introduced in schools to strengthen player pathways. Referee and coach education initiatives, including the young referees development programme, are already bearing fruit, with a LiSwati referee set to officiate at AFCON 2025, a historic milestone for our nation.



Domestically, our Premier League matches are now broadcast globally on the FIFA+ Digital Platform, creating commercial opportunities and raising

the standards of local football. Women in Leadership programs and FIFA Club Professionalization initiatives are equipping our clubs with strategies for sustainable growth, while new development programs such as Football for Schools and the Talent Development Scheme are consolidating the foundations of grassroots and elite football.

These achievements are not the end but stepping stones toward greater ambitions. Our vision remains clear: to elevate Eswatini football at every level, grassroots, youth, women, and elite, while fostering professionalism, education, and international competitiveness. Together, we continue to build a stronger future for football in our nation.

”

---

THANK YOU



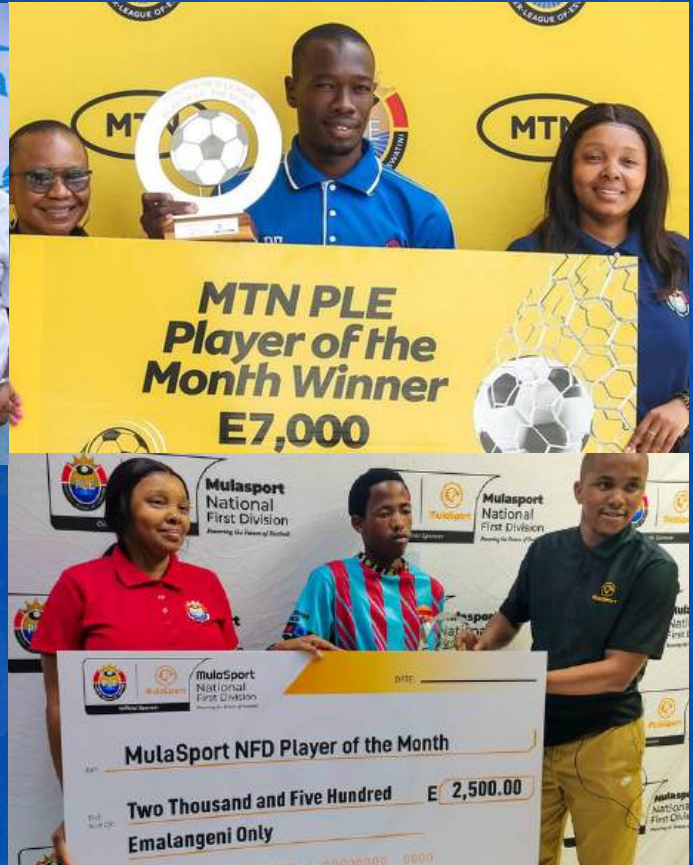
# OCTOBER PLAYER OF THE MONTH AWARDS SHINE ACROSS ALL DIVISIONS

The month of October produced standout performances across Eswatini football, with three exceptional players earning Player of the Month honours in their respective leagues.



Rangers F.C. striker Hleliso Gamedze was named the MTN Premier League Player of the Month after delivering an outstanding run of form, scoring five goals in the first five matches. His consistency in front of goal has also placed him at the top of the 2025/26 MTN PLE goal-scoring chart, reinforcing his status as one of the league's most influential attackers. Rangers F.C. lauded Gamedze for his dedication and drive, noting the inspiration he brings to his teammates and supporters.

In the National First Division, Red Rhinos FC midfielder Teboho Dlamini claimed the inaugural MulaSport Player of the Month award of the season. Chosen from a competitive shortlist, Dlamini was recognised for his strong midfield leadership and all-round



all-round contribution to his team's performances. PLE and MulaSport officials praised the initiative for its role in elevating and celebrating talent within the country's second tier. Meanwhile, in women's football, Young Buffaloes and Eswatini international Samukelisiwe Malinga was honoured as the Wanderville Women's Football League Player of the Month. Malinga delivered commanding defensive performances throughout October, contributing to two clean sheets in three matches and standing out as one of the league's most consistent performers.



# MOYENI SUPERSPORT CROWNED CHAMPIONS OF THE SOUTHERN TRADING MAFUTSENI PROMOTION LEAGUE 2024



Moyeni Supersport have been crowned champions of the Southern Trading Mafutseni Promotion League 2024, securing the title, gold medals, promotion to the Super League Division and a top prize of E11 000 at a colourful ceremony held at Likhaga House, headquarters of the Manzini Regional Football Association.

Runners-up Jubela received silver medals and E8 000, while Khamatfo took third place with bronze medals and E5 000. All fifteen participating clubs shared in the E50 000 sponsorship package provided by Southern Trading, ensuring every team benefited from the season's efforts.



Southern Trading Trade Marketing Manager Qinsile Maphanga praised the improved standard of play and urged continued support for Moyeni Supersport in the higher division. MRFA Chairman Vusie Hall and Mafutseni Promotion League Chairman Patrick Simelane both hailed the partnership as a beacon for regional football development.





