



NEWSLETTER

January 2017

Volume 1, Edition 1

Upcoming Activities

January

USF Team Managers software training (tbc)

February

USF 2nd National Swimming Media Clinic (tbc)

CANA Zone 4 Championships held Bulawayo, Zimbabwe from 16-19 February, 2017.

2nd USF Awards/End of Year Dinner (tbc)

March

USF Annual General Assembly at UOC on Sat 18 Mar 2017

Midland Group Inter-Primary School National Swimming Champs on Sat 11 Mar 2017

USF National Secondary Schools Swimming Championship Sat 25 March 2017.

African Junior Championships held in Cairo Egypt 28 March- 1 April 2017

President's Word



As we look ahead to 2017, we are pleased to re-introduce our newsletter. This newsletter is meant to serve as one of our communication channels with all stakeholders. It is our hope that it will provide useful updates on what the activities carried out in the swimming family in and outside of Uganda. We encourage our members to send through contributions to be included in future editions of the newsletter. We also welcome your feedback to make the newsletter more responsive to your needs.

Dr. Donald Rukare

President USF

CANA Vice President

FINA Bureau Member

Introduction to Swimming Clinic for coaches held in Jinja at the Jinja Club, 14 January 2017

On Saturday 14 January 2017, Uganda Swimming Federation (USF) held an introduction to swimming clinic for coaches in Jinja at the Jinja Club. The clinic which was attended by 39 participants including 4 swimmers (7 females and 31 male) was facilitated by Mr. Peter Mugisha, USF Vice President (tech) and CANA/FINA swimming technical official assisted by Williams Buyondo, member USF executive committee.

The main objective of the one day clinic was to introduce swimming coach skills to coaches from the Eastern Region of Uganda. USF President Donald Rukare presided over the

opening and closing of the clinic. Dr. Rukare noted that building capacity of coaches is one of the strategic objectives of USF. He stressed that coaches are one of the fundamental pillars to developing a strong swimming base in Uganda. He also pointed out that Jinja and the eastern region used to be a swimming power house and looked forward to a revival of this status.

The participants were introduced to the basic techniques of the swimming strokes of breaststroke, freestyle, butterfly and backstroke. Sessions included practical's, video presentations and lectures. The sessions were highly participatory and interactive. Handouts and demonstration CDs were given to participants.

Clinic in Pictures



During the clinic former national swimmer Sebulime Mohamed and life guard David addressed the participants and encouraged them to focus on improving their skills.

A post training evaluation was conducted in which the participants rated the clinic a success meeting their expectations. Certificates of participation were awarded to the attendees.

USF hold similar clinics in other regions of Uganda and also put in place mechanisms to monitor and mentor the train the coaches to ensure that they are supported.

Appreciation goes to Peter Mugisha, Williams Buyondo, Jimmy Ogwal, Coach Davis and Mr

Nsimbi for all their hard work rendered to make the clinic a success as well as all colleagues of the USF executive committee.

2017 Planning Meeting with clubs

On 16th January 2017, USF met with club coaches and officials to discuss the 2017 Annual Calendar and work plan. During the meeting club calendars from Seals Swim Club, Dolphin Swim Club, Aga Khan and Silverfin Swim Club were reviewed and aligned to the USF calendar. Going forward USF intends to hold regular interface meetings with clubs and schools to ensure smooth harmonized annual calendar.

FINA 13th World Swimming Championships, Windsor, Canada 2-12 December 2016

FINA held several major events in Windsor, Canada 2-12 December 2016, including, the 13th FINA World Swimming Championships, FINA Convention, FINA Gala and FINA Gold. Uganda was represented by the following at these events:

1. Arnold Kisulo –Swimmer
2. Anthea Mundanye – Swimmer
3. Abel Ddamulira – NF representative and coach
4. Tonny Kasujja – Coach , Gold Clinic
5. Dr. Nana Nakiddu Doctor, FINA Medical Congress
6. Peter Mugisha – FINA technical official
7. Dr. Donald Rukare FINA

