



SIGWACA FORTNIGHTLY

NATIONAL FOOTBALL ASSOCIATION OF SWAZILAND

PREVIEW OF SIHLANGU SEMNIKATI'S TRAINING CAMP



Sihlangu SeMnikati stretching during a recent training session

The Senior Men's National Team (Sihlangu SeMnikati) used the 6th -14th November 2017 FIFA International Week to continue with the preparations for next year's 2019 TOTAL AFCON Qualifier and COSAFA

Competition respectively. A total of 30 players were called for a full time training camp at the Technical Centre in Lobamba. Due to injuries in club football; a total of 7 players were released on the second day of camp after they were certified to be unfit by the national team medical doctor.

As it was planned before this training camp; the national team was expected to have two international friendly matches or at least one; however, this didn't happen due to a late withdrawal by one prospective

EVEN THOUGH THE NATIONAL TEAM DIDN'T HAVE AN INTERNATIONAL FRIENDLY MATCH, WITH SOME OF THE PLAYERS TURNED AWAY FROM CAMP DUE TO INJURIES; THE CAMP WAS A SUCCESS; AS THE TECHNICAL STAFF CONTINUED WITH THE ESTABLISHMENT OUR FOOTBALL PHYLOSOPHY. THE CLUBS WERE VERY COOPERATIVE WITH THE PLAYERS DISCIPLINED"- PIETER DE JONGH.

have at least one international friendly match, however one country with whom an agreement had been made reverted back and withdrawn from the match which had been scheduled for the weekend of the 10th -12th November 2017. Another country had proposed that we could have played a match on the 8th November 2017, which posed to be difficult to us given that the team had just joined camp with only one day to prepare for it; worse even it was an away match. Another country beyond the region could not be possible on account of

opponent whilst as for the other potential opponents; the financial constraints within their coffers and those of the NFAS provided to be the major stumbling block. "As it was communicated before the latest training camp, the national team was expected to

THE NFAS PRESIDENT HIGHLIGHTS ABOUT THE IMPORTANCE OF NATIONAL TEAMS TRAINING CAMPS



The NFAS President; Senator Adam Mthethwa

National teams' training camps are a key constituent in their preparation, as they accord the technical staff of the team with the opportunity to advance their technical methodologies, tactics and strategies to the team as a group. This particularly holds true in view of the backdrop of the fact that the players emanate from dissimilar philosophies characterising their individual football clubs.

The national teams, given the limited time within which they can be together as a team or group, needs training camps to achieve training intensity, cohesiveness and a homogeneous spirit.

The ensuing phase, now that training camps have been realized, is the solicitation of transnational friendly matches to deliver an assessment or measure of the degree of the effectiveness of the preparations, something which will be realized shortly.

financial constraints as we were expected to fly and also contribute to accommodation expenses much against only the expectation of the normal flights which could be possible for us. Sihlangu SeMnikati continued with the training camp until the 13th November 2017. The national team trained twice a day (morning and afternoon). These training sessions involved the technical; tactical and physical aspects of football.



Instructions: Players listening to the Coaches

The players sweated it out under the watchful eyes of the Head Coach, Pieter De Jongh; Assistant Coach, Anthony Mdluli; Goalkeeper Coach, Vusi Mahlalela and Physical Fitness Trainer, Sithembiso Shona. The Prince of Wales Stadium in Mbabane was the training venue used. For the first in history; the technical staff was boosted by the presence of a nutritionist; as modern football is very much scientific thus the menu of the players is very vital in relation to the players' performance. As part of the training programme; the players were lectured on how they should eat on a daily basis.



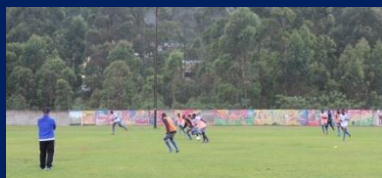
Pieter De Jongh being interviewed by the media

According to the Head Coach; Pieter De Jongh, it was a good training camp even though he would have loved to have at least one international friendly match. "Even though we didn't have an international friendly match and some of the players withdrew from the camp due to injuries; the training camp was good; as we,



Action during the training camp

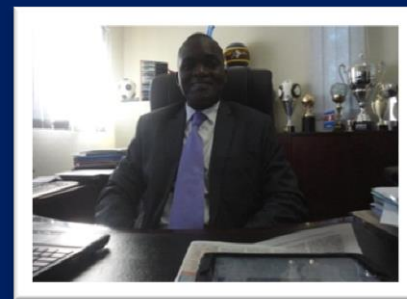
the technical staff was able to continue with the implantation of our football philosophy to the players who were very cooperative and disciplined", he said. The players also echoed the coach's words as they highlighted that they benefited a lot from this training camp. "This was an important training camp for the national team, as new players got the opportunity to be part of the national team which will give the technical staff more options come game time"; said the national team skipper, Tony Tsabedze. He also highlighted that they are getting used to the Head Coach's philosophy which can also be attributed to the previous training camps.



Close View: Pieter De Jongh closely monitoring the training session.

Mancoba Maseko who was one of the new players in the national team cited the Skipper's words as he also valued the training camp. "This training camp was good for the players more especially the new and young players like me as we learnt a lot from the national team coaches and the senior players who have a vast experience when it comes to international football"; he said. This also highlighted that such training camps enriches their confidence level.

NFAS TO REVIEW SIHLANGU SEMNIKATI'S PREPARATION PLAN



The CEO of the NFAS in his office

After not having an international friendly match during the November 2017 FIFA International Week; the National Football Association of Swaziland (NFAS) has already started working on a redrawn or revised plan in order to intensify the national team's participation in the 2019 AFCON Qualifiers and the next edition of the COSAFA Competition.

"The NFAS has started working on a redrawn or revised plan to create dates for international matches in the forthcoming months such that the senior national team plays international matches even outside the normal FIFA dates"; said the CEO of the NFAS.

The recently chosen Best Administrator during the maiden Swaziland National Sports Awards; highlighted that some of the countries that we negotiated with for the November 2017 FIFA dates have intimated that it could be possible to have matches in the near future. Considering that the local football calendar is also very busy; the CEO stated that the NFAS will engage its relevant domestic stakeholders to come up with a plan. "The NFAS has to engage its relevant domestic stakeholders and structures on a revised plan"; he said.

THE FOOTBALL FAMILY DOMINATES IN THE MAIDEN SPORTS AWARDS

Excellence is the gradual result of always striving to do better. This was the secret behind all the winners during the maiden Swaziland National Sports Awards which saw the football family dominating in terms of the recipients of awards during this important event in the sports industry of the country. The NFAS had acknowledged His Majesty King Mswati III; Her Majesty The Indlovukazi; Royal Household; Head of Government and Government; and the Swaziland National Sports and Recreational Council (SNSRC) for the support towards the growth of the Sports industry in the country.



In this event; the football family got a total of 6 awards which were as follows:

- Outstanding Sports Leader- Frederick Mngomezulu (CEO of the NFAS).
- Sports Association of the Year- NFAS.
- Outstanding Sports Team- Sihlangu SeMnikati.
- Sports Star of the Year- Tony Tsabedze.
- Outstanding Sports Coach- Thabo Vilakati.
- Lifetime Award- Harries Bulunga.

In reaction of such achievement on behalf of the football family; the NFAS expressed its sincere appreciation and humbleness for being



His Royal Highness, Prince Masitsela; Honorable DPM, Paul Dlamini and Honorable, Minister David Ngcamphalala presenting Tony Tsabedze with his award

selected as the Best Association and for all football individuals who were recipients of these historic sports awards in the respective categories. Speaking through the CEO the NFAS said " On behalf of the football family; we would like to express our since appreciation and humbleness for being selected as the Best Association and further congratulate the Senior Men's National Team (Sihlangu SeMnikati) ; CEO of the NFAS; Mbabane Swallows Head coach, Thabo Vilakati; Sihlangu SeMnikati and Mbabane Swallows Skipper, Tony Tsabedze; and former Sihlangu SeMnikati Head Coach , Harries Bulunga for their respective achievements during the maiden Swaziland National Sports Awards".



CEO to CEO: The CEO of the SNSRC Mr. Dorius Dlomo presenting The NFAS CEO, Mr. Frederick Mngomezulu with his award.

The Senior National team and Mbabane Swallows Captain also expressed his appreciation for being awarded as the sports star of the year. "I am very much honoured and exited to be one of the recipients of the first sports awards; as this encourages me to work even harder. I also hope that other footballers will also work hard and be the winners in the near future"; he said.

Mbabane Swallows FC Head Coach; Thabo Vilakati also highlighted his appreciation to His Majesty's Government for coming up with this great initiative as it motivate them as sports people. "First let me thank His Majesty's Government for this great initiative as it will motivate us as sports people to work very hard as there is a lot of recognition attached with doing so"; he said. He also added that the fact of being nominated; is an honour on its own as it also shows that their contributions to sports is being recognized.



The Vice President of the NFAS; DR. Comfort Shongwe received 2 awards on behalf of the NFAS and Sihlangu SeMnikati

The former Sihlangu SeMnikati Head Coach; Harries Bulunga accredited his award to all stakeholders involved. "First of all let me thank the Swaziland National Sports and Recreational Council (SNSRC) for coming up with such a great initiative; and it is an honour for me to be one of the recipients as my effort is being recognized. I would also like to thank all stakeholders involved as football is about team work", he said.



Thabo Vilakati receiving his award

All these individual achievements made football the ultimate winner as it shows the dominance of the beautiful game in the country. Over and above this; the local sporting industry was well marketed as a result of this event.

THE SIGNIFICANCE OF CLUB LICENSING IN A NUTSHELL

Club Licensing System is a tool for both the development and benchmarking of professional football clubs. Under club licensing system; clubs need to comply with certain criteria to participate in national and/or international competitions. These include; having at least a junior team, training ground and offices just to mention a few. By implementing club licensing system; football clubs are benefitted under the following pillars:

1 Sporting

This is the technical benefit of the club licensing system. The coach education is enhanced as qualified coaches are the only ones who are engaged to coach football clubs. "By engaging qualified coaches; the technical standards of coaches and clubs will improve"; said the Technical Director (TD) of the National Football Association of Swaziland (NFAS). These coaches will be treated as professionals as they will be contracted to the football clubs. The Club Licensing System will also encourage youth development. "There will be new generation of players who are technically good and mentally developed"; the TD said. These players will be able to grasp the correct playing concept whilst they are young. With an improved standard of football; the domestic competition will be enhanced as there will be strong football clubs.



Coaches attending a FIFA Course

2 Infrastructure

Club Licensing System encourages football clubs to have their own infrastructure. "Under this system; football clubs must at least have their own training grounds and offices just to mention a few"; said the TD. Once this is in place; it will be very easy for them to be able to sell their products. These may include their merchandising and

rental of assets just to mention a few. This will raise the economic and financial standards of the football clubs through effective marketing and commercial exploitation.



Action at King Sobhuza Stadium

3 Legal

The football clubs will be able to register as companies. This implies that; they will be business oriented. They will have their own constitutions. "There will be increased reliability, credibility of clubs and the leagues"; said the TD.

4 Finance

Club Licensing System will make football clubs to implement stable financial management and reporting. "The football clubs will have budgetary systems and audited financial statements"; the TD said. This will play a major role in having a buy-in for the football clubs in as far as the market is concerned.

5 Administration

The football clubs will be able to develop strong governance and organisational structures. "This will enrich the football club's administration; management and organisation"; the TD said. This implies that the day-to-day business of the football club will be done by qualified personnel; thus there will be more efficiency in as far as club administration is concerned.



The NFAS CEO, President; FIFA Instructor; NFAS Technical Director and participants of a FIFA MA Administration Course

In conclusion Club Licensing System empowers the standard of play thus promoting the continuous improvement of the standard of football. It separates community football and performance football.

WHAT'S ON THE NEXT ISSUE

- U 20 Men's National Team Prepares for COSAFA U 20 Youth Championship
- MVA Ingwenyama Cup gains momentum
- Preview of the MTN Premier League 1st Round

UPCOMING FOOTBALL EVENTS

- U 20 COSAFA Youth Championship
- MVA Ingwenyama Cup Competition
- MTN Premier League matches