



# 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

## EDUCATION FOR CAREER ATHLETES AND TOMORROW'S REALITIES



Comprehension of your own value, the importance of being an athlete and how to convert your today's excellence to your career of tomorrow – a workshop to educate the athletes' multiple subjects as well as create opportunities to think about their post athletic-careers named 'Education for Career Athletes' was held at Hemasiri Fernando Auditorium at NOC Sri Lanka, yesterday. The National Olympic Committee in its line of activity are conducting multiple projects beyond sports such as education programmes, environmental activities, safe sport projects to keep the athletes at heart of the Olympic movement and make sure their safety.

During the session Programme Director of the National Olympic Committee of Sri Lanka Dr. B.L.H. Perera pointed out the importance inculcating the above and the understanding the five core Olympic values.

He said that without a proper grasp of the values above mentioned, an athlete would be incomplete and the chances of them achieving a commanding future in they may be at peril.

Former Olympian Reshika Udugampola who is also a member of the NOC SL Athletic Commission said that while comprehending core Olympic values it is very important to have a proper command of the English Language. She stressed upon the gathering of young athletes when you have a good command of the language you are in position to usurp thoughts and way the other competitors move about with their disciplines on and off the track.

At the same time the athletes would be in a better position to converse and build long-lasting bonds with co-athletes of other nations.

The Athletes' Commission of NOC Sri Lanka was established in 2018.

In the last two years, the Commission has successfully conducted a sequence of educational programmes on Nutrition, Olympic Values, Safe Sport and English Language for athletes.

In addition to that, the Commission assisted dry rations for 100 athletes during the lockdown due to the Covid-19 pandemic in Sri Lanka.

The Athletes' Commission was very keen in conducting a one-day workshop for the current athletes to educate multiple fields in sports to create an awareness under the auspices of Olympic Council of Asia.

Some of the retired athletes were involved to share their successes in their career during the programme.

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## Objectives

The key objective of the programme was to educate multiple topics which were inherent to the athletes in their retirement stage and guide them in their life after.

The objectives of the programme were to deliver lectures on the following subjects by erudite scholars.

The subjects were as follows:

- educate athletes on different topics to help them develop during and post-career;
- train athletes on how to succeed in life;
- raising awareness;
- athletes' engagement;
- create equal educational opportunities for athletes;
- give confidence to the athletes and their future careers.



As the legacy of the programme, the Commission guided them how to educate them in English and Information Technology as both of them are important in today's life for anyone.

The Commission would also conduct English classes for athletes.

The Olympic Education for Athletes will be a one-day workshop consisting of six sessions with multiple -

methods of delivery such as lectures, practical activities, retired athletes' experience - videos, awareness through posters, leaflets and Q and A. The target group was the active athletes and athletes who are about to retire from their athlete-career. All the national federations affiliated under the National Olympic Committee of Sri Lanka and the sports which are included in the Asian Games 2022 were informed about the programme and requested to nominate four athletes (two male, and two female).

Besides, the president of the National Olympic Committee Suresh Subramaniam, General Secretary NOC SL Maxwell de Silva and Treasurer NOC SL Gamini Jayasinghe were also present at the event.

At the conclusion of the meeting Buwaneka Gunatilleke a participating athlete at day's proceedings said "I really was not aware about many things like Harassment and safe sport I am really thankful to the NOC SL for providing this opportunity and I also thank that there should be more insightful events in the future".



# 03<sup>RD</sup> SPORT ADMINISTRATORS COURSE 2022



The 03<sup>rd</sup> Sport Administrators Course for 2022 was conducted successfully from the 24<sup>th</sup> -27<sup>th</sup> November 2022 at Olympic House, Colombo.

The programme was organized by the National Olympic Committee of Sri Lanka under the auspices of the Olympic Solidarity.

This programme was initiated in 1989 and up to now, approximately 2500 administrators have successfully taken part in the SAC programme.

The programme is based on five disciplines and they are listed below:

- The Olympic Background
- Values and Issues

- Management: Management Skills, Managing the Environment, Management of Resources, Management of Activities

- Developing Elite Athletes
- Olympic Games Selection and Mission.

Accordingly, this is curated to assist those who work in the Olympic and sport movement throughout the world.

The objective is to cover the common needs and skills of volunteer administrators or elected executives of an NOC or any sports organisation.

Eighteen participants representing various sports bodies successfully completed the four-day Olympics Solidarity Sport Administrators Course.

The course was conducted by a panel of distinguished educators, namely;

- Mr. B.L.H Perera, Academic Programme Director of NOC Sri Lanka,
- Ms. Oliviya Gamage - National Course Director,
- Rear Admiral Shemal Fernando and
- Mr. Gobinath Sivarajah - Provisional National Course Director.

