



GoodSport



AN OVERVIEW OF ATHLETES' ACTIVE AFTERLIFE AND CAREER DEVELOPMENT



An inner look at how the IOC strategizes the Athletes Commission in a nutshell by Emma Terho OLY, head of the Athletes Commission, explains – “The IOC AC Strategy drives the work of the IOC AC. This version is an update to our original strategy, published in 2017. It builds on an in-depth consultation with Athletes’ Commissions, athletes and Olympic Movement stakeholders in 2021 and 2022.

“This IOC AC Strategy delivers on Olympic Agenda 2020+5, the IOC’s roadmap to 2025. The Olympic Agenda 2020+5 recommendations focus on areas where sport and the values of Olympism can help turn the challenges of the post-pandemic world into opportunities.

“This strategy also sets out how the IOC AC will help to implement these recommendations and support athletes. We focus on Recommendations 3, 4 and 5 in particular to prioritise activities.”

The Athletes Commission further explains as to how it represents athletes in the Olympic Movement? How they ensure athletes’ voices are part of the decision-making process in a number of ways:

1. Engage with the athlete/Olympian community to better understand their needs.
2. Represent athletes across all levels of decision-making within the IOC.

3. Advocate actively for athletes on topics of importance to them in various IOC commissions – including the Olympic Solidarity, Sustainability & Legacy, and Gender Equality, Diversity & Inclusion Commissions.

4. Keep the athlete experience at the heart of the Olympic Games – through involvement in the Olympic Programme and Coordination Commissions

5. Continuously build the capacity of the IOC AC.

6. Uphold athletes' rights and responsibilities by supporting the Athletes’ Declaration Steering Committee and their work.

From page 01

To have a closer understanding of the Sri Lankan leg of the athletes' commission looks at the commissioning of the AC, GoodSport had an exchanges of views with one of its senior elites, Oly Niluka Karunaratne.

The question was – The Athletes' Commission of Sri Lanka has been given the challenge of guiding the Lankan athletic Community and how are you hoping to translate that action into an on ground situation?

The former champion Badminton ace explained in this manner, "The Athletes Commission is formed under the guidelines of the International Olympic Committee regulations in under the National Olympic Committee of Sri Lanka. This includes all athletes who come under the banner of our organisations. Our responsibility is listen to athletes, make their voices heard within the decision making forum and to serve them in terms technical, administratively and problem solving strategies. Also we have a responsibility of linking athletes from the grassroots level and take into the sphere of the NOC SL purview. Besides we also make athletes take note of their rights and responsibilities and how they conduct themselves in training, in competition with their wellbeing in mind.

"Practically we have had a couple workshops carried out during the past few years on awareness, competition manipulation, safe sport policy, spoken English, anti-doping and the recently concluded Athletes Career programme with Athlete 365. This was aimed at athletes who have engaged in athletes at local and international levels and who are at the tail end of their careers. It was an insight on how to move forward in a profession in their post active athletics life.



GoodSport queried about athletes who have played the game at the highest level and how they could transform their careers in a hands-on level.

Karunaratne explained, "Basically, we represent the professional elite athletes, who are connected to the national federations. Our information is firstly transfer the information to the NOC SL. We do not directly engage with them. But, we have a forum for the athletes to come forward and engage with us so that we could make their situations and problems heard at the highest level. To do that we have a website – social media platform where they could engage us with their issues. It may be games or competitions or local competitions. Our responsibility is to carry that message to the respective authorities for action or solutions. In short it is the athletes' voice and we want them to be heard within the decision making platform.

At that point we pointed out about the two-day forum that you held with the help of the Athlete 365 expertise?

Niluka Karunaratne explained, "We have many Education and Career Transitional Programmes conducted by us. They are conducted by the International Olympic Committee, Athletes Commission, and Athlete 365 platform.

"In fact, what we conducted was a career development programme for the elite athletes – for them to have a professional and very specific path to know as to how I could develop myself after finishing my 'on field' stint. How could develop myself to be a more confident and more professional character in my afterlife as an active athlete. It was called the Athletes365 + career programme and it was conducted by an IOC Education expert from Singapore Yip Renkai. There were more than twenty athletes who took part in this programme. I remember being a part of a similar programme as a youngster in 2015. However, the concept was changed thereafter and now it is conducted under the present banner.

"As explained this is a programme to be more professional and your afterlife as an athlete. It's about how you set yourself about engaging yourself in employment – approaching the corporate world doing your own business as an entrepreneur -- in short how you build yourself professionally. It is discovering yourself since you step out of the active stint. The athletes took the challenge in its correct spirit. All athletes who took part went through the entirety of the programme. There was team activity, on how to present a CV in its true as an athlete – in short it was a programme to guide yourself as a professional and develop your second phase."

JUDO TRAINING AND GRADING BY SL JUDO WELFARE FOUNDATION

The inaugural event of the newly established Sri Lanka Judo Welfare Foundation was held on 18-19th November 2023 with resounding success. The event included a specialised training programme followed by a grading examination.

A record number of students attended both events with 462 participating in training and 518 students in the grading examination – the highest number of students graded at a single examination of Judo in Sri Lanka.

