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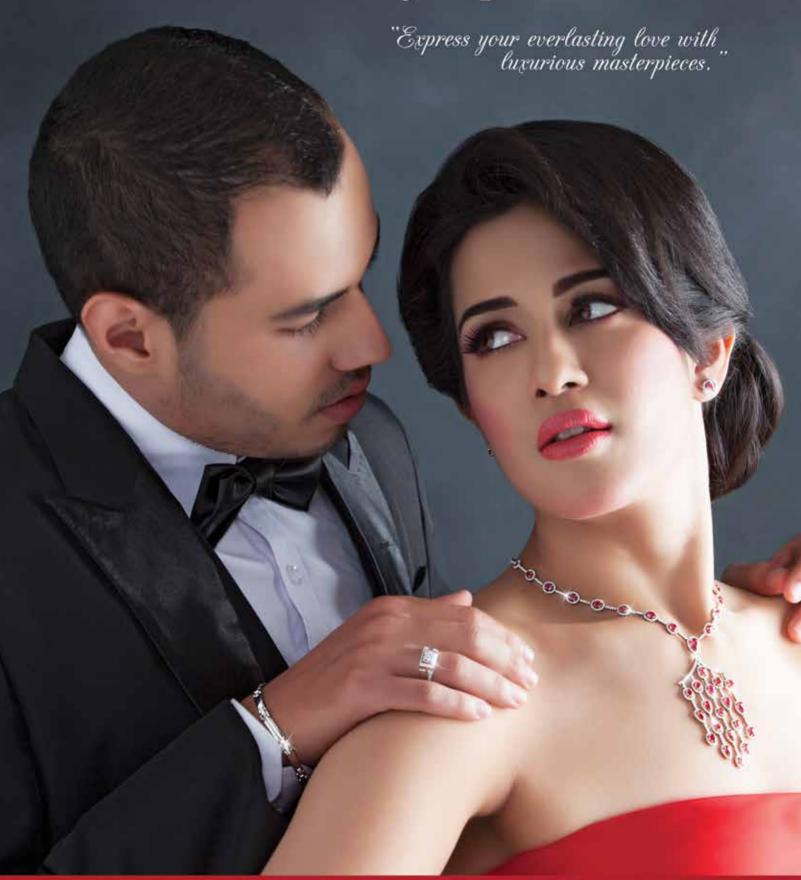
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PE ENTERPRISES (PVT) LIMITED

VOLUME III

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CONCEPT & DESIGN

AAA Creations

PRINTER

Ceylon Printers PLC

ADVERTISING & ENQUIRIES:

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Dear Readers,

Welcome to Volume III of Fitness & Sports. On our cover page we have our very own Olympic Silver Medallist Susanthika Jayasinghe, the only Sri Lankan after Duncan White to win a medal at the Olympics. What makes her story inspiring is that she is a simple girl from the village who rose to international stardom in sports and brought glory to our motherland. We believe you will find her story motivating and will adopt a "I can do it" attitude to overcome any challenge that stands in your way to achieve greatness.

In the fitness arena we feature the UBURN Project that run fitness activities in the leafy outdoors of Colombo. Fitness & Sports puts the spotlight on CROSSFIT that will be beneficial to any fitness regime. In the strength training department we have our very own expert who gives insight into the benefits of strength training to the individual as well as sportsmen and women. The suspension trainer is the fitness kit that we focus on in this volume. This innovative piece of kit gives you a full body workout that can be done both indoors and outdoors. In our last volume we introduced the martial art of Jeet Kune Do that was founded by Bruce Lee. In this volume we begin the practice of this practical fighting method.

In the sports section of this magazine we feature the young female stars of the Sri Lanka Weightlifting Federation who have overcome personal challenges to chase their dreams. They have a lot of potential to achieve glory and possibly bring home an Olympic Medal with the right support. The rugby team of St. Joseph's College is a side that has experienced much ups and downs since it was formed in the 1950s. In the last season of schools rugby they performed incredibly well and gave the league champions a good fight. Their tale is one of guts and determination which is why we are featuring them in this magazine.

I take this opportunity to thank the advertisers who have helped bring this magazine to life for the benefit of a fitter and stronger Sri Lanka. Thank you for believing in the vision of Fitness & Sports which is to grow the flame of fitness and sports in Sri Lanka into a roaring blaze. In this Volume we have featured some very bold individuals who have and continue to beat the odds and win, in both sports and in life. They talk about how physical training and sports give the base to achieve whatever goals you set for yourself. If we never set goals or we do not have dreams then we will always remain in the same position and will never live to our potential. I hope that you our valued reader will take a positive message from this magazine that will inspire you to live the life of fitness and to have self-belief that will be the foundation for you to achieve your own goals so you may live your dreams and be all you can be!

"One step at a time, one punch at a time, one round at a time"
- Sylvester Stallone (Rocky Balboa) in the movie Creed.



Praveen Emmanuel Muttukumaru

Editor







SHIFTING THE PARADIGM OF FITNESS

Uburn Project is a mild to moderate physical activity program that is the brainchild of Dejan de Zoysa and Udesh 'Hetti' Hettiarachchi. "Its simplicity is its greatest sophistication", because Uburn is all about finding a utilitarian niche in providing systematic and sustained fitness for everyone, according to these two fitness enthusiasts and advocates. The name 'Uhurn' (youburn) came from a play on 'urban' as the Uburn Project started off with wanting to encourage an active lifestyle for the increasing urban demographic in and around Colombo. The "burn" part of the name

soon becomes obvious to anyone who has been willing to give it a go!

Founded in 2013, it is now into its 3rd year in extending what Dejan and Hetti like to call a 'sustained lifestyle in fitness'. According to Dejan and Hetti (referred to as the duo) working out must be done in a manner that is sustained over prolonged periods of time for maximum effect to be derived. According to them "It does not matter the intensity of the training, but instead it is how consistently you train that matters", making Uburn sound almost casual. "In fitness, duration should not be measured as a session, but in years". The first and foremost- and the only way to do this is-is to have fun doing it — and fun is taken utterly for granted at Uburn sessions.



