



SIGWACA FORTNIGHTLY

"Living the Football Spirit and Our Pride"

ESWATINI FOOTBALL ASSOCIATION

WE WILL TRY OUR BEST- SIHLANGU'S HEAD COACH



The Senior Men's National Team Head Coach Kostadin Papic during the media day at the Mavuso Sports Centre.

The Senior Men's National Team's Head Coach, Kostadin Papic has highlighted that the match against Guinea- Bissau is very important to them and they will go with a positive mind set. "This match is very important to us, we are not afraid of anybody. We know what we are doing and we will try our best to win the match", Papic said. He also highlighted that it won't be easy for the players to perform very well after the long trip to Guinea-Bissau. "It is true that this will not be an easy game, more especially because the trip to Guinea-Bissau will be too long to undergo and we will not have enough time to rest. Fatigue will catch up with my players," he said.

When addressing the audience during the farewell ceremony to Bissau, Papic also highlighted that preparations of the upcoming match were very high and they are looking forward to win the match. "We believe that we will win and come back home victoriously", he said.

"We have quality players and we are playing good football", Papic said. Over and above, he promised the nation that they will show everybody in this continent that they can make it possible and they will make sure that the fatigue will be gone before the match. Kick-off for this international match is at 1600 hrs (Guinea-Bissau time) which will be 1800 hrs (Eswatini time).

The Nation's Pride is scheduled to leave Guinea- Bissau on the early hours xof Thursday morningh and arrive in Eswatini on Friday to prepare for yet another Total AFCON Qualifier match against Senegal on Sunday, 17th November at the Mavuso Sports Centre. Kick off for this match is 1500hrs and each ticket cost E50.00.

"WE HAVE QUALITY PLAYERS AND WE ARE PLAYING GOOD FOOTBALL"- SIHLANGU'S HEAD COACH.

YOU ARE HEROES- EFA'S PRESIDENT MR ADAM MTHETHWA



The EFA President, Mr Adam Mthethwa

The Eswatini Football Association's (EFA's) President Mr. Adam Mthethwa has acknowledged the commitment of the Senior Men's National Team (Sihlangu). "As a country we are satisfied with the commitment of the players. We have no doubt that you are going to perform very well in Bissau", said the EFA's President. He made his remarks during the farewell ceremony for the Senior Men's National Team (Sihlangu) to Guinea-Bissau.

"You are heroes. The young players are looking up to you and the country is proud of you", Mthethwa said. He further stated that the trip to Bissau will be too long to endure and players need to focus on getting good results. "Despite that you are travelling a long trip. You have to make the best out of the situation and fight for the nation", he said.

SIHLANGU PLAYERS ARE READY TO FIGHT FOR THE NATION

The Senior Men’s National Team Captain, Banele Dlamini has highlighted that preparations for the upcoming match is very high ahead of the 2021 Total AFCON Qualifier match against Guinea-Bissau on Wednesday, 13th November 2019 at the Estadio 24 de Setembro in Bissau. He made his remarks during the media day on Wednesday, 06th November 2019 at the Mavuso Sports Centre.

“We are ready for this match. Despite that people are criticising us with the draws that we have played so far, we are going to compete to our best and try to win the match”, Dlamini said. He also urged EmaSwati to support them. “I urge EmaSwati to support us. We will work hard as we wish to qualify in one of the major tournaments in Africa.



Fanelo Tsabedze and his national team colleagues hard at training

The Skipper’s words were echoed by Sifiso Matse who showed confidence ahead of the upcoming match. “We don’t know anything about our opponents. We are focusing on what we are doing here at training”, Matse said. He stated that they have to stick on their game plan for this game in order for them to get good results. Matse also highlighted that he was honoured to play for the national team. “I have learnt a lot. I thank my coaches for this opportunity to play at the National Level”, he said.

EFA’S ADMINISTRATORS ATTENDED FIFA’S CIES FOOTBALL EXECUTIVE PROGRAMME

The Eswatini Football Association’s (EFA’s) Chief Executive Officer, Mr. Frederick Mngomezulu and the Marketing and Communications Manager, Mr. Muzi Radebe were invited by the Federation of International Football Association (FIFA) to attend the FIFA International Centre of Sports Studies (CIES) Executive Programme that was implemented at the Nelson Mandela University in Port Elizabeth in the Republic of South Africa. The participants of this programme were from the English speaking FIFA Members in the African continent. This programme commenced on Thursday, 30th October and ended on Sunday, 3rd November 2019.



EFA’s CEO Mr. Frederick Mngomezulu and the EFA’s Marketing and Communications Manager, Mr. Muzi Radebe during the FIFA CIES Football Executive Programme.

The main purpose of this programme was to equip the FIFA Forward Top Staff of the Associations in Africa, in football Governance and Administration. For this programme they learnt two (2) modules which were; the organization of football, administration and finance. This programme has eight (8) modules in total.