The purpose of the Foundation is to support and nurture a holistic approach to the sport of Judo. The Foundation will ensure fair, just, and equitable access to professional Judo training at an affordable cost to rural Judokas. The focus will not only be Judo training but also cover academic progress, general health, and well-being, including promoting balanced affordable nutrition and good citizenship. The above needs were highlighted by parents, teachers, and coaches as a gap in the sport.

The establishment of the Foundation was initiated and is supported and guided by Gamini Ranasinghe (Patron) former Secretary of the Sri Lanka Judo Association residing overseas. Programmes and events are organised and conducted under the efficient leadership of M.G.G Dissanayake, President of the SL Judo Welfare Foundation and a few selected committed and dedicated team members.



The Judo training program included standing techniques, ground techniques, combination techniques, Judo turnovers and understanding referee decisions.

This initial programme was held at Jinaraja College, Gampola under the leadership of M.G.G Dissanayake, however will be extended country wide to allow access to students residing across Sri Lanka.

Wider plans in the pipeline include the following: -

- Referee and coach development.
- Specialised training for female coaches and female Judokas.
- Regular competitions covering all weight categories.
- Training by reputed foreign instructors on invitation.
- Providing opportunities for local students to participate in affordable overseas tournaments.

- Pathways to ensuring a balanced approach to future Judokas representing Sri Lanka in the international arena.
- Parenting courses

It was encouraging to see the enthusiasm and need for such affordable programs proven by the high number of participants.

We thank all those who participated and hope the program will be of future benefit.

Special word of appreciation to the organising team of volunteers and officials for their time, dedication, and effort.

Gamini Ranasinghe
Sri Lanka Judo Welfare Foundation
(Patron)

CGF GENERAL ASSEMBLY HELD IN SINGAPORE



This year's edition of Commonwealth Games Federation (CGF) General Assembly was held from November 11 to 14 in Singapore.

The Secretary General of NOC Sri Lanka, Mr. Maxwell de Silva and Treasurer, Mr. Gamini Jayasinghe,

attended the assembly representing the National Olympic Committee of Sri Lanka. CGF President, Dame Louise Martin and CEO Katie Sadleir, and delegates from the 72 CGAs have been welcomed to Singapore by Chris Chan, Secretary General of Commonwealth Games Association Singapore.

The General Assembly gathered together the Commonwealth Games Federation's members to review activity, drive progress and inspire change.

This year's meeting included interactive workshops and presentations, as well as strategic activity updates.

ICC EMPHASIS ON NEW GENDER ELIGIBILITY REGULATIONS



Danielle McGahey - the first transgender player to be featured in International Cricket

The ICC Board approved new gender eligibility regulations for the international game following a 9-month consultation process with the sport's stakeholders.

The new policy is based on the following principles (in order of priority), protection of the integrity of the women's game, safety, fairness and inclusion, and this means any Male to Female participants who have been through any form of male puberty will not be eligible to participate in the international women's game regardless of any surgery or gender reassignment treatment they may have undertaken.

The review, which was led by the ICC Medical Advisory Committee chaired by Dr Peter Harcourt, -

relates solely to gender eligibility for international women's cricket, whilst gender eligibility at domestic level is a matter for each individual Member Board, which may be impacted by local legislation. The regulations will be reviewed within two years.

ICC Chief Executive Geoff Allardice said: "The changes to the gender eligibility regulations resulted from an extensive consultation process and is founded in science and aligned with the core principles developed during the review.

"Inclusivity is incredibly important to us as a sport, but our priority was to protect the integrity of the international women's game and the safety of players."

ICC bans transgender players from women's international cricket

Meanwhile Danielle McGahey, who became the first transgender player to feature in international cricket earlier this year, will no longer be able to participate in women's international games following a key change to the ICC's gender eligibility regulations.

The Chief Executives' Committee (CEC) endorsed a plan to accelerate the development of female match officials which includes equalising match day pay for ICC umpires across men's and women's cricket and ensuring there is one neutral umpire in every ICC Women's Championship series from January 2024.

The CEC agreed to introduce a stop clock on a trial basis in men's ODI and T20I cricket from December 2023 to April 2024. The clock will be used to regulate the amount of time taken between overs. If the bowling team is not ready to bowl the next over within 60 seconds of the previous over being completed, a 5-run penalty will be imposed the third time it happens in an innings.

Changes to the pitch and outfield monitoring regulations were also approved, including a simplification of the criteria against which a pitch is assessed and increasing the threshold for when a venue could have its international status removed from five demerit points to six demerit points over a five-year period.

International Cricket Council/cricinfo



NATIONAL OLYMPIC COMMITTEE OF SRI LANKA

SUPPLIER REGISTRATION – 2024

Applications are invited from recognized suppliers to register themselves for the under-mentioned services and supplies to the National Olympic Committee of Sri Lanka, “Olympic House”, 100/9F, Independence Avenue, Colombo 07.

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Registration fee Rs.2,000/- deposit to **People’s Bank** – Town Hall Branch
Account Number: **167-1-001-8-0002036** in favour of **National Olympic Committee of Sri Lanka** and send the **scanned confirmation receipt** through the above link. **Closing Date: 31.12.2023** Contact Person: Mr. Ranjith

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Secretary General