FINA held a bureau meeting on 2 December 2016. During the Bureau the FINA President welcomed bureau members to the meeting and noted that FINA managed to run a successful event in the recently concluded Rio Olympic Games despite several challenges. It was noted that about 99 swimmers had made the A qualifying times. FINA was ready to host the FINA world championships in Budapest Hungary 2017. FINA movie lab has been introduced revealing how FINA is responding to the digital age and the new headquarters in Lausanne is now functional. It is due to be formally open and members will be invited to the function. FINA stands at a membership of 207 and for the first time had a refugee team in the Rio Olympic Games. The minutes of the bureau meeting held in Rio 2016 were considered and approved. The organizing committee of Windsor 2016 welcomed all to Windsor, confirming everything was ready for a great championships with over 700 volunteers in place.

It was noted that several delegations had experienced serious challenges with obtaining Canadian visas; with over 10 countries not getting their visa's including a few bureau members. As a result only 165 countries will be taking part in the championships. There were also some challenges with accommodation and transportation for teams.

The FINA honorary Treasurer presented the audit report for 2016 and the financial report for 2013-2016. The FINA Executive Director presented the budget for 2017 noting FINA has

signed agreements for USD 271 million for the period to 2023. FINA affiliation fees collected as ploughed back to the continents as support. In 2017 FINA will have an income of USD 54million and expenditure of USD 45million leaving a surplus of about USD 10million.

The Constitution revisions of the Constitution of Australia were approved subject to the mandatory FINA clauses being included. In the case of Armenia there are two federations each claiming legitimacy. A FINA team would visit Armenia to try and resolve this impasse. Proposals to amend the FINA constitution were approved, they included clear roles of the FINA bureau, election of the FINA ethics panel, congress will now be every two years, executive board will be 8 peoples with the President having one nominees, Africa will have an additional fourth bureau member, a member at large from Asia. A FINA policy and procedure manual was presented to members.

Several proposed to change the rules as recommended by the various technical committees were reviewed and approved. Under the pool for all programs, 5 FINA approved levels of pools are proposed to guide national federations who are building new pools. This initiative was welcomed.

Under the FINA Development program several FINA Clinics, Schools and Scholarships were approved. The Coaches Certification program is soon coming online. The idea is by 2020 all coaches on deck at FINA events will have gone through this program. FINA Aquatic Day will be celebrated in July every year though it could be celebrated on another day due to weather conditions in some parts of the world.

Technical delegates for the BAKU 2017 4th Islamic Games, the 17th Games of the Small States of Europe 2017, the bi annual South East Asia (SEA) in 2017 and Commonwealth Games Gold Coast 2018 were appointed.

All FINA approved swim suits to be used at the FINA Swimming competitions and Olympic Games will available on the FINA website before 31st December 2016.

It was reported that Tokyo was gearing up to host a great aquatic games during the Olympic games in 2020. FINA was in close contact with the authorities in Tokyo. Gwangju Korea reported that they were on track to host the 18th FINA World Championship (July 19- August 4) and Masters (August 5 to 16 August 2019).

FINA Gold Coaches Clinic 4- 5 December 2016

FINA held a Gold Coaches clinic 3-4 December 2016 which was attended by Tonny Kasujja. I attended some sessions of the clinic which brought together world class elite coaches who have coached swimmers that have won gold medals at the Olympics and FINA championships. One of the highlights of the clinic was a presentation by Bowman, Michael Phelps coaches who inter alia pointed out that in order to win a swimmer had to beyond the ordinary training. A report on the clinic has been prepared by Tonny and a follow on workshop for coaches is planned in the coming days to share the knowledge and information obtained during the clinic.

FINA Medical Convention 3-4 December 2016

Dr. Nana Nakiddu and I attended the FINA Medical Congress which had presentations on nutrition, sports injuries, anti-doping and the role of medicine in training. The convention featured re-known Sports medical practitioners and Nana has prepared a report on the convention. Nana will also hold a follow up session for coaches and swimmers on what was presented and discussed during the rich convention.

