

SET the PACE

Official Newsletter of the Lesotho National Olympic Committee

Issue #1: OCT-DEC 2018



LESOTHO
National Olympic Committee

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The Lehakoe Club brings a fresh approach to gym membership. By stripping out unnecessary costs (keeping things simple, streamlining our approach and doing away with pushy sales staff) and by focusing on what matters: great equipment in a great space - we aim to reduce costs to you, but deliver a high quality gym experience. We are a fully staffed affordable fitness facility that focuses on offering a unique experience to our members. One on one personal training, sports rehabilitation, trx group training and group personal training sessions are just a few of the exciting services we offer to help you achieve your goals.

Functional Training Area

Switch things up with our functional training area. Tone and strengthen with resistance bands, kettlebells, medicine balls, rocker boards, and more!

Cycle Studio

Compete against your friends or push yourself to the limit in our group cycle studio!

Cardio Level

Elevate your heart rate on the latest treadmill, ellipticals and step machines in our Cardio Level- all while enjoying your favorite sports channels on a large screen. Now working out doesn't have to feel like working out.

Group Exercise Studios

Our temperature-controlled group exercise studios boast special flooring, sound systems and nearly 20 classes per week — all taught by certified instructors.

THE Lehakoe CLUB



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Lesotho National Olympic
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THE CEO'S DESK

It's all about the GAME PLAN!

With the 2017 - 2024 Strategic Plan now under implementation, rewind: the LNOC aimed high and the ambition requires a lot of house-keeping issues in good order.

In pursuance of its aspiration to become one of the top five (5) Olympic and Commonwealth Games Association in Africa, the LNOC has made a decision to adopt a Performance Management System (PMS), a system aimed at facilitating organizational performance through effective management employee performance and development. This initiative is geared and purely designed to get the environment ready by ensuring that the correct mix of competences are well aligned where abled human capital remains the drive force behind the vision. Its switched ON!

The LNOC Board recently presented to its General Assembly (GA); a pathway to realize its ambitious vision where two main vehicles have been identified and considered as the strategies to get the "Game Plan" achieved for Lesotho to reclaim its position in the major Games podiums. The first strategy has been to bid for hosting of major Games with the intention to take advantage of the embedded benefits that comes with hosting but mostly; to challenge the organizational domestic operational system around project management. The key word is not just on actual project delivery but on



consistency and sustainability beyond the Games Times – more of a country thing!

The second strategy has been designing, adoption and implementation of the "High Performance Strategy"; a toolkit that advocates, protects and speaks volumes pertaining to our athletes' welfare programme (within their different domains) in their preparation journey for the major Games. We are very excited that the LNOC – GA adopted this toolkit without hesitation and its now action time.

We, the Secretariat remains committed and looks forward to harmonious working relationship with all our respective stakeholders to support our athletes.

Can the vision be realizable...it's all about the GAME PLAN!

Morake RALEAKA (CEO)



ATHLETES' CORNER



SETTING THE PACE

21 year-old Tšepang Sello gives the impression of being a quiet, humble Mosotho girl – but on the athletics track she is a fierce competitor. Over recent years, she has dominated the National and South African Universities' scene at her favourite distance of 800m. Her performances have earned her the coveted appointment as University of Freestate (UFS) Female Captain of Track & Field for 2019.

Tšepang is one of our Tokyo 2020 Olympic Scholarship holders and benefits from funding through LNOG towards her training and competition expenses. She is based at the UFS in Bloemfontein under coach Derek van Rensburg and is making remarkable progress.

Her current situation is far removed from the humble beginnings where she was first discovered as a 15 year-old athlete at Motsekoua High School. She soon progressed to district-level representation and on

to the national team, where she represented Lesotho at the Gaborone 2014 African Youth Games and Nanjing 2014 Youth Olympic Games.

Making her Mark

Now, as a senior athlete, she is making her mark on the University Sports South Africa (USSA) athletics scene, winning both varsity athletics meetings at the University of Pretoria (TUKS) and the USSA finals. She also picked up a surprise win at the USSA 8km cross-country competition recently.