UBURN PROJECT



The duo have been great friends for over a decade, and most of that time was spent rowing a boat together. Having been extremely competitive in local and International Rowing Regattas, the duo's competitive streak lasted for over a decade. They have the honor of having represented Sri Lanka at the 2004 SAF Games held in Islamabad, Pakistan, where they won 2 silver medals each in the

lightweight categories. Both
Dejan and Hetti are FISA certified
Rowing coaches (International
Rowing Federation) since 2014.
They have experience in coaching
school rowing for over a decade
as well as at the Colombo Rowing
Club.

Their career tallies more wins than losses; but more importantly, it lacks any serious injuries or mismanagement of their physical selves.

"This was a blessing for us as well as something we cultivated with awareness. The singular most important aspect of what kept us well primed is 'conditioning work' incorporated by ourselves in our training programs both on and off season", say the duo.





Essentially, Uburn is concerned with keeping anyone and everyone primed by conditioning their bodies in a systematic fashion, over prolonged periods of time. Conditioning work is defined by the duo as, 'non stressful and repetitive movement to time and rhythm'. A simple breakdown below,

Mobility -

Concerned with range of motion for muscular extension and retraction, and also touching on body stability.

Flexibility - Increasing the individual's current range of motion while improving stability as well.

Calisthenics -

Mild to moderate strength work with utility of body weight and external props (such as steps, bars, or hills)

Utility training -

Which is Uburn's unique mix up of conditioning circuits and mild cardio training.

Mileage -

Medium distances (the duo are heavy on endurance and will always encourage you to go beyond what you think you can) at relatively low intensities of brisk walking or jogging.

Conditioning work has kept the duo active and primed to involve themselves in more extreme activities even after their competitive phase. "We're not motivated to stop, because we have fun doing it (being physically active) and so we continuously keep our selves physically primed". This is what Uburn extends to the average person, the amateur athlete or the

serious athlete. In keeping primed

the duo has been able to amongst other things, run marathons, and row half way around Sri Lanka over a period of 18 days in a purpose built 'Ocean Rowing' boat, built and captained by a person the duo refers to as their guru, Chanaka Wickramasuriya.

"What we can do - we figured anyone can do", say Dejan and Hetti, and the sole purpose of Uburn is to impart this belief to anyone who attends a session at Uburn. When they first started off, the plan was to empower people with the intricacies of how to plan a simple work out without the use of equipment and with focus of technique and efficiency. The plan was to have clients leaving Uburn in 6 months to 1 year with enough motivation, confidence and a high aptitude to keep up with the routines and workouts in their own time without having to depend on a program or trainer.

Enriss Sports



workouts are based on being outdoors and one does not have to depend on gym hours or be intimidated by equipment and gear

UBURN

overwhelmed by the feedback they got as trainers and motivators, and by the amazing synergy and enthusiasm of the Uburn group that formed—clients from various walks of life, with varying degrees of fitness and motivation, who came together as irrepressible Uburners. So, the

"Uburn is for everyone – all ages and all aptitudes". The duo say this with pride as their work out structure enables every person to work out together and is not dependent on any individuals capacity for high intensity workouts. "So essentially you cultivate a frequency that keeps improving your own skill, strength and overall fitness, from whatever point you begin. All work outs are outdoors and in a much healthier

environment than at a gym. The workouts can be done at a higher frequency than visiting a gym or in doing resistance (weight) training. The program is also the ideal supplement for the fitter and more motivated persons who train over 8-10 sessions a week. For these persons our program offers fundamental structural stability for enduring ones commitment to training."

UBURN PROJECT



Monday - Full body (Variations on Conditioning Circuits or Cardio) + Light mileage

Tuesday - Lower body (Variations on Plyometrics / Conditioning or Speed) + Core work

Sample of Tuesdays Session

30 second circuits of following

exercises X 4 sets /// Followed by 10 min jogging or brisk walking

- Alternating lunges (front)
- Half squat pulses
- Step shuffles
- Burpees
- Bridges
- Toe touch crunches
- Standing punches with hip rotation

Wednesday - Surprise mix up – Usually an obstacle course (weather dependent) / Tabata work (interval training) or Mileage 3-5km at your own pace

Thursday - Upper body (Variations on Conditioning Circuits and Plank work) + Core work

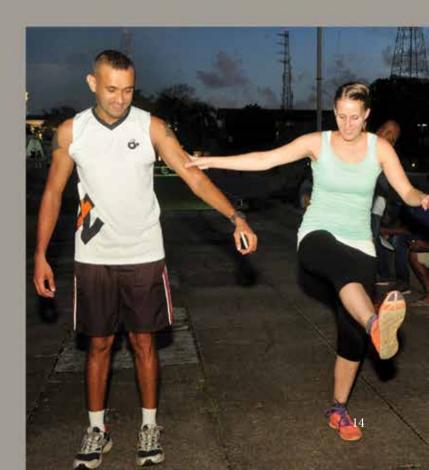




Uburn has a healthy track record for continuing clients and only very minor injuries. All sessions begin with a good warm up process and a small brief on how the session will flow. There is no sense of ever "having to keep up or stress out about ones aptitude". Both Dejan and Hetti are known to be vigilant on form and technique and have repute for creating a good rhythm for the particular exercise (or set) as well as the session. They joke about it coming from their Rowing background. The session ends with a debrief and personal motivation to each and everyone present at the session. High fives and hugs are not uncommon after workouts with Uburn.

"You will simply be a fitter and healthier person". According to Dejan and Hetti there is a false correlation between being fit and being toned or cut. The duo is quick to state that Uburn is not a weight loss program, a toning bar, a crossfit box, or a HIIT type of program, although it is a highly recommended (and necessary) supplement to all of the above mentioned. Uburn is not concerned with stereotyping a certain look or fitness persona, and has 'inclusivity' as a fundamental philosophy.

"We are only concerned with the fundamentals of fitnessthat is essentially what is going to keep you active for prolonged periods of time, and throughout your life", according to the duo.





