



# 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

**NOC SL News**

*Sydney 2000 'Silver' is 20 years old now*



**A  
SCORE  
OF  
YEARS;  
STILL  
SUSANTHIKA  
STANDS  
AT HER  
WINNING POST**

A score of years ago, on 28 September the Lankan athletic juggernaut Susanthika Jayasinghe will turn another golden page in its history. It is her finishing third in the year 2000 summer Olympics in Sydney, Australia.

In the Women's 200 meters final she finished behind Marion Jones and Pauline Davis-Thompson to win the bronze medal and become Sri Lanka's first Olympic medallist since 1948 and the first Asian women to win a medal at that level.

Nonetheless the winner of the 'gold' Jones was questioned by the authorities about her involvement with steroids.

Yet, Jones continued competing denying any involvement. In 2006, she was also linked to a check-cashing scam that led to criminal charges against her now former gold winning sprinter and the then boyfriend Tim Montgomery.

In October 2007, with the pressure mounting, Marion Jones had a change of heart. She finally came clean in court. She admitted to lying to federal agents under oath about her steroids use before the 2000 Olympics.

She also admitted to the check-cashing scheme. She pleaded guilty to both charges and faced five years in prison.

Then when Jones was eventually shrouded in shame for banned substances, Susanthika was elevated to the 'silver' position.

Yet, Susanthika Jayasinghe feels that there is a void in recognition of her performance by the authorities. There have been tonnes of lip service, but, the real appreciation of her deeds to a person who cut a special niche in Lankan sport still looms.

She was born in a tiny hamlet in Kegalle in the Sabaragamuwa Province where no athlete of repute has been born, leave alone an Olympic Medallist.

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To add to that, one could say that she came from the true dust of the land because her parents knew what land and soil was.

Now Susanthika's quest has become to travel back to the School in Udumwaka, Kegalle and salute her alma mater where it all begun - the run in her school yard which really never ended.

"It is really twenty years since I stole the glitter of all the stars in the Lankan skies by winning my Olympic Medal. Now I am looking for some benevolent entrepreneur or the government in making a significant contribution to the school so that the school would also be put on the map even after twenty years."

She says she has spoken to many people of high profile, and is hoping that she would get reciprocation on time.

A disappointed Susanthika added "What I am trying to do is not to resurrect my past glory. But, I am simply trying to add value to the second Olympic medal won by an athlete in this country. I feel the present athletes are at crossroads. What they are trying to assimilate is that if an Olympic medallist is pushed to just pyrrhic value.

"There was a time that athletic was working like a well oiled machine churning at its best with the competition at its highest in the history of Lankan female athletics, but, sadly though we gloat over small achievements, none of the men or women have been able attain Asian standards for more two decades. So, what I feel is that there is something amiss in this old Mother Hubbard's cupboard. What need is a quantum change - change in how get about our daily affairs and how we add value what is all ready done."

Susanthika further queried why the authorities could not make full use what she could offer rather than bestowing glorified pebble crowns.

Meanwhile she keeps a close tab on the athletic development in the country despite Covid-19 setbacks and its seeming aftermath.

She said "Generally the very senior athletes who already have got into a certain regime; they are capable of looking after their physical well-being. However, my concern is on the majority of athletes who do have the potential but still has not peaked enough to be with the tricks of the trade. There is where the where the Crysbro - NOC SL Youth Development comes to light.



*« It is really twenty years since I stole the glitter of all the stars in the Lankan skies by winning my Olympic Medal. Now I am looking for some benevolent entrepreneur or the government in making a significant contribution to the school so that the school would also be put on the map even after twenty years. »*

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“Exercise means the vital parts of your body – your stomach, hips and spine, legs and arms in shape. Though this is applicable to everyone, it is a must that athletes keep these aspects tightly in control. The timeframe of the regime could be around 45minutes non-stop.

She explained an athlete would be familiar with these exercises – especially the ones to the stomach, spine, arms and legs. For the arms they could indulge in some strengthening exercises, every other day. Then they also could be involved in some short sprinting even in their backyards; because it helps a lot. According Susanthika the athletes could be engaged jogging or jumping or both according to the space available-

maybe twenty metres if possible.

The former Olympic silver medalist explained “Once the programme gets underway as the chairman of the selection committee of the programme she would be glad to put my expertise to good use”.



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Heart to Heart, @Future

**19TH ASIAN GAMES HANGZHOU 2022**

***2 Years to Go***

Hangzhou China  
2022.9.10-9.25



The 2022 Asian Games, also known as XIX Asiad, will be a multi-sport event celebrated in Hangzhou, Zhejiang, China from 10 to 25 September 2022.

# Naomi Osaka comes back, beats Azarenka for 2<sup>nd</sup> US Open title

After one errant forehand in the first set of the U.S. Open final, Naomi Osaka looked at her coach in the mostly empty Arthur Ashe Stadium stands with palms up, as if to say, "What the heck is happening?"

In response to another wayward forehand against Victoria Azarenka seconds later, Osaka chucked her racket. It spun a bit and rattled against the court.

Surprisingly off-kilter in the early going Saturday, Osaka kept missing shots and digging herself a deficit.

Until, suddenly, she lifted her game, and Azarenka couldn't sustain her start. By the end, Osaka pulled away to a 1-6, 6-3, 6-3 victory for her second U.S. Open championship and third Grand Slam title overall.

"For me, I just thought," said Osaka, who trailed by a set and a break, "it would be very embarrassing to lose this in an under an hour."

This, then, is what she told herself with a white towel draped over her head at a changeover when things looked bleakest: "I just have to try as hard as I can and stop having a really bad attitude."

It worked. A quarter-century had passed since a woman who lost the first set of a U.S. Open final wound up winning: In 1994, Arantxa Sanchez Vicario did it against Steffi Graf.

"I wasn't really thinking about winning. I was just thinking about competing," Osaka said. "Somehow, I ended up with the trophy."

Osaka is a 22-year-old who was born in Japan to a Japanese mother and Haitian father; the family moved to the U.S. when she was 3.

Osaka, now based in California, arrived for the U.S. Open intent on claiming the championship, to be sure, but with another goal in mind, as well: continuing to be a voice for change by calling attention to racial injustice.

She showed up for Saturday's match wearing a mask with the name of Tamir Rice, a Black 12-year-old boy killed by police in Ohio in 2014.

That was the seventh mask she'd used during the tournament, after honouring other Black victims of violence: Breonna Taylor, Elijah McClain, Trayvon Martin, Ahmaud Arbery, George Floyd and Philando Castile.

"The point," Osaka explained, "is to make people start talking."

Last month, Osaka refused to compete after the police shooting of a Black man, Jacob Blake, in Wisconsin — she said she would withdraw from her semi-final at the Western and Southern Open, although decided to play after the tournament took a full day off in solidarity.

Osaka and her coach, Wim Fissette — who used to work with Azarenka — have said they think the off-court activism has helped her energy and mindset in matches.

"I wanted," Osaka said, "more people to (see) more names."

So perhaps it was no coincidence that this win over Azarenka, a 31-year-old from Belarus also seeking a third Grand Slam title but first in 7½ years, made Osaka 11-0 since tennis resumed after its hiatus because of the COVID-19 outbreak.

Osaka added to her triumphs at the 2018 U.S. Open — earned with a brilliant performance in a memorably chaotic and controversial final against Serena Williams — and 2019 Australian Open.

euronews



# New IOC guide to make sustainability “business as usual”

A new guide by the International Olympic Committee (IOC) will help make sports organisations and their events more sustainable, addressing issues such as climate change and biodiversity loss, economic inequality and social injustice.

The guidelines – called “Sustainability Management in Sports” – will help National Olympic Committees (NOCs) and International Federations (IFs) integrate sustainability into their operations and events.

Part of the IOC’s “Sustainability Essentials” series, the guidelines respond to the recommendations of Olympic Agenda 2020 – the strategic roadmap for the future of the Olympic Movement – which pledges to develop common methodologies and tools to help embed sustainability across all Olympic Movement operations.

“The global sports community has both a responsibility and opportunity to leave the world in better shape for future generations,” says IOC Director for Corporate and Sustainable Development, Marie Sallois. “We hope this guide will help sports organisations around the world take united and decisive action on sustainability.”

The guide builds on the work done to date by the Olympic Movement stakeholders across the social, economic and environmental spheres, and advocates for a shift from managing issues on an ad hoc basis to the adoption of a more “systematic” approach.

Integrating sustainability into an organisation’s core strategy should, according to the guide, have a positive impact on the balance sheet too.

The guide notes that sustainable sports organisations tend to attract more sponsorship revenue, enjoy more supporter trust and have more motivated staff.

The guide sets a logical pathway to enhanced sustainability within organisations, focusing on governance, engagement and transparency, while retaining flexibility for local circumstances such as culture, geography, and legal or economic contexts.

It begins by setting out the fundamentals of a sustainability process, including securing the support and buy-in of top management, taking into account the specific contextual environment, and understanding how sustainability -

can support an organisation’s core business.

The guide then outlines a four-step process for setting priorities, delivering sustainability, and reviewing and reporting progress. Seeking senior leadership buy-in, inviting high-profile speakers, forging partnerships with civil society and engaging with critics are all actions recommended by the guide.

“A genuine approach to sustainability goes beyond ad hoc projects and support for good causes,” says Sallois. “Sustainability needs to become “business as usual” for any sports organisation, confirmed by solid commitment from leadership at the highest level.

This means leaders need to go beyond simply delegating roles and responsibilities – they need to lead by example.”