Tšepang articulates that her highlight of 2018 was competing at the Gold Coast 2018 Commonwealth Games, but the whole season has been impressive with National records progressively falling throughout. She now holds the NR at both 800m and 1500m with times of 2:06.25 and 4:17.31 respectively.

The Middle-distance Testosterone Saga

The middle-distance women's track event has come under a lot of scrutiny

recently with a number of prominent African athletes being accused of having an unfair advantage because of naturally high testosterone levels. In Tšepang's case, it seems to be a reasonable argument as her slender frame is dwarfed by the muscular physiques of these other competitors. However, Tšepang is very gracious about the situation and feels that the interventions of the governing bodies can be demoralising and offensive to the beliefs, culture and personal experiences of those involved. "It is better to check if the athlete was born male or female and allow them to run with their gender equals", was her response.

Tšepang's graph of progression in the 800m has shown consistently improving times each season, and her target for the 2019 season is a time of 2:03.00 in a bid to get ever closer to that magic 2-minute mark.

Meanwhile, she remains level-headed and appreciates that the academic part of university life is also important for her future. She is pursuing a Bachelor of Arts Degree in Criminology and Sociology.



Did you know?

Tšepang is one of six Lesotho athletes currently benefiting from Tokyo 2020 Olympic Scholarships through Olympic Solidarity World Programmes. The scholarship athletes are: -

- Mosito LEHATA (Athletics – 100/200m)
- Lerato SECHELE (Athletics – Triple Jump)
- Marumo MOLOISANE (Taekwondo)
- Tumelo MAKAE (Cycling – Mountain Bike)
- Moroke MOKHOTHOTHO (Boxing)
- Tšepang SELLO (Athletics – 800m)

THE GAMES

LIFE'S A BEACH

Introducing the new Beach Games

SAL 2019

1st African Beach Games



2019 will see the launch of some exciting new Games – focusing on beach sports, presented by the Association of National Olympic Committees (ANOC) and our African continental association (ANOCA).

The SAL 2019 ANOCA African Beach Games will take place in the beautiful islands of Cape Verde from 14-23 June 2019 and will be followed by the San Diego 2019 ANOC World Beach Games in USA from 9-15 October 2019.

Although Lesotho is a landlocked country with altitudes exceeding 1500m above sea-level and a day's drive from the nearest beach, we have already set our sights on

qualifying and competing in the Games.

Beach Volleyball

Beach Volleyball is one of the sports that we are considering for future success. Volleyball has always been popular in Lesotho and our teams have experienced a measure of success in the sport. As opposed to traditional volleyball where the height of athletes is a big advantage, Beach Volleyball is more about skill, speed and agility, and we believe our athletes can excel. To this end LNOC has invested in a beach volleyball court at the Lepereng OlympAfrica Centre to enable the National Federation to develop the sport further and recruit young players.

Volleyball is just one sport the Beach Games has to offer, as the sporting programme includes sports such as swimming, rowing, football, rugby, tennis, handball, athletics, basketball, karate, wrestling, BMX cycling and skateboarding.

Half-Marathon

Another sport that we will be considering at SAL 2019 is the introduction of a half-marathon athletics event.

Plans for the Lesotho's participation at the Games are already ongoing and we have approached all the relevant

National Federations to discuss their ideas and plans towards these Games.



OLYMPIC HOUSE HAS MOVED

As of October 2018, the LNOC Office, affectionally known as "Olympic House" has moved. The new physical address is 160, Lancer's Road in Maseru West, however the postal address remains unchanged. For those familiar with Maseru, the new office is located adjacent to the Police Officers' Mess.

