



GoodSport NEWS

S R I L A N K A O L Y M P I C W E E K L Y N E W S B U L L E T I N

SPORTS NEWS

Commonwealth and Asian Games 2022 – inside the perimeter

SWIMMERS IMPROVING

BUT THERE IS WORK TO BE DONE



Since the International Olympic Committee took the brave stance of going ahead with the 2020 Olympic Games even and year later with the Covid-19 pandemic at its height with very little counter measures or answers, the sports world has taken many progressive steps and the sports arena now looks as if it has reached the near normal or just normal status around the globe.

The 2022 Commonwealth Games and the 2022 Asian Games are two such iconic show pieces where the athletic lovers around the stratosphere would be glued to their televisions actively-

engaged in the action on show.

Remember there would be a selected few who would be watching the action live from the designated venues for each discipline.

Today GoodSport delves into the fortunes of swimming through the eyes of none other than Olympian Reshika Udugampola who took the Olympic dive in 2012 at the London Games.



However, the 2022 combination on show will take place in Birmingham from July 28, 2022 to August 8, 2022 and Hangzhou, Zhejiang, China from 10 to 25 September 2022.

GoodSport queried how the swimmers would cope with the pressures of facing two top most sports that is staged four years apart, but this time it so happens the two spectacles are almost one on top of the other.

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Olympian Reshika Udugampola observed "Let's go a little back in the timeline. Last year action was rather limited. Prior to that there were longer lockdowns compared t today.

"In a swimmers perspective or a swimmers world, you could put your 200% for four years and during that last hurdle if you come to a lockdown and when you have to take a month long break and after not been in touch in spite of having the dry training and ground work – I mean the actual swimming regime in the pool, all that work they feel that it had been taken away from them.

"They touch, they don't feel the water while swimming, it just slips through your hands.

"I At times have experienced the same sensation. When I take a couple weeks of, I lose touch. You don't have that rhythm. You lose that connectivity.

"Various athletes experience this in many ways. They have a lot of challenges when you get back to the pool after a while.

"There is also a thing called vizualisation. That has helped the athlete in the recent past. But, then again, all this work can be done but if you have not been getting that pool work done you are losing that touch. To get it back, it is not physical work you have align your approach.

"Imagine an athlete who does not have that rhythm and touch after doing all that initial spade work – imagine the pressure and feeling – not being able to what you have reached all that time. So, it's not just the physical work, but it is also aligning your mind and holding on to that focus.

"You must take a step back because you are not feeling that great, I am not saying that having two big competitions back-to-back. Leave alone two; preparing for one is a big challenge.

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• Mathew Abeysinghe, could he be the one?

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I know now the pools are opening up; giving the limited circumstances, however you are also risking yourself towards this virus; I mean the chances of contracting is higher and the athlete is taking that risk. But they are willing to do that work not because you have to concentrate on two competitions. These two are not just general international competitions; these two are some of the biggest on the globe. We are talking about the Commonwealth Games and the Asian Games.”

The youthful Olympian then added having two big competitions also could be good because there is not big gap between the two competitions. She was of the view that having two big games back-to-back you can retain your focus. You are focusing on one competition and then transforming that focus on to the other competition.

She said “We target a competition; we bring our concentration to the highest level and continue with it. Since this is back-to-back, the backroom crew – the coaches, trainers etc. ... they know how to prepare, they know how the technique works, I think even the athlete should be aware of these techniques. The athlete should know what works for him or she. Sometime what works for someone else may not work for you.

If you in the professional level of competing and you have been competing for a long time your body knows what it needs. That has to be communicated to your coach, in my perspective if given the situation and what is happening in the world now, I think it is very good there is a close gap between the two competitions, because the athlete would be able -

to sustain their focus during the two competitions. Only thing that is needed is holding onto your focus – it’s like meditation. Its competition taper it down and get back to the next competition.”

The GoodSport asked at that point, the pandemic is common to the entire world. So, the ups and downs are common to most of them. Then Udugampola reminisced “Yes, the challenges would be common to most, but swimming is an individual sport, you have a coach, you have a mentor and you have the other people who are involved in your progress. But, at the end of the day it is the athlete that has to figure out how they are going to face the challenges at hand. Because this work can be put in, but on the race day in that pool on that block its everything that you have trained and how you have absorbed it in your mind.”

GoodSport then asked as to why Sri Lanka especially during the big plunge has not done impressively. Udugampola in answer said “In my view, we are not quite there, but during my time we have moved pretty far. There are girls who are swimming under 1 minute in the 100metre free style, in my time we were close, but none were under 1 minute. Boys are reaching for that 47, 48secs region. Its great beat the 50s and be in the 40s.

Yet, we are a long way to go and lot of things to be accomplished. What we need here is improve the whole system has to be improved in unison.

“I see the hunger in the eyes of most of our swimmers. I work that they are putting in and how they are celebrating that whenever they reach their desired goal. I wish if at least one athlete could come on that block and do what it is expected. We have had swimmers like Conrad Francis, Andrew Abeysinghe, Deepika Chamugam and Julian Boling – yes, we have had them in the past and we still have Mathew Abeysinghe, Cherantha de Silva still performing well, while among the girls also there is quite a lot of female swimmers who are improving by the day. I personally want to see our swimmers excel during these two competitions.



Young Aniqah Gafoor already has Olympic exposure

CGF ANTI-DOPING TASKFORCE TO SPEARHEAD CLEAN SPORT APPROACH AT BIRMINGHAM 2022

The Commonwealth Games Federation (CGF) has unveiled its Anti-Doping Taskforce for Birmingham 2022 which has been put in place to promote clean sport and ensure a robust Anti-Doping programme is in place for the Games.

The new Taskforce builds on the High Integrity Anti-Doping Partnership that was put in place for Gold Coast 2018 utilising multi-stakeholder expertise to prioritise the rights of clean athletes and ensure a zero-tolerance approach to doping.

Testing and education recommendations and resources are set to be released by the Taskforce in the coming months to all Anti-Doping Organisations (ADOs) across the Commonwealth, which will help athletes arrive at the Games educated appropriately and tested. The Taskforce will be led by the CGF and UK Anti-Doping (UKAD), with UKAD acting as the secretariat.

It will be Co-Chaired by CGF Medical Advisor Dr Peter Harcourt and the Taskforce Manager from UKAD, Pat Hartley. The Birmingham 2022 Organising Committee will help support the Taskforce.

CGF President Dame Louise Martin said: "I am proud that we can today unveil the Anti-Doping Taskforce for Birmingham 2022.

Working with UKAD and Anti-Doping Organisations across the Commonwealth, our absolute commitment to clean sport at the Games could not be clearer.

The Taskforce will play a crucial role in protecting the rights of clean athletes and underpinning the CGF values of Humanity, Equality and Destiny."

CGF Medical Advisor and Taskforce Co-Chair Dr Peter Harcourt said: "The Anti-Doping Taskforce will play a critical role in ensuring that Birmingham 2022 is a showcase of world class clean sport. We are thankful for the support and expertise of the Taskforce members without whom this would not be possible.

The CGF is fully committed to the pursuit of fair play and it is vital that sports fans across the Commonwealth know that what they are witnessing on the field of play is honest, legitimate sport. Above all, we are there to support all clean athletes with a zero tolerance to doping so that they can compete fairly on the biggest stage and showcase the very best of Commonwealth Sport."

Taskforce Manager from UKAD Pat Hartley said: "UKAD is delighted to have been asked to lead the Commonwealth Games Anti-Doping Taskforce with the CGF, working to give public confidence in clean sport. This Taskforce will be vital in protecting the integrity of clean sport and ensuring all athletes can compete on a level playing field. We are looking forward to the buildup to a home Commonwealth Games and collaborating with Anti-Doping Organisations across the Commonwealth to ensure pre-Games testing programmes are meaningful and effective. In addition to the testing programmes, education will be a -

new addition and focus for the Taskforce, which will provide long-term benefits to the Commonwealth Games, beyond Birmingham 2022."

The CGF Anti-Doping Rules for the Birmingham 2022 Commonwealth Games are approved by World Anti-Doping Agency (WADA) and are WADA Code 2021 compliant.

Members

CGF – Dr Peter Harcourt (Co-Chair), Dr Andrew Pipe, Urvasi Naidoo, Dr Aya Nakitanda, Dr Chin Sim Teoh

UKAD – Pat Hartley (Co-Chair and Secretariat), Danny Ashworth, David Cox

Sport Integrity Australia (SIA) – Michael Harkins, Steve Wyatt

Canadian Centre for Ethics in Sport (CCES) – Natasha Danschinko, Sonya Aristone

Drug Free Sport New Zealand (DFSNZ) – Hayden Tapper, Lisa Walker

Anti-Doping Agency of Kenya (ADAK) – Sarah Shibusse, Martin Yauma

Caribbean Regional Anti-Doping Organisation (CARRADO) – Patrick Weleman, Sasha Sutherland

South African Institute for Drug-free Sport (SAIDS) – Fahmy Galant, Elske Schabort

Athletics Integrity Unit (AIU) – Nancy Sclavo, Raphael Roux

World Rugby – Clive Kennington, Ross Blake

SRI LANKA GOLF COMPLETES SECOND GOLF RANKING TOURNAMENT IN NUWARA ELIYA CHANAKA PERERA IMPRESSES.

Sri Lanka Golf with an eye to making a good impression at the forthcoming International Golf Tournaments has an elaborate programme in place which include Physical, Mental training in addition to on-course play.

The second Ranking Tournament held at Nuwara Eliya Golf Course between 22nd and 25th February 2022. Chanaka Perera had impressive rounds to come at the top. Vinod Kumar and Uchitha Akash followed with admirable scores.

The Challenging Nuwara Eliya Golf course did not have the Professional Golfers as they were participating in the Indian circuit.

Score Card here:

SLG Golf Ranking Tournament						
From 22nd To 25th February 2022						
Nuwara Eliya Golf Club						
SUMMARY						
	NAME	DAY 01	DAY 02	DAY 03	DAY 04	TOTAL
1	Chanaka Perera	73	67	74	71	285
2	Vinoth Kumar	74	77	77	76	304
3	Uchitha Akash	81	75	72	79	307
4	Chalitha Pushpika	75	82	74	79	310
5	P.D.S.U.Kumara	88	75	76	75	314
6	P.Hemantha	79	82	78	77	316
7	W.N.Waidyarthna	86	80	77	76	319
7T	Haroon Aslam	80	79	80	80	319
9	Sanathchandra	83	86	75	85	329
9T	R.M.S.Rupasingha	82	79	91	77	329
11	G.Dhanaranjan	86	86	83	78	333
12	P.A.Dimuthu	85	84	85	80	334
12T	K.G.J.B.Rathnayaka	87	84	80	83	334
12T	Januka Dilshan	84	86	79	85	334
15	Roshana Prasad	87	87	82	82	338
16	A.D.L.M.Ranasingha	88	87	84	81	340
17	P.G.C.S.Udara	87	95	81	79	342
17T	P.W.A.D.Pushpa kumara	86	85	86	85	342
19	H.G.C.P.Chathuranga	89	88	81	85	343
20	V.Saranraj	89	86	90	79	344
20T	A.K.G.S.Ajith Kumara	83	85	88	88	344
22	G.A.S.G.Premarathna	87	87	85	86	345
23	S.Anushan	90	86	88	83	347
23T	N.G.C.A.Ranasinghe	89	90	84	84	347
23T	R.Sureshan	84	93	85	85	347
26	M.Lidurshan	91	84	87	86	348
27	Sampath Kelum	88	89	86	87	350
27T	Dhananjan Bandara	84	92	87	87	350
29	S.D.T.K.Priyankara	91	84	85	91	351
30	Imran Nazeer	92	83	97	82	354
31	H.M.D.S.Bandara	87	90	89	94	360
31T	P.Kishanthan	94	86	84	96	360
33	A.G.P.M.Herath	93	92	90	87	362
34	H.P.Alokshana Weerasighe	92	87	89	95	363
35	M.K.A.P.Gunawardana	91	93	90	93	367
36	L.G.Thanuja Kalhara	98	99	88	89	374
37	Abdul Rahuman	103	94	95	87	379
38	H.Adithya Weerasighe	99	95	88	98	380
39	M.M.Thenuk Sathnidu	101	96	93	92	382
39T	J.H.S.Priyadarshana	92	93	97	100	382
41	H.Janeesh Sasmita	96	102	92	94	384
42	H.V.Kasun	93	97	91	105	386
43	M.L.Yehen Kethnula	105	104	97	95	401
44	K.J.C.P.Idunil	111	108	112	98	429
45	H.A.P.Nirwan Hettiarachchi	109	113	100	116	438
46	Dinumi Sanjana	123	119	117	118	477
47	R.D.C.Rajapaksha	87	88	NR		
48	K.G.A.U.Weerasingha	98	98	NR		