



GoodSport



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



NO!! CAN BE JUST ANOTHER BEGINNING

When you are thirsty enough, the water at the bottom of the jar was not a huge task to the wise crowd.

First, it was proverbial then we saw it in reality through a clip that went viral on electronic media.

Yet, the message is the same.

If you are task oriented by conviction, no challenge is too mean.

Yet, when I saw the slim frail figure of Subhashi Aubert, for a moment I did not succumb to the thought, that I could spell out an anecdote on this person that could make some one stop and stand agape and mutter – “Could she or did she do all this?”

Let me unroll this little yarn in her own words that really says “NO!! CAN BE JUST ANOTHER BEGINNING!!”.

For this Lankan born Swiss..... English.....Sri Lankan...or... a woman of the world, has her own story to be told and to be heard.

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This is just the way that Subhashi began her narration “Sport has always been a big part of my life.

“In school and through university I was in the football team, I played basketball, and I was also into a lot of winter sports.

“When everything was going fine, one day, I collapsed in my bathroom floor. Then, I was diagnosed with early stages of Lymphoma, which is a type of blood cancer. For a while, I was depressed asking 'Why me?'”

“Then, I was chosen to do snow-boarding for Switzerland, but unfortunately because of a knee injury on a half-pipe, I tore some of my knee ligaments and that brought to an end of my competitive sports career.

“But, I always was keen on competing and never gave up on the idea of being a part of sport - because when you are at it, the person inside you breaks free and then I feel that I transformation from this fun loving personality into a mean competitor who will stop at nothing.

“In spite of my injury, I was that, but, in my early twenties after I had landed on my dream job at the United Nations – or just UN, as a part of the World Health Organisation, I had the world under my feet.



“I was young, had my friends and the wind was blowing my way.

“When everything was going fine, one day, I collapsed in my bathroom floor. Then, I was diagnosed with early stages of Lymphoma, which is a type of blood cancer. For a while, I was depressed asking 'why me?', I am just starting my life, I am travelling” and after being overqualified but without experience I got a job and then when everything was going really fine, I faced this hurdle.

“I decided to take things on its stride, overcome this state of mind, work things out one at a time and have something in my routine that would make me happy.

“At that point, I found that research had found that running could eliminate certain types of cancer.

“Then, I started reading about running and did just that. First, it was 5km, then, it became 10km, then it went farther and farther.

“Then, my doctor cautioned me saying that I may go down with arthritis because of the knee-caps.

“But, when I got my all clear, I decided to run the Paris half marathon, which is twenty-one km. I completed it in less than two hours and twenty minutes.”

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“This too was only a few months after my final blood transfusion. I ran it for CARE International at that time.

“I found a food programme and that was the start of my fundraising in my running journey.

“I was even running for the London marathon, but, when I could not, I realized that I was pregnant.

“But, then I ran in Berlin, I ran in New York, and by then, I was in the midst of my love for running.

“In the United Kingdom, they fund-raise for everything. Challenge events are some of the biggest fundraisers for organisations.

“So I thought when I came over to Sri Lanka moving from England, I wanted to explore these challenge events like sports.

“So when this mental health campaign came up, I told my boss, I am going to run for this, but I did not know how long it would be.

“ They asked me – ‘You are running 70km but running from Nuwara Eliya to Kandy, is not a kind terrain.’ It was such labour of love that was combining the things I love the most – work I do and sport. I think putting on a campaign and asking for funds – to my mind, is good. I want to give a reason to people who donate and sport is such a big part of mental health”

“But, I did not want to run a straight line, which I consider that anybody could do, so I chose to run from Nuwara Eliya to Kandy.

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“It was such labour of love that was combining the thing I love the most – work I do and sport. I think putting on a campaign and asking for funds – to my mind, is good.

“I want to give a reason to people who donate and sport is such a big part of mental health.