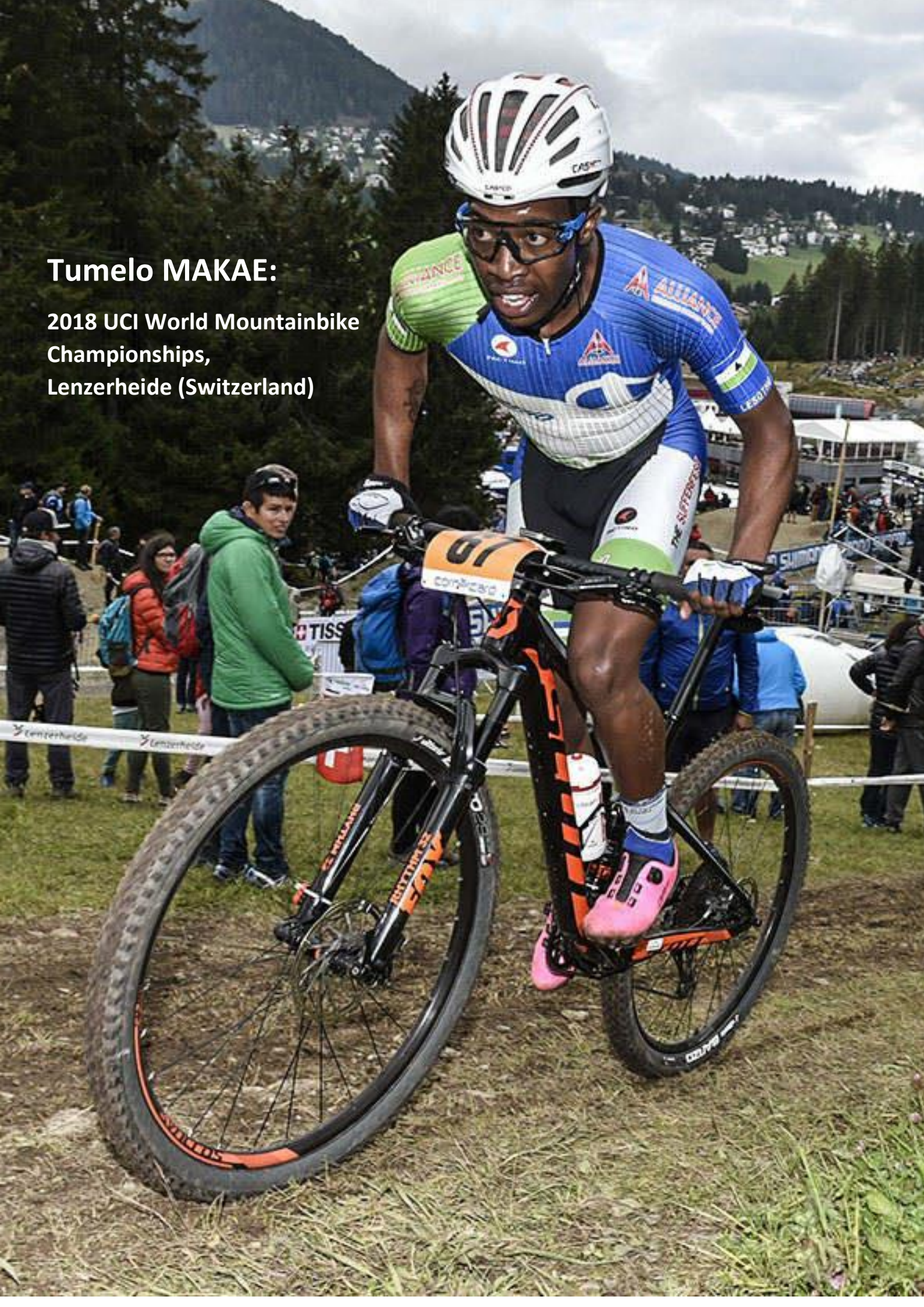
The new office premises present us a with an opportunity to become even more productive and to develop new facilities for the benefit of our athletes and stakeholders.

It is also a joy to breathe new life into this historical building that has been left dilapidated over recent years.