FINA World Aquatics Convention 3-5 December 2016

The FINA World Aquatics Convention 3-5 December 2016. The convention was intended to provide a platform on which the global aquatics family and business leaders come together to share best practices, to encourage engagement in aquatic sports and to boost elite performance in all FINA disciplines. The vision was to support the growth of aquatic sports worldwide. During the convention several insightful presentations were made on,

- a. New Technologies and ideas for high performance
- b. Best practices in the delivery of aquatic sports educations programs
- c. Linkages with national, regional and local governments on the benefits of aquatic sports and how they can be used as tools for positive change
- d. Growth of the global aquatics family and,
- e. Relationships between FINA, its national federations and the international aquatic family.

FINA Gala 5th December 2016

The FINA Gala dinners and award ceremony, "Soiree des Etoiles" was held on 5th December 2016. During the gala dinners the best athletes and coaches in 2016 were recognized. Michael Phelps and Katina Houzu were awarded best male and female swimmers respectively. Phelps was also awarded the best swimmer of all time (legend) award for his exceptional performances in Beijing, London and Rio Olympics games and various FINA World Championships over the last 6 years.

FINA World Championships (short course) 6-11 December 2016

The center piece of the events in Windsor was the 13th FINA World Swimming Championships (25m) held 6-11 December 2016. Uganda was represented by Anthea Mudanye and Arnold Kisulo and Abel Ddamulira as team official/coach. Joshua Ekirikubinza had been entered for the event but was unable to attend due to visa related issues. Our swimmers posted impressive times as indicated below:

- i. **Anthea Mundanye**
100m Breastroke – 1.26.17
100m Butterfly – 1.20.65
50m Butterfly - 34.97
50m Breastroke – 40.48
- ii. **Arnold Kisulo**
50m Butterfly 27.35
50m free 26.15

We congratulate Anthea and Arnold on their participation in the event.

Peter Mugisha attended the championships as a FINA technical officials and officiated.

CANA Meeting 6th December 2016

During the championships, CANA held a meeting attended by some countries that were in Windsor,. These included Zambia, South Africa, Gambia, Tanzania, Swaziland, Angola, Kenya, Mauritius, Senegal and Uganda. I represented Uganda during the meeting. During the meeting we discussed:

- a. 2017 CANA Junior Africa Championships will be in Cairo 28 -31 March
- b. More countries to participate in all disciplines and events
- c. New lists of CANA technical committees was circulated
- d. CANA Seniors in Algeria 2018

- e. CANA Juniors Tunisia 2019
- f. Swimming for all program Cana will choose 10 countries to start project
- g. CANA to look at subsidy for 1 swimmer per country for CANA Junior event in Cairo
- h. Countries to send calendar of events to CANA
- i. Countries encourages to pay fees affiliation fees of US 200

CANA Zone 3 Meeting 7th December 2016

CANA Zone 3 also held a meeting while in Windsor on 7th December 2016. Kenya, Tanzania and Uganda were in attendance. The main agenda item was preparation for the CANA Zone 3 event in Dar es Salaam next year. We provided the Tanzania delegation with a check list of issues to ensure a successful event i.e. venue, accommodation, accreditation, technical officials, medals, transports, event program, security, volunteers, technical equipment, budget, protocol, opening and closing ceremony. We also held a meeting with Pere Miro of FINA over the event is which is slated for December 2017.

Overall it was great that despite some challenges, we were able to have a team representing Uganda. Over 18 countries were unable to attend mainly due to visa issues. We would like to thank the parents, coach, USF colleagues, the media for all your efforts to make the trip a success.