U17 WOMEN’S NATIONAL TEAM PREPARES FOR THE 2020 COSAFA U17 GIRLS CHAMPIONSHIPS

The U17 Women’s National Team assembled on Friday, 1st November 2019 to commence the preparations of the 2020 COSAFA U17 Girls Championships. “This is a new team and it was their first training”, said Mr. Friday Myeni who is the EFA’s Youth Development Officer.

It is scheduled that the national team also plays some international friendly matches at a later stage as part of their training programme as they prepare for this championship. The main purpose of these proposed international friendly matches is to build the base of the national team and also to give the players opportunities for the international exposure so that they also gain the much needed experience of playing against international oppositions.



Sitebe in action which is the final product of women football in the country.

According to the EFA’S Youth Development Officer, Mr Friday Myeni they are trying to establish the U17 Women National Team. “It’s a new team and we are trying to formulate the U17 Women National Team that will compete next year during the 2020 COSAFA U17 Girls Championship”, Myeni said. He further stated that their main focus developing the players physically and technically.

Over and above he highlighted that the team is preparing very well and the players are improving. “The preparations are going well more especially because our players are attached to women football teams. We hope that they will improve as we continue with the training sessions”, he said.

FOCUS ON EFA'S FOOTBALL DEVELOPMENT PROGRAMMES

THE EFA FACILITATED THE REFEREEING BASIC COURSES



EFA's President Mr Adam Mthethwa, posing with the referees at the Technical Centre.

The Eswatini Football Association (EFA) has facilitated the Refereeing Basic Courses which started on the 26th October 2019 and ended on the 3rd November 2019. The aim of these refereeing basic courses was to recruit young referees, to educate the aspiring referees with good knowledge, to improve their interpretation, enhance the application of the Laws of the game and to build a solid team of the referees under the auspice of the Eswatini Football Association (EFA). These basic courses were implemented at Buseleni, Ntjendlovu, Sigwe, Luve, Malindza, Siphoso/Langa and Matata centres. The facilitators of these courses were; Thulani Nkonyane, William Shongwe, Sifiso Zondo, Milton Khoza, Jabulani Motsa, Sithembiso Nyawo and Henry Mmemba; who are the EFA's Refereeing Instructors.

LETTICIA VIANA ATTENDED THE ELITE WOMEN REFEREES COURSE



Leticia Viana during the Elite Women Referees Course in Djibouti.

The Confederation of African Football (CAF) invited Leticia Viana to the Elite Women

Refereeing Course which started on Friday, 25th and ended on Tuesday 29th October 2019 in Djibouti. She was amongst the thirty-three (33) referees who were participating in the course. During this course the referees were tested physically, theoretically and technically of which she passed.

EFA TO HOST THE COACHING WORKSHOP

The Eswatini Football Association (EFA) will host the Coaching Workshop on Saturday 16th November 2019 at Caritas in Manzini. The facilitators of this course are; the EFA's Technical Director; Mr. Bhekisisa Mkhonta, Mr. Antony Mdluli, and Mr. Musa Mamba who are EFA's Coaching Instructors.



EFA's Technical Director Mr. Bhekisisa Mkhonta.

According to the EFA's Technical Director, Mr Bhekisisa Mkhonta, the purpose of this workshop is to sharpen the skills of the coaches, to enhance the professionalism and the coaching profession. "Some of the topics to be discussed are; the evaluation of the game, coaching policy and training methodology", said Mkhonta.

EFA TO HOST PHASE 2 LICENCE D COACHING COURSE

The Eswatini Football Association (EFA) will host Licence D Phase 2 Coaching Course starting from the 23rd-14th December 2019. The registration deadline for this course is the 15th November 2019. Some of the topics to be discussed in this course are; the Management, Leadership, Communication Skills and Team-Building just to mention but a few.

EFA HOSTS U15 WOMEN FOOTBALL DEVELOPMENT PROGRAMME

The Eswatini Football Association (EFA) hosted the U15 Women Football Development Programme on Wednesday, 30th October 2019 at the Technical Centre in Lobamba and Mhlambanyatsi Sports Ground. This event was for the U15 Girls. A total of six (6) Primary Schools were competing at the Technical Centre namely; SOS Herman Gmeiner, Ezulwini Catholic, Elangeni, Entuthukweni, Kwaluseni Infant and John Wesley whilst three (3) Primary Schools competed at Mhlambanyatsi Sports Ground. The schools were Usutu Forest, Mhlambanyatsi and Fonteyn. This is a league format football development programme.



Entuthukweni U15 Girls posing for a group photo at Mhlambanyatsi Sports Ground.

The main purpose of this development programme is to provide a platform for the Eswatini Girl child, to develop her football artistry. This football development programme acts as a feeder for the Women's Junior National Teams and also provides the pool of players that can be recruited by the women's football teams competing under the Women Football Association.