Tumelo MAKAE:

**2018 UCI World Mountainbike
Championships,
Lenzerheide (Switzerland)**



MOTEBONG LODGE ... proud supporter of Team Lesotho for Olympic and Commonwealth Games

MOTEBONG LODGE ON KATSE DAM HA LEJONE

Located in the highlands of Lesotho, *Motebong Lodge* provides for a relaxed holiday or corporate break away in a calm setting on the shores of Katse dam, with the following offerings:



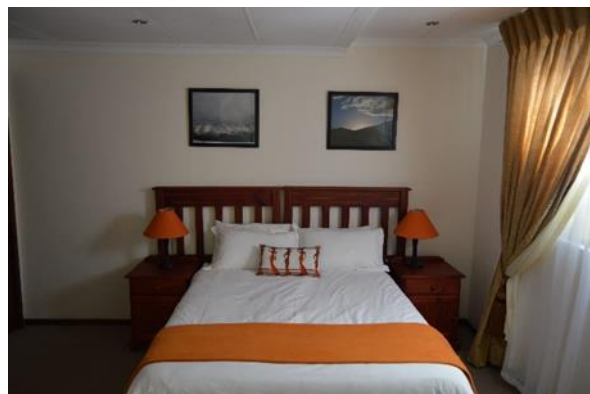
A great venue for hiking



High Altitude training facility



A weddings venue



Accommodation



Boating for leisure and fishing



Workshops and team building venue

For a reservation call +266 5974 4567 or email: reception@motebong.com and view us on www.motebong.com or visit *Motebong Facebook page*.

PROGRAMMES



SPORTS ADMIN COURSES

LNOC's Approach to Improving Sports' Administration

One of the key tools that Lesotho National Olympic Committee offers to National Federations and other sport-focused groups is the organisation of courses in sports administration and management. In 2018 alone, we successfully organised four **Sports Administration Courses (SACs)**, training over 100 sports administrators and covering the districts of Maseru, Mafeteng and Mokhotlong.

The various roles and responsibilities associated with holding office in a National Federation can often present challenges to new administrators and our goal is to meet that need through Sports Administration Courses (SACs).

Three Levels of SAC

We currently offer two levels of SACs:

SAC Level 1 gives an introduction into basic sport administration and a general understanding of the Olympic Movement, Values and Issues.

SAC Level 2 goes much deeper into the development of essential management skills related to sports, including Management Skills; Managing the Environment; Management of Resources; Management of Activities and Development of Athletes.

Advanced Diploma Courses

In addition to SAC, the NOC periodically organises Advanced Sport Management Courses (ASMCs), which go into much more depth and practical application of knowledge. Our ASMC sessions generally take six months and require a commitment of two weekends per month from candidates. It is a substantial commitment, but successful candidates have consistently demonstrated capacity-growth and proved themselves worthy of the ASMC Diploma.

The next ASMC session is due to start in January 2019, and the application process will commence in November 2018. Further information can be found from National Federations or LNOC.



ONGOING PROJECTS:

DNSS Project in Baseball/ Softball:

LNOC in partnership with the World Baseball & Softball Confederation (WBSC) has been working a Development of National Sport Structure (DNSS) project for Baseball/ Softball. The project commenced in February 2018 and has been extended until February 2019.

National Federations Websites:

The National Federations websites project has hit some delays but is still making progress. The first websites are due to go online very soon. The project aims to publish simple websites for NFs in a bid to aid contact with potential athletes and sponsors and to promote transparency. NFs that have not yet submitted their interest to be part of this project can still liaise with the LNOC NF Services department.

Technical Course for Coaches – Rugby Sevens:

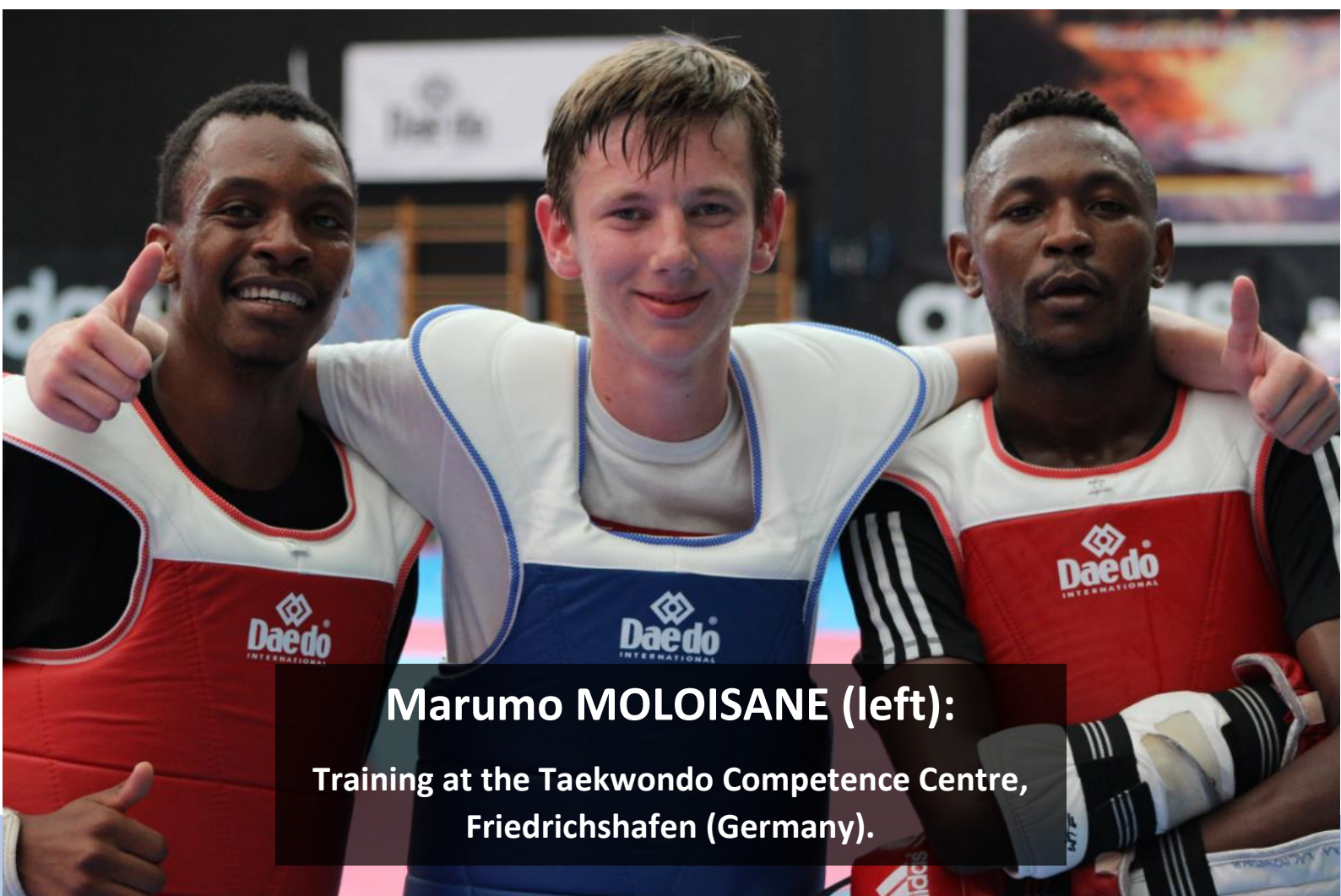
LNOC hosted a Level 2 Technical Course for Coaches (TCC) from 12-16 November 2019. The course was facilitated through World Rugby/ Rugby Africa, with support from Olympic Solidarity World Programmes. The opportunity to conduct TCCs is available to all Olympic Sports and interested NFs should contact the High-Performance Department for more details.

Lesotho Sport Biography Project:

We are embarking on a project to compile and collate biographies of sports personalities in Lesotho from the period 1972 to 2018. The purpose is to document and appreciate the history of sport in Lesotho and the people that have contributed to its development.

UPCOMING EVENTS

17-21 December 2018	4 th Young Participants' Session – Lesotho National Olympic Academy
January – September 2019	Advanced Sports Management Course
January 2019	Olympic Values Education Programme for Teachers
January 2019	Anti-Doping Education Officers' (ADEOs) Training
February 2019	Technical Course for Coaches - Weightlifting
04-28 February 2019	Empowering Young Girls on Sexual Harassment & Abuse in Sport
18-22 February 2019	Level 2 Sports Administration Course - Quthing
March 2019	1 st National Sports Festival



Marumo MOLOISANE (left):
Training at the Taekwondo Competence Centre,
Friedrichshafen (Germany).

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