**CAF**  
**AFRICA CUP  
OF NATIONS**  
**MOROCCO 25**



**STADIUMS**

**GROUP STAGE**

	SUNDAY 21 DEC	MONDAY 22 DEC	TUESDAY 23 DEC	WEDNESDAY 24 DEC	THURSDAY 25 DEC	FRIDAY 26 DEC	SATURDAY 27 DEC	SUNDAY 28 DEC	MONDAY 29 DEC	TUESDAY 30 DEC	WEDNESDAY 31 DEC
<b>COMPLEXE SPORTIF PRINCE MOULAY ABDELLAH</b> RABAT 1	1  MAR v COM				<b>REST DAY</b>	13  MAR v MLI			25  ZAM v MAR		
<b>COMPLEXE SPORTIF PRINCE HÉRITIER MOULAY EL HASSAN</b> RABAT 2				9  ALG v SDN				21  ALG v BFA			33  EQG v ALG
<b>STADE MOHAMMED V</b> CASABLANCA		2  MLI v ZAM		10  BFA v EQG		14  ZAM v COM		22  EQG v SDN	26  COM v MLI		34  SDN v BFA
<b>STADE EL BARID</b> RABAT 3			8  COD v BEN				18  UGA v TAN			32  BOT v COD	
<b>COMPLEXE SPORTIF DE FES</b> FES			5  NGA v TAN				17  NGA v TUN			29  UGA v NGA	
<b>STADE ANNEXE OLYMPIQUE COMPLEXE SPORTIF PRINCE MOULAY ABDELLAH</b> RABAT 4			6  TUN v UGA				20  BEN v BOT			30  TAN v TUN	
<b>GRAND STADE DE TANGER</b> TANGIER			7  SEN v BOT				19  SEN v COD			31  BEN v SEN	
<b>GRAND STADE DE MARRAKECH</b> MARRAKECH		4  RSA v ANG		11  CIV v MOZ		16  ANG v ZIM		23  CIV v CMR	28  ZIM v RSA		35  GAB v CIV
<b>GRAND STADE D'AGADIR</b> AGADIR		3  EGY v ZIM		12  CMR v GAB		15  EGY v RSA		24  GAB v MOZ	27  ANG v EGY		36  MOZ v CMR



THURSDAY 01 JAN	FRIDAY 2 JAN	ROUND OF 16				WEDNESDAY 7 JAN	THURSDAY 8 JAN	QUARTER-FINAL		SUNDAY 11 JAN	MONDAY 12 JAN	TUESDAY 13 JAN	SEMI-FINAL	THURSDAY 15 JAN	FRIDAY 16 JAN	3RD PLACE SATURDAY 17 JAN	FINAL SUNDAY 18 JAN
REST DAYS				38   2A v 2C									50   W47 v W46				
			39   1A v 3C/D/E					46   W40 v W39									
				40   2B v 2F												51   L49 v L50	
																	52   W49 v W50
REST DAYS																	
REST DAYS																	

GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F
MOROCCO (MAR)	EGYPT (EGY)	NIGERIA (NGA)	SENEGAL (SEN)	ALGERIA (ALG)	CÔTE D'IVOIRE (CIV)
MALI (MLI)	SOUTH AFRICA (RSA)	TUNISIA (TUN)	DR CONGO (COD)	BURKINA FASO (BFA)	CAMEROON (CMR)
ZAMBIA (ZAM)	ANGOLA (ANG)	UGANDA (UGA)	BENIN (BEN)	EQUATORIAL GUINEA (EQG)	GABON (GAB)
COMOROS (COM)	ZIMBABWE (ZIM)	TANZANIA (TAN)	BOTSWANA (BOT)	SUDAN (SDN)	MOZAMBIQUE (MOZ)

# MATCH SCHEDULE

21 DEC 2025 – 18 JAN 2026





CAF  
AFRICA CUP  
OF NATIONS  
MOROCCO 25



The EFA proudly congratulates  
**LETTICIA VIANA** on her selection as a  
Video Match Official for the  
**TOTAL ENERGIES AFCON 2025**, to be  
hosted in Morocco

@EFA/official\_efa







# 16 Days of Activism against Gender-Based Violence 2025



**UNITE TO END DIGITAL VIOLENCE  
AGAINST ALL WOMEN AND GIRLS**

LIVING THE FOOTBALL SPIRIT AND OUR PRIDE



[www.http://nfas.org.sz](http://nfas.org.sz)



**emlembe**  
Mountain Spring Water

@EFA/official\_efa



**All Sports**  
action - motivation - others

Plot 2857 Mabhala Road Thembelihle call (+268) 7605 9802, (+268) 7936 3244 [allsportseswatini@gmail.com](mailto:allsportseswatini@gmail.com)

**Let ALL SPORTS *Capture* your event professionally**

## Advertise here?

**GET THE EXPOSURE THROUGH  
THE OFFICIAL EFA NEWSLETTER**

**[marcom@nfas.org.sz](mailto:marcom@nfas.org.sz) | +268 2404 6852**





**THANK YOU FOR STAYING UPDATED WITH THE LATEST  
FROM THE ESWATINI FOOTBALL ASSOCIATION  
WE REMAIN COMMITTED TO THE DEVELOPMENT AND  
GROWTH OF FOOTBALL IN THE KINGDOM OF ESWATINI  
FROM GRASSROOTS TO THE GLOBAL STAGE**

**Until next time, Stay passionate, Stay proud, Stay Eswatini.**

---

*Follow us on our official platforms for daily updates, results, and stories  
behind the scenes.*

**@EFA/official\_efa**    
**[www.http://nfas.org.sz](http://nfas.org.sz)**

---

**+268 (2404 6852/62 | P.O BOX 641, Mbabane Eswatini,  
Sigwaca House H100**

