



# 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 NEWS**

*NOC Sri Lanka makes sure of an eight strong contingent to Tokyo 2020*



## Karlsson and Gehani top the list

**N**OC Sri Lanka will be sending an eight-strong contingent of athletes for this year's summer Olympics – 2020 in Tokyo, Japan. Besides the athletes there would be another 15 personnel that includes Coaches, Managers, Masseurs, and Admin officials making it a maximum of 15 to Tokyo 2020.

This is a direct result of NOC SL's good Relationship with the International Olympic Committee.

Topping list will be equestrian Mathilda Karlsson who bought a direct ticket for the Games on the weight of her legal battle which she won after she was downgraded on a technical point by the authorities.

Gymnast - Milka Gehani - for the first time in the history of NOC Sri Lanka, the country managed to get a slot in Olympics which some of the other sports which have being there for a long time could not achieve.

Milka Gehani de Silva topped the Asian Continental Quota ahead of India's Pranati Nayak.

A student at Piliyandala Somaweera Chandrasiri Vidyalaya, Gehani and shifted to Methodist College Colombo-3 in the latter stages.

Milka's then received training in Japan which was given under IOC/Olympic Solidarity (OS) /NOC Scholarship programme.

There as a result of the superior standards in the training centre and her ability to grasp them, Milka managed to achieve this feat.

She has represented Sri Lanka at several international competitions, and so far, proved she is the best in the business in local circles.

She was Sri Lanka's Junior National Champion from 2011 (when she was only 8-years-old) to 2014, then finished 6th in the Junior Commonwealth Games in 2016.

She was National Champion in 2017 and 2018.

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She then finished within the top 8 at the Asian Championship in Indonesia in 2018, becoming the first Sri Lankan to achieve the feat.

She also represented Sri Lanka at the Youth Olympic Games 2018, setting an Area record.

Another slot has been taken by Shooter Tehani Egodawela - OS/IOC confirmed that a slot being allocated for her and NOC in consultation with President of Shooting Federation confirmed the acceptance of this slot thereby making sure we have a slot for Shooting.

Tehani who is attached to the Sri Lanka Navy, was a former student at Good Sheppard's Convent, Nayakakanda.

Most likely there would be two slots allocated for swimming too. It would go to one male swimmer and one female swimmer.

The most likely to fill this slot would be Mathew Abeysinghe Sri Lanka's most decorated swimmer and Ms. Aniquh Gaffoor the female swimmer.

So far no one is qualified for Tokyo and in any case, it is most likely the two slots will be allocated to NOC Sri Lanka by IOC.

Apart from the above, it is likely that two more universality places afforded to Sri Lanka either in Athletics/Judo/Wrestling/ Badminton or weightlifting thus making our team contingent to eight athletes which includes Mathilda Karlsson who was the first athlete to get direct qualified for Tokyo which is a landmark achievement for the Equestrian Sport in Sri Lanka.

*Learning about the mechanism of the Olympic Day*

## Discovering the Olympic Day the three pillars

**O**lympic Day is much more than just a sports event; it is a day for the world to get active, learn about Olympic values and discover new sports. Based on the three pillars move, learn and discover, National Olympic Committees are organising sports, cultural and educational activities throughout the world.

Some countries have incorporated the event into the school curriculum and, in recent years, many NOCs have added concerts and exhibitions to the celebration. Recent NOC activities have included meetings for children and young people with top athletes and Olympians, and the development of new websites directing people to programmes in their neighbourhood.

This makes it easier to reach a wider audience to take part in Olympic Day activities.

### Encouraging people

Encourage people to get active on Olympic Day. "Move" can refer to all sorts of physical activity for people of all ages and abilities. Look at the World Health Organisation (WHO) recommendations for more details on physical activity for different age groups.

### The Olympic Day Run

The Olympic Day Run can be considered as the core of activity of Olympic Day. It is also a manageable and cost-effective way to hold a mass participation event at grassroots level nationwide.

In order to maximise the impact of the Run and avoid it being just another run - as there are so many in the world - the Olympic Day Run needs to have a strong implementation of the Olympic Day logos.

### Move beyond the Olympic Day Run

In addition to the Olympic Day Run, fun activities can be organised to get people out and active.

How about a tug-of-war competition, a beach volleyball match, a cycling race or even a tango class? People can also be encouraged to undertake some simple actions to be more physically active on Olympic Day: for example, to walk rather than take the car or to use the stairs rather than the lift.

Every bit counts! Physical inactivity is one of the leading risk factors for global mortality and has many implications for the prevalence of non-communicable diseases (such as diabetes, cardiovascular problems, cancers, etc.) and the general health of the population worldwide.

### Use the Olympic Day logo!

Use the Olympic Day logo on your promotional material such as posters, banners and t-shirts. Other assets such as IOC messages, e.g. the President's message, the participation diploma, etc., should be used as much as possible too.

### Check out the Online Resources

Are you looking for inspiration? Have a glimpse at our Case studies.

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**Learn**

Educate and learn about the role of sport in society and the Olympic values! Olympic Day is a great opportunity to look at the contribution of sport to global social issues that can affect your community, such as education, health promotion, HIV prevention, women's and girls' empowerment, environmental protection, peace building and local community development. Being a responsible citizen is also part of the philosophy of Olympism!

Look at the promotion of Olympism in society advices and sustainability page for more details. Are you looking for inspiration?

Olympic values activities can also be organised on Olympic Day. Teach people about the values of excellence, respect and friendship and how they can be applied on and off the field of play.

NOCs can also offer programmes likely to interest teachers and educators who can then take them into their classrooms to reach children and adolescents.

The Olympic Values Educational Programme (OVEP) can help create an environment that promotes the Olympic Values through learner-centric activities which are: fun, creative, physical, relevant and stimulating.

These individual and team-oriented activities help to instil positive behaviour and resilience in young people to help them face and overcome challenges in their local and cultural contexts.

**Olympic values**

Here, Excellence, Respect and Friendship Striving for Excellence Stands for giving our best, on the -

field of play or in the professional arena.

It is not only about winning, but also about participating, making progress towards personal goals, striving to be and to do our best in our daily lives and benefiting from the healthy combination of a strong body, mind and will.

**Demonstrating Respect**

This value incorporates respect for oneself, for one's body, for others, for the rules and regulations, and for sport and the environment. Related to sport, respect stands for fair play and for the fight against doping and any unethical behaviour.

**Celebrating Friendship**

This encourages us to consider sport as a tool for mutual understanding among individuals and people from around the world. Olympism inspire humanity to overcome political, economic, gender, racial and religious differences and forge friendships in spite of those differences.

**Discover**

Discover is all about people trying new sports and activities they have never done before. There are many ways to do this. You could invite Olympians to do a demonstration of their sport or a workshop in which participants can try the sport under the Olympian's guidance.

You could work with local clubs and their members to showcase their sport and allow the general public to try it under their guidance.

Olympic Day is an opportunity for everyone to benefit from the experience of sports coaches and supervisors, meet high-level athletes, even active or retired Olympic champions, and to learn about, and try, their sports.

**Tips**

As organisers of the yearly "Olympic Week" in Lausanne, Switzerland, which gathers 3,000 children over 5 days, The Olympic Museum has extensive experience in organising multi-sports try-out events coupled with a cultural and educational approach.

This is done in collaboration with local sports clubs and with the help of volunteers. This know-how is shared in the activity sheets on RELAY. You will also find a checklist with practical information on all that needs to be done (and when) to organise such events.



## Strong commitment by six South Asian nations for the success of 2020 Olympics

Six National Olympic Committees (NOCs) have pledged to the IOC and Tokyo 2020 that their delegations will arrive in Japan for the Olympic Games Tokyo 2020 fully vaccinated. These pledges came from the NOCs of Bangladesh, India, Maldives, Nepal, Pakistan and Sri Lanka all of which are currently on the list of countries and regions subject to the strongest entry restrictions for Japan.

All of these NOCs have also confirmed to the IOC and Tokyo 2020 that they will conduct additional testing of their delegation members prior to departure, over and above the requirements of the Playbooks.

This commitment is very warmly welcomed by the IOC, as it represents yet another commitment and a strong signal from stakeholders within the Olympic community that everyone is doing their utmost to ensure the Games will be safe for everyone participating and for the Japanese people.

From the outset, the IOC has been working hand-in-hand with NOCs to encourage and assist their athletes, officials and stakeholders to get vaccinated in their home countries, in line with national immunisation guidelines, before heading to Japan.

Making its pledge, the Bangladesh Olympic Association said it wanted to make clear its ongoing commitment and contribution to the safe conduct of the Tokyo 2020 Olympic and Paralympic Games.

In reference to the pledge, the Indian Olympic Association said it “does not want to leave any stone unturned” and “supports the IOC and the Tokyo 2020 Organising Committee in every possible manner and aspect”.



The Maldives Olympic Committee (MOC) said that “this pledge will help to ensure public confidence in the rigorous approach that MOC is taking to guarantee that the Tokyo 2020 Olympic and Paralympic Games will be conducted in the safest and most secure manner possible.”

“We are committed to obey the safety measurement and rules to protect entire participants of Tokyo 2020 and people of Japan,” said the letter from the NOC of Nepal.

The Pakistan Olympic Association stated that the IOC and Tokyo 2020 Organising Committee are “making all out efforts” in ensuring these Games will be organised in a safe and secure environment.

The NOC of Sri Lanka said that it is thankful to the government of Japan, the Japanese people, the IOC, Tokyo 2020 and the Japan Olympic Committee for showing solidarity in having-

the Games, and its entire contingent will be fully compliant with all the health guidelines to ensure safe Games for all.

Last week, IOC President Thomas Bach confirmed that as many as 75 per cent of the residents of the Olympic Village are already vaccinated or have secured vaccination; and that there is good reason to believe that this figure will be well over 80 per cent at the time of the Games.

As part of the plans to ensure safe and secure Games, the IOC announced on 6 May 2021 the signing of a Memorandum of Understanding (MoU) with Pfizer Inc. and BioNTech SE to donate doses of the companies’ COVID-19 vaccines to Games participants from National Olympic and Paralympic Committees around the world.

Additionally, the IOC has received an offer from the Chinese Olympic Committee, the host of the Olympic and Paralympic Winter Games Beijing 2022 to assist in making vaccines available.

Another boost was the announcement that Panam Sports has offered vaccinations to all qualified athletes and accredited officials from the region that have not yet been inoculated against COVID-19.

Such positive news confirms once again the true spirit of solidarity that exists throughout the entire Olympic community.