According to the EFA's Youth Development Officer Mr. Friday Myeni the schools played very well. "Performance was very good which showed that the players are talented. The more they play, the more they develop in football", Myeni said. Over and above he highlighted that this football development improves the technical and tactical development of the players thus they need to be nurtured at their grassroots level.

**SAMKELISO MDLULI (U 20 NATIONAL DOCTOR)
TALKS ABOUT TEAM TRAVEL**

As you read this article our National Pride is getting ready for a big away match against Guinea-Bissau. The team has been travelling for days from home to Qatar then Morocco before connecting to Guinea-Bissau. Today let's look at Team Travel. One of the challenges of modern football and the international game is the need to play in different cities and countries around the world and in different time zones. There is also the matter of providing medical care for athletes in a new and foreign environment. To be able to do this effectively requires careful planning.



EFA's President Mr. Adam Mthethwa, EFA's Vice President Dr. Comfort Shongwe, Sihlangu's Head Coach Kostadin Papic posing for a group photo with Sihlangu players before they left to Bissau.

According to the U20 National Team's doctor Mr. Samkeliso Mdluli, one of the results of international travel is jet lag – the disruption of the normal circadian rhythm and a mismatch between the "body clock time" and the new local time. This results in a variety of mental and physical effects. "The more time zones crossed, the more severe and lasting the jet lag symptoms, and the latter are usually worse after flying eastwards than westwards", Mdluli said. This appears to be because the body's circadian set-up naturally adapts better to westward travel. Jet lag must be differentiated from travel fatigue, which can occur even when travelling north or south without changing time zones.

CAUSES OF JET LAG

Mdluli stated that the body clock controls physiological functions in a rhythmic manner, following a 24-hour cycle. This phenomenon is known as the circadian rhythm and has exogenous as well as endogenous inputs.



Sihlangu players, officials and Eswatini TV Journalist on arrival in Malawi for the 2020 Total CHAN Qualifier match against Malawi.

SYMPTOMS OF JET LAG

"There are many symptoms of jet lag. Fatigue and insomnia are the most commonly described, and recognised, symptoms. In addition to these more common symptoms, a traveller may experience a wide range of other physical and emotional symptoms", he said. These include:

- intermittent periods of fatigue
- difficulty in sleeping at the appropriate time
- delayed onset of sleep after eastward flight
- early awakening after westward flight
- irritability and mood disturbances, poor concentration
- lowered motivation, subjective fatigue above the norm
- decreased mental and physical performance in the "new" daytime
- potentially poor performance in training and matches

- irritability and experiencing a buzzing in the head (headaches, disorientation)
- poor appetite, gastrointestinal upsets

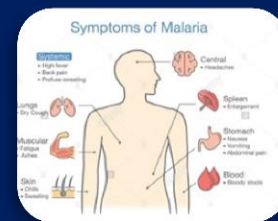
MINIMISING JET LAG PRIOR TO DEPARTURE

PERFORMANCE ON ARRIVAL

According to Mdluli, during the period when the body clock is adjusting to the new time zone, the individual may be susceptible to a reduction in performance. "In the ideal situation during this adaptation period (and especially over the over the first two to three days following arrival), light exercise rather than strenuous training or competitive matches is advisable", he said.

INFECTIOUS DISEASES

Over and above, Mdluli also highlighted that some countries have specific health challenges which must be considered. Fortunately, up-to-date pre-travel information is readily available online. The CDC and WHO websites are excellent resources and should be consulted prior to departure. "Malaria and Dengue-Vector borne diseases, like malaria and dengue are preventable. Avoiding mosquito bites by wearing clothing which covers exposed areas, sleeping under mosquito netting or screens and the use of mosquito repellents are all effective strategies to prevent being bitten.", he said.



He further highlighted that while vaccinations are generally recommended for all travelers, in some situations vaccinations are not optional. Vaccination against yellow fever prior to travel to endemic regions in Africa and South America is compulsory.

SIHLANGU PREPARES FOR GUINEA-BISSAU



Warm-up: Sihlangu warms-up during the training session at the Mavuso Sports Centre.



Sandanezwe Mathabela during the training session at the Mavuso Sports Centre.



Phinda Dlamini and Wandile Shabangu fighting for possession whilst the Head Coach and other Sihlangu players looks on.



Sihlangu players doing one of their training exercises.



Sense of Humour: The Senior Men's National Team Head Coach Kostadin Papic and Velekhaya Mthethwa in all smiles during the traing session.



Fanelo Mamba in control of the ball.



Sihlangu's Goalkeepers warming up during the training session as instructed by Goalkeeper Coach, Sipho "Shilton" Dube.



Medical issues: Machawe Mamba (Physiotherapist), Mfundo Mabuza (Nutritionist) and Gcina Hleta (national team doctor) making sure that the players are healthy and injury free.



Allen Mabuza and Lindani Matsenjwa fighting for possession.