2nd CANA Zone III Swimming Championships 19-20 November 2016, Kigali (RWA)

The 2nd CANA Zone 3 Swimming Championship was held in Kigali, Rwanda from 19-20 November 2016. Teams from Zambia, South Africa, Tanzania, Uganda and Rwanda took part in the event that was held at the Golden Tulip Hotel Kigali. Over 150 swimmers took part in the two day event with an average of 100 spectators in attendance daily. The championship was opened with remarks from Mr. Sam Kanimba President of Rwanda Swimming Federation, the Mayor of Busera District, the General Secretary of the Rwanda Olympic Committee and Dr. Donald Rukare, President of CANA Zone 3 President, CANA Vice President, Uganda Swimming Federation President and FINA Bureau member. Mr. Guy Phiri President Zambia Swimming Federation and Mrs. Thauriya Diria Vice President Tanzania Swimming Federation were also present. The President of the Rwanda Olympic Committee presided over the closing ceremony on the final day. The event was covered extensively in the electronic and print media in Kigali generating interest in swimming across the country.

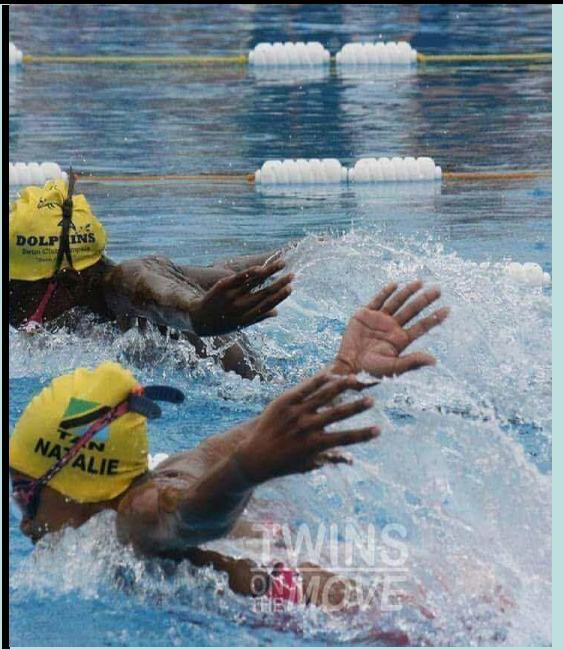
Following two days of exciting swimming, Tanzania emerged the overall winner of the event. The final positions were as follows:

1. Tanzania – 1,844 points
2. Zambia – 1,816 points
3. Uganda- 1,573 points
4. South Africa - 759 points
5. Rwanda – 691 points

The complete results will be posted on the CANA Zone 3 website: www.canazone3.org .

CANA Pictures





During the event, the hosts Rwanda Swimming Federation, was assisted by the officials from the Uganda Swimming Federation as well as Zambia and South Africa Swimming Federations. The two day event was successfully though a few constraints like the depth of the pool were experienced.

We would like to acknowledge with appreciation the generous support from the following that enabled the successful hosting of the event:

1. FINA
2. Rwanda Swimming Federation
3. Uganda Swimming Federation
4. Golden Tulip Hotel
5. Parents and coaches

During the course of the championships we held a zone 3 meeting on Saturday 19 November 2016. During the meeting, the report from the CANA Africa Championship Bloemfontein, the 2017 draft calendar were presented. During the meeting it was agreed that the Constitution and strategic plan for the Zone would be completed before the end of 2016. The next meeting will be held in Windsor Canada during the FINA World Championship in December 2016.

Overall as zone 3, swimming continues to develop and we would like to thank our hosts Rwanda Swimming Federation for the great hospitality afforded to all of us.

Executive Committee

President – Dr. Donald Rukare
Vice President (Admin) – Mr. Peter S. Mugisha
Vice President (Techn) – Mr. Abel Ddamulira
Secretary General – Mr. Moses B. Mwase
Assistant Secretary General – Ibrahim Mapetla
Treasurer – Mrs. Fauzia Karmali
Competitions Secretary – Max Kanyerezi
Asst. Competitions Secretary – Albert W. Shinnosuke

Committee Members

Mr. Williams Buyondo
Ms. Lillian Mugisha
Mr. Isaac Rwenzo
Mr. Sam Kalule
Ms. Nana Jacqueline Nakiddu

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USF Partners

Special Appreciation to:

