



# SIGWACA FORTNIGHTLY

NATIONAL FOOTBALL ASSOCIATION OF SWAZILAND

## SIHLANGU'S PREPARATIONS FOR NIGER



SIHLANGU SEMNIKATI BEFORE PLAYING AGAINST LESOTHO

The Senior Men's National Team, Sihlangu SeMnikati played two international friendly matches last month against Lesotho at the Mavuso Sports Centre and Somhlolo National Stadium respectively.

These matches were part of the Pietier De Jongh lead squad preparations for

the crucial 2019 AFCON Qualifier match against Niger which was an away fixture for the Nation's Pride. The first international friendly match was also the maiden match for the head coach and his technical team to lead Sihlangu SeMnikati.

This match ended with an odd goal in favour of Swaziland. This solitary goal was scored by Machawe Dlamini. When making his remarks after the match, Pietier De

**"IT WAS A GOOD MATCH AND I WAS PLEASED WITH THE PERFORMANCE OF THE PLAYERS MORE ESPECIALLY THEIR BALL POSSESSION AND PACE WHEN GOING FORWARD WHICH WILL BE VITAL WHEN PLAYING AGAINST NIGER".**

introduced to them during the training camps", the head coach said.

The second match went in favour of Lesotho as they won it by an odd goal. When making his remarks after this match, the coach highlighted that he was satisfied with the manner in which the national team was keeping possession of the ball. "It was a good match and I was pleased with the performance of the players more especially

Jongh highlighted that the significance of this match was to see the response of the players to his tactics and technics. "I am happy with the players as they responded very well to the tactics and technics that I

## NFAS PRESIDENT ACKNOWLEDGES COACHES



NFAS President- Senator Adam Mthethwa

The President of the National Football Association of Swaziland (NFAS), Senator Adam Mthethwa acknowledged the role played by football coaches in as far as football development in the country is concerned. This happened during the official closing ceremony of the FIFA MA Fitness Coaching Course that was held at the NFAS's Technical Centre in Lobamba.

The President of the NFAS congratulated the coaches for successfully completing the course and also acknowledged the support from FIFA. "Let me take this opportunity to acknowledge the role that the coaches play in as far as football development is concerned, as they are the ones who do the implementation when developing players", he said.

their ball possession and pace when going forward which will be vital when playing against Niger", he said. After these international friendly matches, the Nation's pride continued with the training camp in Big Bend for the crunch match against Niger which was an away fixture for the Nation's Pride. The reason of camping in



SENIOR MEN'S NATIONAL TEAM OF LESOTHO

### REFEREES FITNESS TEST

On Sunday 21<sup>st</sup> May 2017, all the referees who officiates matches under the Premier League of Swaziland (PLS) converged at the Somhlolo National Stadium for the referees' physical fitness test. This event commenced at 0730 hrs and ended at 1130 hrs under the watchful eyes of the National Football Association of Swaziland's (NFAS) referees physical fitness test instructor, Mr Dumsani Hadebe and other seven officials. A total of 42 referees were tested which included 6 women referees, 21 referees and 15 assistant referees.

The assistant women referees sweated it out by running for two intervals of 10 metres and another 2 intervals of 10 metres within a period of 11 seconds (10 8 8 10 meters. This session is known as the change of direction ability (CODA). "This is an important test for the assistant referees as during the match, they are tasked with running along the touch line whilst changing directions most often (left and right hand runs)", said Hadebe. This change of directions happens within a short space of time. The CODA session was done once by each and every assistant referee.

After the CODA session, each assistant referee ran a distance of 30 metres, 5 times within a period of 510 seconds. Finally, they

Big Bend was to make it much easier for the players to adapt to the very hot weather conditions in Niamey, Niger. This strategy worked very well for the national team as they were able to out- play Niger as the national team was unlucky not to come back home with a win. This match ended with a no goal stalemate which made



GIVE WAY: TONY TSABEDZE NEGOTIATING HIS WAY PAST A BASOTHO DEFENDER

ran a distance of 4 000 metres. The assistant referees for men also did the CODA session within a time period of 10 seconds. They also ran for 30 metres, 5 times within a period of 4.7 seconds. Finally they ran a distance of 4 000 metres.