“Even the Killinochchi programme was in the air for a while, even prior to my being a part of World Vision 18 months ago. Yet, it was on the hold due to some restrictions.

“Then, when I joined, I wanted do something to help and it is such a huge topic right now - I wanted to give life to this programme.

“Killinochchi is an area where World Vision had identified, because sports for these children, who were affected by the post war and so on, was a need. So I thought - ‘fund raise, run’.”

She said that she hopes that Killinochchi would be the beginning of a programme that is really big. She said that, at present, they are raising \$ 5 million, but, the overall project is in the region of \$35 million since they are hoping to have this programme across the Northern part of Sri Lanka.

“She added, “Now I want to run 90 km, starting from the Ella rock in January, and also pilot other sporting projects and fundraise further.”



BIATHLE AND TRIATHLE NATIONAL TOUR 2023 SUCCESSFULLY CONCLUDED



The UIPM, Biathle and Triathle National Tour 2023 was successfully concluded at COCO Beach Panadura.

This event was conducted as a beach Triathle and Biathle. It was a format which was formulated for first time in Sri Lanka.

Over 120 athletes participated from the age categories of under 11, Under 13, Under 15, under 17, under 19, Junior and Senior.

The Modern Pentathlon Federation of Sri Lanka (MPFSL), which is affiliated with the International Union of Modern Pentathlon (UIPM) and the Asian Modern Pentathlon Confederation (AMPC) organized this event.

National Olympic Committee held the main sponsorship while COCO beach restaurant Panadura held the hosting partnership and Milo (Nestle) held the official drinking partnership.

Life-Saving Association of Sri Lanka, Sri Lanka Navy, Sri Lanka Police, National Sports Medicine Institute, Department of Sports Development and Panadura Municipal Council also offered great support to make success this event by offering technical and other support.

Since this event was organized as a beach-based event, the athletes got a fresh experience and there were lots of fun for the spectators as well.

Especially the enthusiasm and the performance of the young athletes were fabulous and that shows light about the dream to go to the Olympic games in 2028.



PINK VOLLEYBALL PROGRAM COMPLETES SUCCESSFUL PILOT PHASE



The pilot phase of the initiative accomplished its first phase with resounding success on June 17th, 2023, at the Sevali Ground, Ratnapura with the participation of approximately 700 children.

The event featured various training sessions aimed at enhancing the participants' volleyball skills and fostering teamwork.

Through interactive discussions and team activities, the children were encouraged to challenge stereotypes and break down barriers, fostering a more inclusive environment.

This comprehensive approach, combining education and practical exercises, proved instrumental in ensuring a deeper understanding of gender-related issues among the little participants.

With the completion of a successful pilot phase, this initiative is now set to expand its reach across the country, carrying its message to more provinces in the near future.

These sessions provided valuable opportunities for the children to develop their athletic abilities.

The Pink Volley Fiesta was made even more memorable with a thrilling demonstration match by the national female volleyball team.

The program was further enhanced by a team from the National Olympic Committee of Sri Lanka (NOC SL), who conducted education and awareness sessions on these vital topics. NOC SL's session aimed to educate the young participants about the principles of gender equity and equality.

As the program expands to other provinces, it is hoped that the Pink Volleyball initiative will inspire other communities, organizations, and provinces to join the movement.

Through collaborative efforts and a united commitment, Sri Lanka is poised to become a shining example of how sports can transcend boundaries and create a lasting impact on gender equity.

To advance this cause in Sri Lanka, the Pink Volleyball concept was conceived jointly by the National Olympic Committee of Sri Lanka and the Sri Lanka Volleyball Federation, leveraging the country's national sport, Volleyball, as means to propagate this message.

In today's world, gender equity and gender equality have become essential focal points, particularly within the Olympic community. Recognizing the significance of these issues, the International Olympic Committee (IOC) and its affiliated organizations are actively advocating for initiatives that promote understanding and education on gender equity among their member National Olympic Committees.

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