



SIGWACA FORTNIGHTLY

"Nurturing nation's maturity and unison through football spirit"

ESWATINI FOOTBALL ASSOCIATION

THE IS LIGHT AT THE END OF THE TUNNEL-KOSTADIN PAPIC



Sihlangu SeMnikati before the Total CHAN qualifier match against Malawi that was played at the Mavuso Sports Centre.

The Senior Men's National Team's (Sihlangu) Head Head Coach, Kostadin Papic has praised his players for their effort after the goalless draw against Malawi also known as The Flames. This was after the 2020 Total CHAN qualifier match between the two nations.

"THIS IS A BETTER PERFORMANCE BY THE PLAYERS WHEN YOU COMPARE WITH THE PREVIOUS MATCH OF WHICH IT IS AN INDICATION THAT THERE IS LIGHT AT THE END OF THE TUNNEL"-KOSTADIN PAPIC.

"This is a better performance by the players when you compare with the previous match of which it is an indication that there is light at the end of the tunnel"; said Sihlangu Head Coach Kostadin Papic. The Serbian born coach is optimistic that the national team can rise to the occasion and beat Malawi in their own backyard. The national team created a lot of scoring opportunities during this match of which some of them were easy to score than to miss and in some instances Sihlangu was dictating terms

more especially in the midfield with some immaculate football artistry from the experienced Njabulo "D 4 D" Ndlovu

According to Papic, the players had a good day in office; however, they have to work on their confidence that adversely affected their football on the day. "I am a coach who likes to win and this didn't happen today; however, that doesn't mean that

players were not good as they created a lot of scoring opportunities. What I have noticed is that they are lacking in confidence which adversely affected their football"; Papic said.

Sihlangu still have a chance of progressing to the next round of the competition as they need a minimum of a draw with goals which will guarantee the national team a fixture with Angola in the next round.

EFA SENDS JUNIOR NATIONAL TEAMS TO DURBAN



The EFA President; Mr. Adam Mthethwa

The Eswatini Football Association (EFA) sent the junior national teams to Durban, South Africa to compete in a tournament facilitated by the Durban Central Football Association.

This is part of the EFA's mandate of developing football in the country. The EFA President Mr. Adam Mthethwa highlighted the importance of such tournament in as far as the development of the players.

"In life you begin somewhere of which such opportunities must be grabbed with both hands as it may be the start of bigger things in the players lives"; Mthethwa said. The EFA President also urged stakeholders of EFA to come on board and partner with EFA in the development of football as with more resources and support, the country can produce world class players who can end up playing for the senior national teams and in bigger leagues of the planet.

CINDY DLUDLU JOINS EFA'S EXCO

Cindy Dlodlu has taken a giant step in her football administration career as she became the latest member to join the Executive Committee of the Eswatini Football Association's (EFA's) Executive Committee.. Dlodlu is also a Member of the Women Football Executive Committee.

Before being a football administrator, Dlodlu was a football player as she also played for Imbabatane Fc and the Senior Women's National Team (Sitsebe). The Sincpheoteol Motor Vehicle Accident Fund (SMVAF) employee joined the EFA Executive Committee through the co-option criteria as per the EFA, article 35 paragraph 4.

This status states that; if after the election of the EFA Executive Committee, there are no women elected; the EFA Executive Committee shall co-opt a woman as an additional member into the Executive Committee. Dlodlu will be in the Executive Committee of EFA up until 2021 when the term of office for this current period comes to an end. The co-option of Dlodlu makes the number of Executive Committee members to be twelve.



EFA Executive Member Ms. Cindy Dlodlu receiving her certificate from the EFA President Mr. Adam Mthethwa.

The office of the President of the EFA through the Vice president of the EFA Dr. Comfort Shongwe congratulated Dlodlu for her new role and responsibilities in the football governance and development of the game. "At this instance, the EFA would

like to express its congratulatory note to MS. Dlodlu on her co-option into the Executive Committee and supplementary extend its best biddings of prosperity as she executes her novel accountabilities in the governance and development of the game of football. The EFA is of the belief that with her vast experience in the football game attached with her professional proficiency, she will augment value and diversity to its governance, administration and development"; Shongwe said.

EFA'S REGISTRATION DEPARTMENT CLARIFIES AN AMATEUR PLAYER FOR US

The curtains of the 2018/19 football season are about to drop and the first registration window period is about to start. Football teams will be registering their players thus the Club Licensing, Registration and International Affairs Manager, Ms. Ntombifuthi Dlamini clarifies an amateur player for us.



EFA's Club Licensing, Registration and International Affairs Manager, Ms. Ntombifuthi Dlamini with some of the participants during one of the FIFA Connect workshops.

"An amateur player is the one who pursues sport just for fun or as a hobby, without any material gain, and who has never received any remuneration other than for the actual expenses incurred"; Dlamini explained. Basically this player has no written contract with the club he/she is registered with. "Expenses incurred through involvement in a match/training and the costs of a player's equipment can be reimbursed to the player without jeopardizing the amateur status of the player"; Dlamini concluded.

CAF HOSTS CLUB LICENSING WORKSHOP

The Confederation of African Football (CAF) has hosted the CAF Club Licensing Regional Workshop in Uganda. This course started on the 25th and will end on the 26th of April 2019. The Eswatini Football Association (EFA) was represented by the Club Licensing and Registration Manager Ms. Ntombifuthi Dlamini and the Chairman of the Club Licensing Committee Mjr. Elphas Ngcamphalala.



The objectives of this workshop were to; provide federations with an update on the club licensing system at the continental level; receiving a full update on the status of the club licensing system at the national level; having a one-on-one meeting with the federations in order to provide special attention and assistance where needed; assist the federations with their planning, in order to have the clubs ready before the deadline of the next CAF interclub competitions; and organize interaction group sessions between certain federation so that they could share their best practices.

DURBAN TO HOST THE COSAFA CASTLE CUP

The 2019 COSAFA Castle Cup will now be held in Durban in the Republic of South Africa. This was confirmed by the Southern African regional football body after the withdrawal of Zimbabwe. The city of banana which is also one of the popular holiday destinations will host this competition as from the 25th of May to the 8th of June 2019.

FOCUS ON FOOTBALL DEVELOPMENT PROGRAMMES OF THE EFA

U13S AND U15S MEN'S NATIONAL TEAMS WIN GOLD IN DURBAN

"You can overcome anything if and only if you love something enough"; once said the Argentinian and Barcelona FC sensational player, Lionel Messi. This is what the Eswatini lads showed in Durban, South Africa as the U13s and U15s Men's National teams went all the way to be crowned champions of the Durban Central Football Association Championships.

These championships are annually hosted by the Eswatini Football Association (EFA) and the Durban Central Football Association in a rotational basis where by the U13s, U15s, U17s and U20s teams compete respectively. The main objective of this exchange programme is to give the lads the platform to showcase their football artistry at an international platform.



Champions: The U15 national teams celebrating their championship in Durban.

The U17s and U20s were knocked out in the semi-finals stage of their respective age categories. "The trip was a success as the boys were able to compete with their peers and they also got the international exposure which also enhances their development in the game of football in such a way that when they play in official continental competitions where it matters most; they will be better prepared to face the challenges that lie ahead"; said the Technical director of the EFA, Bhekisisa Mkhonta.



The former Cameroonian international Marc-Vivien Foe who died while playing for his country in 2003 at the age of 28.

THE DANGERS OF SCA TO FOOTBALLERS

A footballer like any other sportsman/ sportswoman can encounter injuries or health complications either in the field of play or outside it. According to the junior national team's doctor, Samkeliso Mdluli; for every player to be at peak in terms of performance; health issues are part of the equation. He singled out one health issue that is a threat to sports people in such an extent lives can even be lost during a football match.

This is sudden cardiac arrest (SCA). "This is typically the result of an undiagnosed structural or electrical cardiovascular disease"; Mdluli explained. The most common cause of this SCA in football players is hypertrophic cardiomyopathy. "Players over the age of 35 years are affected by SCA due to coronary artery disease"; Mdluli said.

The tricky part is that; 60%-80% of players who develop SCA have no previous symptoms; however, there are warning symptoms. These include syncope or chest pains with exertion, unexplained syncope or chest pains with exertion and unexplained seizure just to mention but a few. "It is very important for players to have an echocardiography and other investigation at least once in their career"; Mdluli said.

Due to such complications, the presence of qualified medical personnel during a football match is very much important as health problems like SCA can attack players anytime during the match. "Any player who collapses on the field of play without having had any contact with another player or moving ball, is to be regarded as SCA with immediate response onto the field of play and activation of the emergency medical plan"; Mdluli concluded.

REVIEW OF THE UPCOMING 2019 COACHING COURSES

Malcom X once said "Education is the passport to the future, for tomorrow belongs to those who prepare for it today". This statement is true to the football industry that is now endorsed by club licensing. It is for this reason that the Eswatini Football Association (EFA) through the Technical Department has lined up football courses in coaching, grassroots, youth football, women football, futsal, sports medicine, goalkeeping, physical fitness, administration and refereeing.



Coaches during the 2018 FIFA Physical Fitness course.

In summary let's look at the upcoming coaching courses/ workshops are as follows:

Coaching Courses/Workshops:

- EFA Phase one-June 2019
- Coaches Symposium-June 2019
- FIFA Physical Fitness—June 2019
- FIFA Elite – July 2019
- Instructors- August 2019
- CAF License C- September 2019
- FIFA Goalkeeping- September 2019
- CAF License B-October 2019
- CAF License A- November 2019

EFA phase two- December 2019



Sihlangu fans in their full voices During the Total CHAN qualifier match against Malawi.

ESWATINI/MALAWI MATCH PICTURES



Warm up: Sihlangu gearing up for Malawi



Malawi getting ready for the match.



Sihlangu captain Banele Dlamini introducing the players to the dignitaries.



Njabulo Ndlovu outruns his opponent.



Sifiso Matse and Jose Machado closing down a Malawian player.

WHAT'S ON THE NEXT ISSUE

- Sihlangu prepares for the away match in Malawi.
- What is a professional player?
- We get more updates on the football development programmes of EFA.



UPCOMING EVENTS

- Second Leg of the 2020 Total CHAN qualifier match between Malawi and Eswatini.
- Eswatini Bank Finals.
- 2019 COSAFA Castle Cup in Durban.