On another note, the women referees were tested differently from the women assistant referees. The women referees were tested by running a distance of 40 metres within a time frame of 6.20 seconds. "The referees were not tested on the CODA session due to the fact that, when performing their tasks during a football match, their change of direction is not as intense as those of assistant referees, however, they do a lot of running thus their tests was focused on speed", said Hadebe

The male referees were also tested by running a distance of 40 metres within a time frame of 6 seconds. Finally, they also ran a distance of 4 000 metres. The testing of the men's referees was speed oriented due to the nature of their job during a football match as there is a lot of running as compared to the change of direction.

During this referees physical test, all the referees passed, of which they are scheduled to do their next physical test in

Sihlangu SeMnikati to gain a valuable point. The Nation's Pride is currently occupying the second spot in Group J of the 2019 AFCON Qualifiers. The other countries that are in the same group with the national team are Tunisia and Egypt.

August this year as these tests are done 1 three months intervals.



MEN REFEREES JOGGING



WOMEN REFEREES IN THEIR PACES



LETTICIA VIANA BEING TESTED

## THE SKY IS THE LIMIT FOR FEMALE REFEREE LETTICIA VIANA

Leticia Viana was born on the 15<sup>th</sup> April 1985 in Manzini. She did her primary school at Sydney Williams Primary School then proceeded to St Marks High School where she completed her high school in 2002. She possess an Advance Diploma in Sports Management. Besides refereeing, Leticia works for the Ministry of sports, Culture and Youth Affairs as a Sports officer. Her favorite sports are cricket, athletics and football. Her love for football was evidence at a tender age 12 where she played for Two for Joy FC between 1998 and 2002 and from 2003 to 2005, she played for Imbabatane FC.

As from 2005, she started her refereeing career; her first assignment was in the Mbabane Promotional League. This assignment was not a stroll in the park for her. "My first assignment was very much intimidating, however as the game progressed, I settled down", she said. Being promoted to officiate for the Premier League matches was the highlight of her refereeing career as she became the first Swazi Woman to officiate in the elite football of this country. This happened in 2007 "Being appointed to officiate for Premier League matches, motivated me as I could tell that in refereeing, the sky is the limit in terms of success", she said.

In 2012, Leticia was appointed to officiate in the Zone VI Games that were hosted by Zambia and she also officiated in the same competition in 2014 which was hosted by Zimbabwe. In 2015, she was appointed to be part of the FIFA Panel of Referees (FIFA Lists of Referees). This symbolized growth and maturity in as far as her refereeing career was concerned. "This enhanced my confidence and eagerness to learn more in refereeing as I was recognized by the world football governing body, which made me feel like the entire world was monitoring my progress in the profession", she said.

In 2016, Leticia was appointed to officiate in the African Union Sports Council Region V Games that were held in Angola. As if travelling the world was her daily bread, in the same year 2016, she was selected into the "Elite 'A' women Referees Panel in Africa" and she attended a Women's Referees Course in Cameroon after being invited by the Confederation of African football (CAF). The icing on the cake, was when she became the first Swazi referee (both men and women) to be appointed to officiate in the AFCON Women Finals in Cameroon 2016; where she also officiated at both the Simi finals and finals.

"When I got the news that I will be one of the referees of the competition, I had mixed feelings as I was very much excited for this big achievement while at the same time I was under pressure as I didn't want to let my country down in terms of performance", she said. With all these achievements, she viewed them as growth in her refereeing career, as she learnt a lot of things which has laid some huge challenges for her ahead as she also believed that the sky is the limit; which state tat she is still hungry for success. Very significant from her is that she wants to be part in laying a foundation for a brighter future for the other colleagues and upcoming referees in Swaziland.

As the country celebrates the children's month, Leticia wishes that all the children in this country will be protected, empowered and also given equal opportunities in life as per this year's children's month slogan. She also encourages children to be involved in sport and unsocial behavior. "I wish every child will be involved in sports as there are a lot of benefits in doing so", she said. Finally, she also encouraged young girls and women to be involved in football as they also play a vital role in developing sports in the country.



LETTICIA DURING 2016 WOMEN  
AFCON FINALS



TOSS: LETTICIA TOSSING BEFORE THE START  
OF ONE OF THE AUSC REGION V GAMES

## PREVIEW OF THE 2016/2017 MTN PREMIER LEAGUE SEASON



Mbabane Swallows FC is the current Champions of the MTN Premier League after winning all their league matches. Out of twenty two (22) league matches, they were able to win nineteen (19) and drew only three (3) matches. This resulted in the club accumulating a total of sixty points (60). They claimed the league with twenty three (23) points ahead of the runners up club which is Young Buffaloes FC. To be precise, it was a one horse race as Mbabane Swallows played their last match as champions.

This club was able to score a total of fifty eight (58) goals and conceded fifteen (15) goals. They

scored the highest number of goals and conceded the least number of goals in the 2016/2017 MTN Premier League season. The top goal scorer for the past season was Mbabane Swallows prolific striker, Sabelo Ndzinisa with nineteen (19) goals. "This success was due to hard work and the support from the Mbabane Swallows family", he said after being presented his awards. Their championship triumph equaled the 17-year-old record of their rival, Mbabane Highlanders FC who ended the 1999/2000 season unbeaten in the league that was then sponsored by Castle Lager.

The Coach of the Season who is Mbabane Swallows FC's Head Coach, Thabo Vilakati attested this success to proper planning that they did as a team. "This success was achieved through proper planning and hard work from the pre-season up to date. As a team, we had an early pre-season than our competitors and we focused on one match at a time", said Thabo Vilakati. Their mandate was to get maximum points per match of which that was achieved and the rest was history. "In the game of football, consistency is key, and that's what

made us to be pace setters from the first to the last matches of the league", he added. The Head Coach also highlighted that; they kept on reminding the players about their mandate as a team in order for them to stay focus, and also their level of fitness was closely monitored throughout the season.

For such a record, Mbabane Swallows FC also received congratulatory remarks from the Minister of Sports, Culture and Youth Affairs who said, "Mbabane Swallows FC has proven that they are miles ahead of their competitors in the league and finishing the campaign unbeaten is another milestone in their ever shining stars". The sponsors, MTN Swaziland also congratulate the crowned champions and also highlighted that they are very much happy with the partnership that they have with football as a brand.



IN CONTROL: SANDILE NDZINISA



COACH OF THE YEAR: THABO VILAKATI



THE BEST OF THE BEST: SANDILE NDZINISA



THE CHAMPIONS: MBABANE SWALLOWS FC



## UPCOMING FOOTBALL EVENTS

### ➤ NFAS Futsal National Championships

The 2017 NFAS Futsal National Championships will take place on the 30<sup>th</sup> of June 2017 at the OlympAfrica in Lobamba.

### ➤ NFAS Annual General Assembly (AGM)

On Saturday, June 25<sup>th</sup> 2017, the NFAS will host its Annual General Assembly at the Sibane Hotel.

### ➤ TOTAL CAF CONFEDERATION CUP

On Tuesday, 20<sup>th</sup> June 2017, Mbabane Swallows FC will play against MC Alger in Algeria and on Saturday, 2<sup>nd</sup> July 2017, Mbabane Swallows FC will host SC Sfaxien at the Somhlolo National stadium.



EXECUTIVE COMMITTEE OF THE NFAS



MBABANE SWALLOWS FC



MC ALGER



CS SFAXIEN

## WHAT'S ON THE NEXT ISSUE

- We will look at Sihlangu SeMnikati training camp for the COSAFA Castle Cup.
- The post mortem of the 2017 Annual General Meeting (AGM).
- Preview of Mbabane Swallows FC's matches against MC Alger and SC Sfaxien.



MBABANE SWALLOWS FC PLAYING AGAINST MC ALGER AT THE SOMHLOLO NATIONAL STADIUM