# TRINBAGO 2023 LOGO REVEALED AT 250 DAYS TO GO TO THE GAMES



In just 250 days' time, the 7th Commonwealth Youth Games (CYG) will begin. The 7th edition of CYG will take place from 4th to 11th August 2023. The Games will be hosted across Trinidad and Tobago with a sport programme of Aquatics (Swimming), Athletics and Para Athletics, Cycling (Road and Track), Triathlon, FAST5 Netball, Rugby Sevens and Beach Volleyball.

To mark the occasion, the Trinbago 2023 Organising Committee has launched the official logo of the Games which is being hosted in Trinidad and Tobago. Bringing the Commonwealth Games Federation and Trinbago 2023 together, the logo features the Commonwealth Sport Celebration mark in Trinidad and Tobago colours alongside a thumbprint.

Symbolising how digital innovation and flexibility of use have become part of our daily lives through smart devices.

The logo also represents the twin island, Trinidad and Tobago, through its colours of blue for the water and sky around the islands; red for the vibrancy of youth; green for growth of the island's development; brown for fertility and yellow for the warmth and friendliness of the people on the islands.

CGF President, Dame Louise Martin DBE, said: "Today marks 250 days to go until the Trinidad and Tobago 2023 Commonwealth Youth Games. I am in awe of the hard work and development that has already been completed to ensure these Games are a fantastic success.

"As shown with the launch of this logo, Trinidad and Tobago are making excellent progress towards staging a fantastic competition and welcoming the Commonwealth to its shores. The logo represents everything that Trinidad and Tobago have to offer. From their friendliness to the positive influence that they have on the Commonwealth. I look forward to sharing the Youth Games experience with the islands very soon."

Diane Henderson of the Local Organising Committee (LOC) Chaired by Mr. Ephraim Serrette said: "Excitement is growing and the work is moving at an extremely fast pace. We are committed to working around the clock to ensure that the youths competing in the Games receive an experience of a lifetime."

# 18<sup>TH</sup> EDITION OF THE NOA OFF TO A START



National Olympic Committee of Sri Lanka's 18<sup>th</sup> Annual Proceedings of the National Olympic Academy (NOA) got off the ground at National Holiday Resort, Bandarawela and it will be held from 1<sup>st</sup> to 4<sup>th</sup> December 2022.

Evidently, Sri Lanka is at a crucial juncture today.

The character of the country will depict the character of its people.

As a responsible organization, NOC Sri Lanka with its academic wing NOA has decided to continue playing an accelerated role of responsive leadership to contribute to our culture, education, and sport.

To achieve this final aim: the character of the country, the NOA's -programme including its events contributes to providing exposure to 'Olympism' based culture.

NOA has diverted its' traditional track thinking presently and gaining momentum towards a forgotten or partially unprotected segment: Generation Alpha (born between 2010 and 2024).

This segment has and will be experiencing negative life alteration seriously to become the victims of Covid-19 and the economic crisis that we experience in Sri Lanka.

In Sri Lanka, they are a growing generation with very limited -

protection and concern from only a few institutes and organisations.

While the times affect us all, the impacts are greater when experienced in our formative years.

The age at which we're exposed to new technology or transformative event determines how embedded it will be in our psyche and lifestyle.

As the first generation to be entirely born in the 21<sup>st</sup> Century, the influences that shape them are different to previous generations.

To reach generation alpha realistically is to connect with primary school teachers.

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NOA of NOC Sri Lanka will embrace 1000 primary school teachers from different regions in Sri Lanka whose expectations are synchronised with the said objectives to enhance the efforts of protecting the alpha generation and their future filled with Olympism-based aspiration to make a positive outcome through this situation.

Introducing thenceforth the Olympism (and Olympic Values Education Programme) to implement the programmes in their respective school context or in a similar community.

NOA 2022 Proceeding is designed as a four-day residential programme held in Bandarawela, included of sessions, workshops, a field trip, a cultural exchange program and minor games, where a 30 selected unit from the targeted primary teacher community will be trained as trainers. Assisting the NOC Sri Lanka to propagate 'Olympism' through education and expand its functions within the Olympic Charter to reach the objectives of the Olympic Movement is the role of the NOA.

The objectives will follow to Promote 'Olympism' as a philosophy of life; Harmonious development of man; Enhance the knowledge and understating of Olympism and the Olympic Charter in all activities; Peace through sport; Universal; and non-discriminatory.

At present NOA – NOC Sri Lanka is recognized as the leader of the South Asian region and has supported a number of NOCs of the region to initiate and develop the concept of NOAs involving youth and children in Olympism-based educational initiatives. As a result of expanded connections seven participants from Pakistan (1), Maldives (4), and Nepal (2) will be joining this year's proceedings to join with local participants.

Previous NOAs have embraced approximately 1100 youth who participated locally and 90 regionally. Among them (each year) two participants (a male and a female) who contributed excellently to the proceedings by expressing an understanding of its philosophy and vision have got a chance to participate at the International Olympic -

Academy (IOA)'s Annual Proceedings for young participants organized by the International Olympic Academy in Ancient Olympia, Greece. NOA expects to continue the tradition where excellence is reflected through participants of this year's proceedings as well.

The NOA was initiated in Sri Lanka in 2001 by Mr. Hemasiri Fernando, the then President of NOC Sri Lanka. Since, NOC Sri Lanka has organised 17 NOA Annual Proceedings under the auspices of the International Olympic Committee.

The proceedings of the 18<sup>th</sup> edition (NOA 2022) are organised under the direction of;

- Mr. Suresh Subramaniam (President, NOC Sri Lanka),
- Mr. Maxwell de Silva (Secretary - General, NOC Sri Lanka),
- Mr. Chandana Liyanage (Director, NOA 2022), and
- Prof. B.L.H. Perera ( Academic Program Director, NOC Sri Lanka).

A team of eight dedicated volunteer scholars (invited by the NOC Sri Lanka) – Ms. Eranga C. Fernando, Mr. Pathum Weerakkody, Rv. Bro. Jayakanthan, Mr. Jude Amarasinghe, Mr. Lakna Waravita, Ms. Madhubashi Y.W. Fernando, Ms. Shalini Dissanayake, and Mr. Denzil Darling will contribute to conducting the programme onsite as Group Leaders.

Exposing the theme 'Olympism Towards Prospering the National Character', the opening ceremony of the proceedings was held on 1st December 2022 at National Holiday Resort, Bandarawela.



# “MY GENDER MY STRENGTH”

*All Women / Girls Table Tennis Coaching Camp in Colombo and Jaffna – 2022*

*All Women / Girls All Island {Unranked} Table Tennis Championship – 2022*



Under the “MY GENDER MY STRENGTH” for Women / Girls Development project by the International Table Tennis Federation (ITTF), TTASL conducted the project from 18<sup>th</sup> to 20<sup>th</sup> November 2022 in Colombo & Jaffna. The TTASL conducted the Coaching camp in Colombo on the 18<sup>th</sup> & 19<sup>th</sup> and in Jaffna on the 19<sup>th</sup> of November 2022. 155 players participated in the Coaching camps.

Following that, the “MY GENDER MY STRENGTH” All Women / Girls All Island {Unranked} Table Tennis Championship – 2022 was held on 19<sup>th</sup> & 20<sup>th</sup> November 2022 at the Central College – Jaffna. A total no. of 152 entries were received. Chief Guest, Mr. Mohammed Intikab Muthalib - the Area Manager of Raigam in Jaffna, distributed the main awards.

Highlights and summary of the tournament are as follows.

Evon Mayumi Weeraparakrama of Lyceum International School, Kurunegala won the most outstanding Player award and received one-year sponsorship offered by Sports Plus Sports Club, containing equipment packages and Clothes. She won Under 13, under 15, and Women’s Singles events.

Women’s Singles: Evon Mayumi Weeraparakrama of Lyceum International School, Kurunegala beat Nisadi Nimthara of Southlands College, Galle- 11/07, 00/11, 11/05

Under 19 Girls Singles: Upadya Chethani of Swarnapali Balika Maha Vidyalaya, Anuradhapura beat Kaveena Sivabalasuntharam of Vembadi Girls High School, Jaffna – 11/08, 11/07

Under 17 Girls Singles: Tishani Sathiadas of Methodist College, Colombo beat Kaveena Sivabalasuntharam of Vembadi Girls High School, Jaffna – 11/07, 11/08

Under 15 Girls Singles: Evon Mayumi Weeraparakrama of Lyceum International School, Kurunegala beat Senudi Patabendi of Girls ‘High School, Kandy – 11/06, 10/12, 11/07

Under 13 Girls Singles: Evon Mayumi Weeraparakrama of Lyceum International School, Kurunegala beat Lakithma Somachandra of Girls’ High School, Kandy – 11/05, 11/07

Under 11 Girls Singles: Nisadi Nimthara of Southlands College, Galle beat Ranumi Patabendi of Girls’ High School, Kandy – 06/11, 11/05, 11/09

Under 09 Girls Singles: Senuli Dihanasa Ranasinghe of Girls’ High School, Kandy beat Aveesha Kavindi Herath of St Anthony’s Girls College, Kandy – 10/12, 11/08, 14/12

Under 07 Girls Singles: Budara Hensanga Hikkaduwege of Southlands College, Galle beat Tashini Olivia of Mahamaya Girls College, Kandy – 11/06, 11/08

Arya – Raigam & SPORTSPUS sports club render their support in numerous ways to successfully execute the event.