Locations and Times Mondays thru Fridays - 5.30 a.m to 6.30 a.m
at Independence square (near the statue of DS Senanayake)
or if the weather is bad, at Royal College Sports Complex.

Mondays thru Fridays – 6.30 p.m - 7.30 p.m at Independence Square or Viharamahadevi Park (we meet at the band stand located inside the park) or if the weather is bad, at Royal College Sports Complex.



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WOMENS WEIGHTLIFTING TEAM





THE YOUNG STARS OF THE SRI LANKA WOMENS WEIGHTLIFTING TEAM

The Sport of Weightlifting
The sport of weightlifting also

known as Olympic Weightlifting is when the weightlifter attempts to lift a maximum weight of a loaded barbell overhead in one single lift. The two styles of lifts in competition are:

- 1. Snatch
- 2. Clean & Jerk

The weightlifter gets 3 attempts of each style to lift the maximum load. The maximum loads lifted of the 3 attempts for each style is totaled to determine the final result for the respective bodyweight category of the weightlifter. Both lifts must be successfully completed to be totaled for the final result.

The Perception of Weightlifting When one thinks of weightlifting usually the image that comes to mind is a big brawny man heaving and hoisting a huge barbell overhead. The truth is actually different. The technique and explosiveness used in Olympic weightlifting involve a lot of coordination between the mind, muscles and skeletal structure. It is not merely brute strength that is tested in this sport of strength. So weightlifters come in different weight categories and yes women weightlifters are beginning to dominate this sport that was once perceived as a man's domain.

Fitness & Sports is very happy to introduce to our readers the bright young women of the Sri Lanka Weightlifting Federation who from humble backgrounds have great potential to bring glory to our motherland. Here they are...



The Strong Ladies

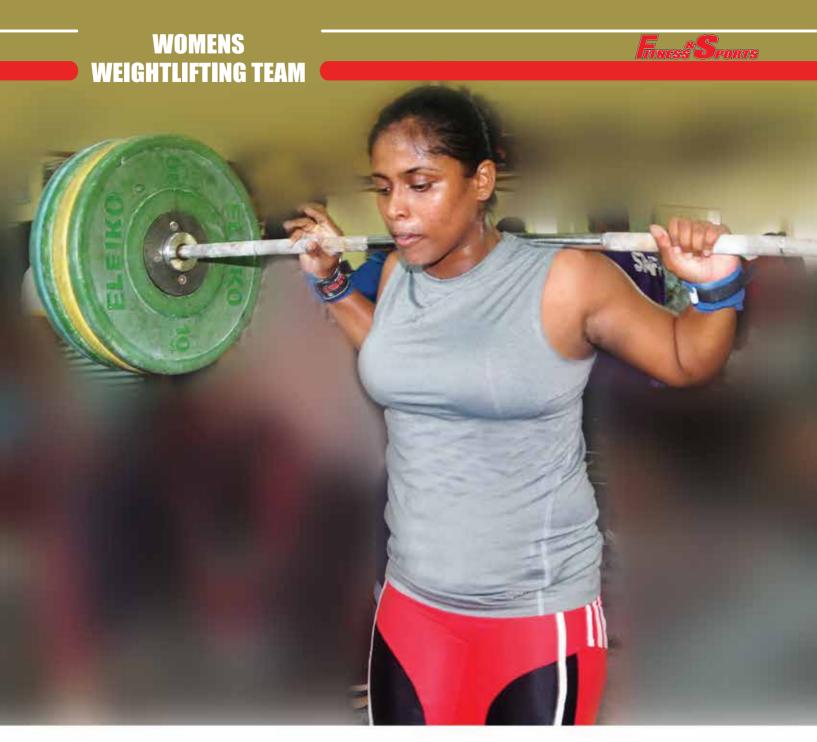
B. C. Priyanthi is 22 years old and is Sri Lanka's number 1 weightlifter and record holder in the 69 kg weight category and represents the Sri Lanka Navy. She is the first Sri Lankan woman in her weight class to hoist a total of 175 kg from her 2 lifts. She was

also the first Sri Lankan woman to lift 100kg at the 2015 Asian Weightlifting Championship in Thailand. A remarkable feat for this young lass from Matara.

Priyanthi started the sport 4 years ago when she was 18 years old. Prior to lifting heavy loads she was in the Sri Lanka Cricket Development Squad. Due to personal financial constraints she

was unable to meet the expenses for this sport. She lost her father when she was a baby and was raised by her mother and grandmother. One day she was approached by the weightlifting coach of the Ruhunu Vishya Vidyala campus Mr. Palitha Weerasinghe who encouraged her to take up the sport of weightlifting as he saw potential in her strong build.





After 6 months of taking up weightlifting she became Sri Lanka's number 2 weightlifter in the 63 kg weight category at the nationals. At the Junior Nationals in 2012 she bagged the Sri Lanka Record for a 58 kg Snatch in her weight category. Then her coach Mr Palitha Weerasinghe who first identified her talent handed her over to the Sri Lanka National Coach Mr R B Wickramasinghe. She has represented Sri Lanka in weightlifting since 2012. In the recently held Commonwealth

Weightlifting Championships held in Pune, India, Priyanthi won the Bronze Medal in her weight category.

Priyanthi's Goals:

- To win the Gold Medal at the 2018 Commonwealth Games.
- To win the Gold Medal at the 2020 Olympic Games.

Thanks and Appreciations go to her mother, grandmother and her elder brother who have supported and encouraged her immensely. She also thanks her first coach Mr. Palitha Weerasinghe who identified her talent and groomed her to the national level. After she joined the national squad her coach Mr. Wickramsinghe has played an important role in bringing her up to international standards. She also wishes to thank the assistant coach Mr. P. K. G. N. Dayan who helps in her training. She is confident that she can go a lot further in this sport with her team.

WOMENS WEIGHTLIFTING TEAM





WOMENS WEIGHTLIFTING TEAM



She has won a Gold medal at the 2012 Nationals in the 69kg weight category lifting a total of 145kg. In 2013 Samanga was a member of the Sri Lanka Weightlifting Team that went to Thailand for the Kings Cup.

She won Gold in the 2014
Nationals in the 69kg weight
category for a grand total of
155kg. Samanga is a record holder
in the 69kg weight category in the
2014 Sri Lanka Sports Festival
lifting a total of 150kg. She also
won the Best Player for The
Southern Province in the Sports

Festival. Samanga won 4th place at the recently held Commonwealth Weightlifting Championships held in Pune, India.

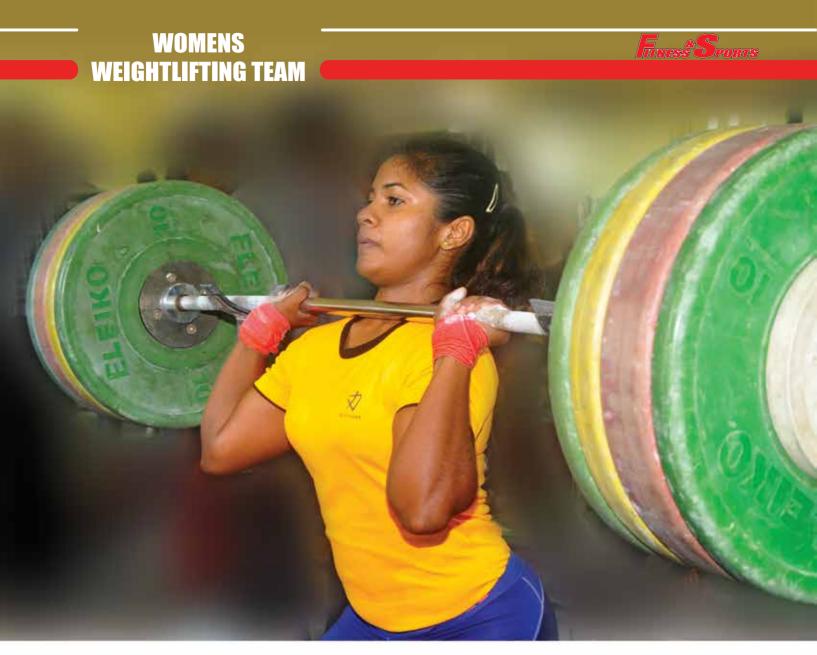
Samanga got into weightlifting after her elder brother's friend who is a bodybuilding and weightlifting coach, Mr. Asanga Perera said she would be ideal for both sports. Mr. Asanga Perera was her first coach and she is grateful to him. Samanga still does bodybuilding exercises which she feels is a good supplement to her weightlifting regime.

Samanga's Goals:

- To win a Gold Medal in the 2018 Commonwealth Games.
- To go for Gold at the 2020 Olympics.

Samanga is grateful to her family for their support and encouragement. She has 4 brothers and 1 sister who is also training in weightlifting. She is also thankful to the National Weightlifting coach Mr. Wickramasinghe and the assistant coach Mr. P. K. G. N. Dayan for their guidance to her in this sport.





Chamari Warnakulasuriya is 24

years old and comes from Minuwangoda in the Gampaha District. She represents the Sri Lanka Navy. Chamari started her sports career practicing Karate and has achieved a Brown Belt. As part of her Karate training, Chamari used to come to the Sports Ministry Gym at the Torrington Grounds. It was here that the Sri Lanka Weightlifting Coach Mr Wickramasinghe identified her potential for the sport because of her strong body structure and asked her to try weightlifting. He handed her to Mr. T. M. U. B.

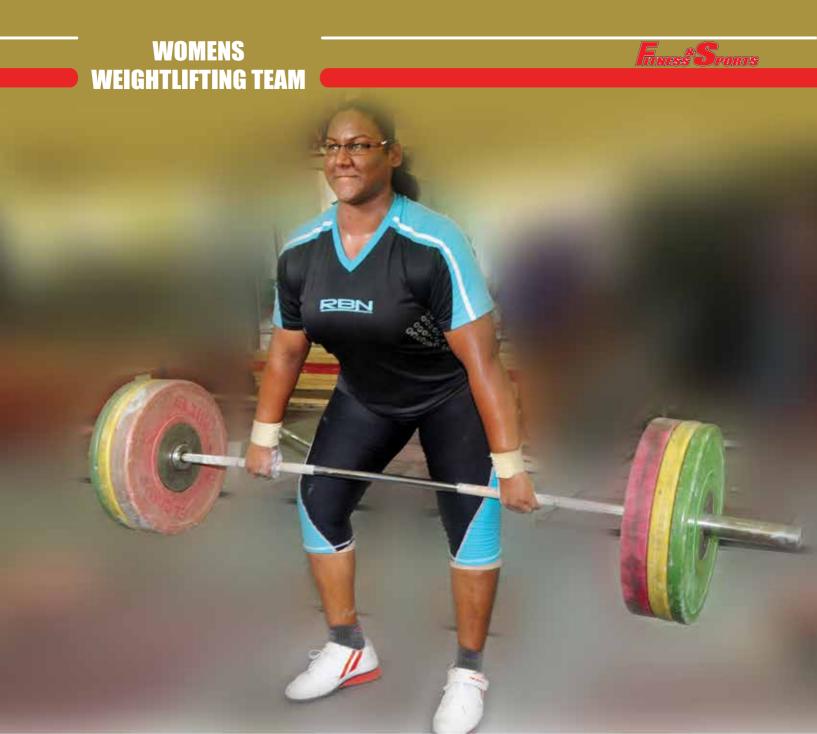
Jayatilake one of the assistant coaches to train her.
Chamari won her school meet in the 2008 in the 48 Kg weight category. She set a new school record for the clean and jerk. In 2011 she took part in the National Weightlifting Championship and was awarded the Best Weightlifting Women's Athlete and did the same in the National Sports Festival held that year.

In 2014, Chamari was selected for the 2014 Commonwealth Games in Glasgow, Scotland for the 48kg weight category. She set a new Snatch record in the 2014 National Sports Festival. At the last Commonwealth Weightlifting Championships held in Pune, India, Chamari placed 4th in her weight category.

Goals

- To win a Medal in the 53kg category at the 2018 Commonwealth Games.
- To qualify for the 2020 Olympics.

Chamari is grateful to her family and her coaches Mr.
Wickramasinghe (National Coach), Mr. T. M. U. B. Jayatilake, Mr. Emil, and Mr. Poorna
Kahingala who have all coached and supported her.



Shani Anushika Kaluthanthri is from

Walasmulla Matara and studied in Walasmulla National College. She started the sport of Weightlifting in 2009 and represents the Sri Lanka Army. Shani began her sports career competing in the Putt Shot and Discus events. Her first weightlifting coach at school was Mr. Asanga Perera when she was 15 years old. She trained with him for 4 years and then she joined the Sri Lanka Army and

trained under Mr. Wickramasinghe who is the Sri Lanka National Coach.

In 2009 she won the Gold Medal at the National Sports Festival and in 2010 she set up a new Sri Lanka record at the National Sports Festival. In 2011, 2012 and 2013 Shani won the Silver Medal at the National Sports Festival. In the 2015 Weightlifting Championships she won Silver and set a new record for the snatch.

Goals

 To make the team for the 2018 Commonwealth Games.

Shani is thankful to her wonderful parents, her 1st coach Mr. Asanga Perera who guided her to the sport of weightlifting, Ms. Priyanthi, the sports officer in her province, Mr. Wickramasinghe the National Coach, Sergeant Dilip the Sri Lanka Army Weightlifting Coach and all her colleagues.

WOMENS WEIGHTLIFTING TEAM



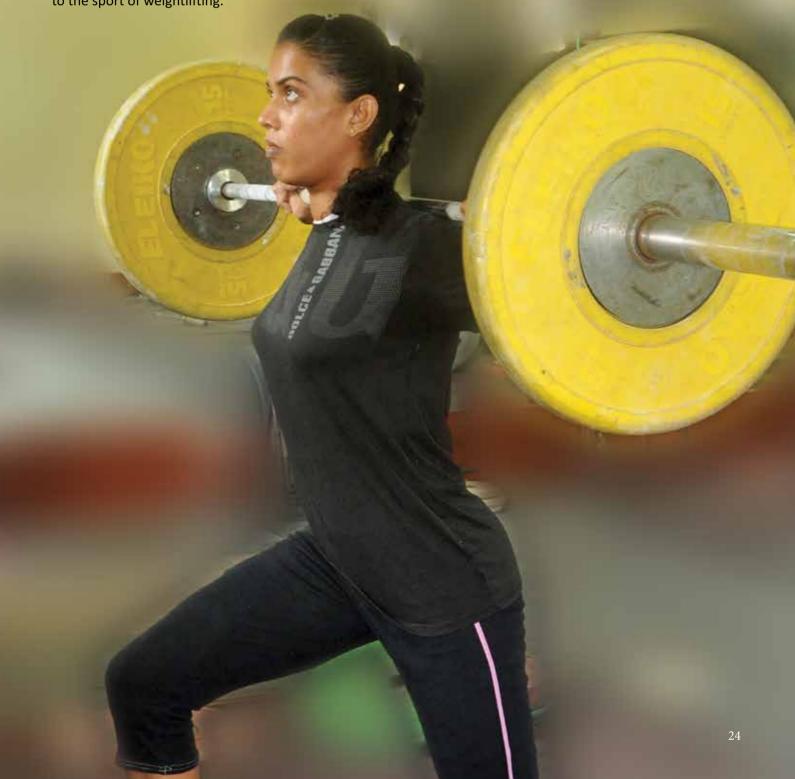
Sanjeewani Maddumakumari is 22 years old

and comes from a village in
Aranayaka. She studied in
Dippitiya Rajagiriya Vidyala.
Sanjeewani represents the Sri
Lanka Army. She was raised by her
mother and her 2 elder brothers.
She began her sporting career
competing in the long jump and
the triple jump. Mr. S. A. Sumanasuraweera who introduced her
to the sport of weightlifting.

Sanjeewani won 1st place in her maiden school weightlifting competition thereafter she won most of her school meets. For the last 3 years she has won 2nd place at the Nationals.

Goals

• To perform well and represent Sri Lanka in the Commonwealth Championships. Sanjeewani is thankful to her family, her school principal,
Sergeant Dilip the Sri Lanka Army
Weightlifting Coach, Mr.
Wickramasinghe the National
Coach, and Assistant Coaches Mr.
Dayan and Mr. Emil.





Weightlifting Comes to Jaffna

The sport of weightlifting was introduced to Jaffna in 2011 through the Kreeda Shakthi programme done by the department of Sports Development under the Ministry of Sports. In this programme there was a weightlifting coaching camp that was Jaffna's first taste of this sport. However, there have been small bodybuilding gyms in and around Jaffna for some time. Even though facilities have been very basic, there has always been an interest in the iron game in the peninsula.

Dineja J.J. Payus comes from Pandateruppu, Jaffna and is 18 years old. In 2013, participating in her first meet she won the Gold Medal at the Novices in the 63kg weight category lifting a total of 95kg. Dineja repeated her success by winning the Gold Medal at the School Nationals in the 63kg weight category lifting a total of 108kg. In 2014 Dineja won the Best Lifter Award in the School Nationals in her weight category of 63kg. She lifted a total of 118kg. Dineja moved up to the 69kg weight category in 2015 and won the Silver Medal at the Sports Festival after lifting a total of 118kg. Last year she competed again in the 63kg weight category and won Silver at the Nationals increasing her total lift to 123kg. In 2013 Dineja became a member of the Sri Lanka Weightlifting Squad. The 2015 Weightlifting Commonwealth Championships in Pune, India was her first international meet. She competed in the Junior Meet in the Under 20 age category and won the Bronze Medal.

Prior to taking up weightlifting Dineja played basketball and participated in athletics. Dineja attends Vembadi Girls High School and was introduced to the sport of weightlifting through her teacher who put her in touch with her coach Mr. A. Vithan. He took her to her first weightlifting meet. Currently she trains at Central College in Jaffna.

Dineja is grateful to her mother and her siblings for their support and encouragement along with her coach Mr. A Vithan in Jaffna along with the National Coaches. She appreciates her colleagues from the weightlifting team for their encouragement.

Dineja's Goals

- To sit for the Advanced Level examinations this year successfully and eventually become a lawyer.
- Win the Gold Medal at the 2018 Commonwealth Games and then aim for the Gold Medal at the 2020





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LANKA TILES PLC SPONSORS 'WHEELCHAIR TENNIS OPEN INTERNATIONAL TENNIS TOURNAMENT' FOR THE 3RD CONSECUTIVE YEAR

As a part of its Corporate Social Responsibility initiatives, Lanka Tiles PLC has come forward to sponsor the Sri Lanka Tennis Associations' 'Wheelchair Tennis Open International **Tennis** Tournament' for the third consecutive year. The company hopes that through its efforts, the status of this sport will be uplifted and players will receive the recognition they deserve for their efforts in putting Sri Lanka on the global map in wheelchair tennis.

Wheelchair Tennis, which is the fastest growing wheelchair sport in the world, was introduced to the Sri Lanka Army in 1997. In 2001, with the assistance of the Sri Lanka Tennis Association, wheelchair tennis was properly integrated to differently abled soldiers under the 'International Tennis Federation Silver Fund Project.' Through this project the Association was able to recruit quality trainers from the International Tennis Federation to improve the players' skills to an international level.

Speaking about the company's commitment to this sport Mr. Mahendra Jayasekera, the Managing Director of Lanka Tiles PLC said, "We are very pleased to sponsor the Wheelchair tennis tournament for the 3rd consecutive year. Our war heroes who fought bravely for the country have now taken up the mantle of representing Sri Lanka in sport, and we are honoured to support them in whatever manner we





can. Sri Lanka has performed admirably in past tournaments and we have no doubt that with the right support Sri Lanka can truly be a global force in wheel-chair tennis."

Today Sri Lanka has 20 army players who are globally ranked, of which two players are within the top 50. Sri Lankan players have performed extremely well at international competitions, beating world class players who

are ranked as high as 17, 24 and 35 in recent competitions. Sri Lanka has taken part in wheel-chair tennis in the Paralympic Games in 2004, 2008 and 2012 and has participated at all wheel-chair tennis world cups from 2005 to 2015.

The country's most notable achievements in the sport include beating strong nations such as USA, Germany, Spain, Italy and Slovakia and winning

the bronze medal at the 2013 World Team Cup in South Korea, the wheelchair tennis equivalent of the Davis Cup or Fed Cup.

Lanka Tiles PLC produces a wide range of tiling concepts in a variety of colours, textures and sizes under the brand name LANKATILES. With a production capacity of 4 million square metres per year in a facility where design, materials and technology blend perfectly with aesthetics, the company delivers a total tile package to satisfy the requirements of designers, architects and homeowners. Its high quality tiles which come in several attractive designs are exported to over 20 countries, with all products conforming to ISO 9001, ISO 14001, OHSAS 18001, SLS and CE standards. The company is also deeply committed to the wellbeing of the environment and preserving its beauty, as a result of this, it recently obtained the GREENSL® STAR Labeling System certification for its entire range of tiles from the Green Building Council of Sri Lanka.











CROSSFIT HAN ELITE BITNESS REGIMEN BY ANDY SALEM ANDREWS



JOURNEY IN TO CROSSFIT

My interest in sport and competition has been one of the core motivations and enthusiasms in my life. I've always been driven to excel at physical activity regardless of whether the activity was a strength based endeavour or a skill that demanded focus and patience for development. This interest assisted me to compete at multiple sports that included tennis, figure skating, table tennis, cricket and then eventually to my undying passion, golf. I started to play golf at the age of 10 and picked up on the sport at a rapid pace. By the time I was 11 years old I had won my first tournament and had already decided that this was definitely what I would pursue as a career. Not many important life decisions are made at 11 but my decision to pursue golf was until today the

best decision that I have ever made. At 12 I won the Srilankan Junior Golf Championship and was ranked the number 2 junior in the U.A.E by the time I was 13. I would be ranked the Number 1 player in the U.A.E for the next 3 years before I moved to the United States to aggressively pursue my career in golf. I moved to Bradenton, Florida in 2005 to the world renowned IMG Academy, athletes such as Freddie Adu, Maria Sharapova, Peter Uilhein, Serena Williams, Venus Williams, Tommy Haas, Tony Romo and Anna Kournikova have all trained at the academy. They have produced world class professional athletes that have been drafted in to all of the major professional leagues around the world. My experience during the 3 years at the academy was one that is completely irreplaceable,

to say the least. I developed the skills and the understanding of what it took to make good athletes become great athletes and experienced the little nuances that separated the best from the rest of the pack. After high school, I got recruited to play University golf at Midland College and in my second year transferred to Odessa College. While at Midland College, we won a national championship in 2008. During my stint at Odessa College, we were ranked the Number 1 team in the United States for 2 years. I turned pro on the Asian Development Tour on February 2nd 2011 at the Grameenphone Bangladesh open and that launched my long desired dream to play professional golf and what eventually lead me on my journey to CrossFit. I would play on various tours around the world



for the next 4 years before I made the radical career change that lead me to moving back to the land of my roots.

Turning professional at any sport is a shock to most athletes that make the transition; it's a totally different ball game. My transition was not too different, I quickly realized how important the role of physical fitness would play in sustaining a long and successful career, and so I decided to take my training up a notch. My coach at the time, made it very clear that I needed to get strong and flexible and get my joints and muscle imbalances assessed and fixed immediately. I joined a strength and conditioning facility in Dubai called Core Direction and was introduced to Olympic weightlifting, a sport where the training protocol develops enormous improvements in strength and speed. During a session with my trainer one day, I witnessed a group of around 8 -10 people rush in to the "box" (what us crossfitters refer to as our workout space) and very assertively started working out. Up until that point I had never seen training with that kind of intensity anywhere, including my 3 years spent at IMG Academies. I loved it. I eventually included CrossFit in to my program twice a week, the frequency of my CrossFit classes slowly increased over the next year and I eventually made CrossFit my full time training program.

The years between 2011 to 2013 were trying years for me. My family ran in to an unexpected debacle and I lost my sister Nadia to Leukemia, my world was broken, I was at rock bottom and directionless. I started to question what I was doing with my life and what benefit golf was making to the people that were around me and my loved ones. My pursuit of professional golf suddenly didn't motivate me. I didn't want to go to practice anymore; I didn't want to spend countless hours in the sun, grinding it out to pursue a dream that had significance only in my life. Following my sister's death, I looked at my CrossFit box "Altitude" as a place of solace, I would go in there, attack a workout, give everything I had for one hour and the release was indescribable. I was so addicted to the training, the people, the coaches, and the whole environment that CrossFit endorsed, the positive energy was contagious. I wanted to give this to people, people that were fighting their own secret battles at home or in life; I wanted to be the avenue for their release.



I did my CrossFit level 1 at Rig CrossFit on July 12th & 13th and took a flight to Srilanka on the 14th for a weeklong vacation. I have not gone back to Dubai since. I realized that Srilanka had not yet caught the CrossFit bug, I was quite shocked. It seemed that there were quite a few people claiming to be doing CrossFit but actually were not. There were also the select few that were doing Crossfit but at the regular commercial gym. I was baffled and thought that if nobody has done it yet, that I was going to spearhead it, I saw it as something that our country needed and also as a practical business endeavour.



BRIEF HISTORY OF CROSSFIT

Crossfit was started by its CEO and founder Greg Glassman in the early 2000's. It stemmed from the idea that fitness was very loosely defined and did not have a comprehensive explanation to what exactly it was. He set out to define it; he realized that in order for someone to be fit, they had to be balanced in the 10 general physical skills which are Cardiovascular/ respiratory endurance, strength, speed, power, agility, balance, accuracy,

stamina, flexibility and coordination. Every sport requires a variation of a few of these physical traits, and because of specialization in certain traits, athletes would lack in other aspects. He realized that in order for an individual to be truly fit for life they had to be balanced in all 10 domains and so he defined fitness as "work capacity across broad time and modal domain", which simply means that if two people were given the same task, the person with the ability to finish the task faster, would be deemed the fitter individual.

CrossFit as a company was officially established in 2000 and the community was born almost overnight. This community stems from the friendly competition and camaraderie fostered in a small group dynamic. Today CrossFit spans the world via the internet and has around 3,400 affiliates. This has led to the common goal of improving health, fitness and overall wellness. From the beginning, CrossFit has sought to differentiate its training ideology by creating workouts that elicit feelings associated with competitive endeavours. This,





coupled with functional movements designed to enhance quality of life has benefited countless athletes, first responders, and members of the military.

In 2007, CrossFit held the first ever CrossFit Games with 70 athletes competing for a grand prize of \$500. By 2012, the games had grown to include almost 70,000 athletes and a grand prize of \$250,000 which in 2015 was increased to \$275,000. The growth in CrossFit has been exponential and has become one of the fastest growing sports in the world and has had Reebok and Nike jump in and reap some rewards from it. The sport is yet to be introduced to Sri lanka on a large scale but the buzz has been created and there are already a few individuals who have geared their training towards making it to the Games. I predict that within the next 3 years we will have an individual or even a team make it to the CrossFit Games.

BENEFITS OF CROSSFIT

The CrossFit protocol provides many benefits in terms of physical, mental and emotional health. The program has been designed in such a way that it elicits rapid adaptations to physical stressors and therefore delivers unbelievable results at a rapid pace.

TIME EFFICIENT

CrossFit classes are all done in one hour. There are a couple of benefits to classes that last up to one hour. One reason is that it fits in to the schedule of almost anybody in any tax bracket; whether you are a CEO or a University student getting to the gym for one hour would not put a

huge dent in to an individual's daily schedule. Although that is a positive benefit, the main reason classes under one hour are efficient is because your body's testosterone levels drop significantly after 45 minutes of training with intensity. Testosterone is an androgenic hormone that is responsible for muscle building and elevated cardiovascular capability. Post 45 minutes cortisol levels (the stress hormone) is produced and the catabolic process starts (muscle wasting). In a nutshell, working out more than an hour at a moderately intense level will do nothing but take you a few steps back in your training and the results will slow down.

INCREASED JOINT MOBILITY

This is a result of the varied functional movements involved in CrossFit – you're not just doing simple bicep curls, but moving your limbs in all different directions. Also, by learning the proper ways to lift heavy things off the floor and hold them overhead, your risk of injury in your everyday life significantly decreases.

PERSONAL COACHING

CrossFit is generally more expensive than the average gym, but not without reason. All CrossFit classes are led by a coach to ensure proper form, provide modifications, encouragement, uphold standards, and occasionally give you a "no rep" when they see you not moving well and not giving full effort. Every CrossFit gym that you walk in to will have a detailed periodized plan that will increase the knowledge base for every

single client. Clients will be learning new skills and working strength and mobility.

IMPROVED HEART HEALTH

Your heart rate remains elevated throughout the entire workout, which increases your endurance. Multiple studies show that heart rates were elevated to 90% of max heart rate during CrossFit workouts. Fitness industry guidelines suggest that in order to improve cardiovascular endurance, heart rates must be elevated to between 64%-94%. This also means that your VO2 max will have a significant increase whereby you will have a healthier heart and a healthier life.

<u>DEVELOPMENT OF GOOD</u> MOTOR PATTERNS

Due to major improvements in technology over the last 200 years, the objective of our lives is to make everything as convenient as possible. This is a good thing, but it has affected us in negative ways that are detrimental to our health. From the beginning of time we evolved fastest and survived longest because we were the most efficient movers. We were able to hunt, gather and live nomadically even though we were not the strongest. Thankfully, we now don't have to fight off lions and rhinos and because of that comfort we have lost our urgency to be efficient movers. Now, people have lost major functionality and are inhibited in their ability to be mobile, which is why if we threw the average person in to a jungle and asked them to survive a month, chances are they're not going to make it. CrossFit will re-wire your basic



motor patterns and bring you back to a physical state where your body will be ready for anything that life throws at you. We teach you how to be functional again, and we do it through functional movements that form the sports of Olympic weightlifting, gymnastics, calisthenics and other various modals.

These are just a few of the benefits that are attainable through a comprehensive CrossFit program. It is the fastest growing fitness protocol in the world, and for good reason. It delivers results, and it delivers fast.

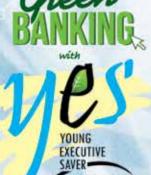
WHO CAN DO CROSSFIT?

This is the major question, one that I get asked all the time. Most people assume that they have to get fit before they can even step in to a CrossFit gym. This is entirely not true. Yes, it is true that there are people that are in the gym that are throwing heavy unfathomable weights around, walking on their hands, doing muscle ups and running all as part of one workout, but none of them started there. Nobody comes in ready for this, we progress you slowly through the program, and we take you through foundations and explain how important technique is. You are only as strong as your foundation, so without the basic motor patterns and awareness everything else is of no use. Like the CrossFit journal mentions "The needs of our Olympic athletes differ by degree, not kind". Regardless of what you have heard about CrossFit, I encourage you to give this program a shot. It might just change your life, just like it did for me and countless other individuals around the world. If you wish to give this elite fitness regimen a try you could email me at

andrewsandycf@gmail.com or reach me at 076 731 1288/072 757 4454







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SRI JANKA'S SPRINT QUEEN SUSANTHIKA JAYASINGHE



Susanthika Jayasinghe is the only Sri Lankan, after Duncan White in 1948, to have won an Olympic Medal. This she achieved by winning the Silver Medal in the women's 200 meters event at the Sydney Olympic Games in the year 2000. Susanthika has accomplished great feats on the track and has put Sri Lanka in the limelight in the Olympic Arena. She is a lady from a humble background who rose to sporting glory. Fitness & Sports is proud to present Sri Lanka's Sprint Queen Susanthika Jayasinghe to inspire our readers to reach for the stars.

F&S: Could you tell us about where you are from and about your family

SJ: I am the youngest in my family. I have 3 elder sisters and 1 elder brother. I come from a village in the Kegalle District in the Sabaragamuwa Province, 70 km from Colombo. It is a beautiful village surrounded by mostly rubber and tea. My mother is a housewife and my father was a driver. We lived a simple and peaceful life.

F&S: Why did you take up sprinting and how old were you?

SJ: I was a very playful child. I ran everywhere. When my mother sent me to the boutique, I ran there. My playmates were mainly boys, with whom I played cricket, climbed trees, and played ellé. As a child I experienced the full beauty of village life. There was a lake in my village called Attanagalla Oya where we used to swim. The children of today do not have time to truly enjoy their childhood with all the tuition classes they attend. At the school sports meet I took part in track and field events to collect points for my house. My



primary education was at Uduwaka Kanitu Vidyala (Uduwaka Junior School), and thereafter at Athnawala Vidyala (Athnawala College).

I first came to Colombo in 1990, and it was then that I started going for athletic practices at the Torrington Grounds. Ms. Dammika Wanigasinghe, a sports officer in Warakapola, brought me to Colombo after noticing my talent. My first coach was Mr Dervin Perera and January 6th, 1990 was my first day of practice when I was 16

Today I am on the board of Directors of the National Institute of Sports Science, and it was Ms. Dammika Wannigasinghe who selected me for this role.

years old.

F&S: When you were a young sprinter did you ever dream of Olympic Glory?

SJ: Even after winning the Sri Lankan Nationals, I did not have the dream of winning an Olympic Medal. However after I won the South Asian Games and the Asian Games I felt that I would win a medal at the Olympics.

F&S: When you were a school girl, where did you train, and what were your methods?

SJ: I trained 5 days a week. 3 days of track training and 2 days of gym training.

F&S: What are the key factors that you would attribute to your



success and who were the people who supported you in your journey?

VOMEN'S

SJ: I wanted to compete in the 100m and 200m events. I was determined to win these two events. After I won the Nationals I targeted the South Asian Games. After I won the South Asian Games I targeted the Olympics. I went step by step.

From my Childhood I always had an aim to succeed in whatever I did. This determination came from my heart. I have achieved my dreams through determination and the sacrifices I have made because of my Buddhist beliefs.

There are so many people who have supported me. My special

thanks go to my parents, my coaches Mr. Dervin Perera and Mr.Tony Campbell from the USA. I cannot mention all the names of the people who have supported me because there are so many, and I do not want to accidentally leave any name out. I am very grateful to all of them.

I won the World
Championships under
Mr. Dervin Perera.
After that I went to
the USA and trained
under Mr. Tony
Campbell. I won
three more
international medals
including the Olympic
Silver Medal.

F&S: Did the training you underwent in the USA play a significant role in your success in the 2000 Sydney Olympics?

SJ: Sri Lankan training and American training methods are very different. American training is very advanced in both track and in the gym. American workouts are very strenuous. In the US I trained once a day along with the proper nutritional intake.

In Sri Lanka I trained twice a day but the training was not as strenuous as the training in America. Also the nutritional intake in Sri Lanka is not as good as in America where training and calorie intake are closely monitored systematically.

SUSANTHIKA JAYASINGHE



F&S: What is the kind of mental condition required of an athlete to perform and achieve at the highest levels in the international field?

SJ: To achieve anything in life you need to have a strong mind. If our minds are strong then we can achieve anything we want. A strong mind is a person's greatest strength.

Susanthika Jayasinghe is a person who can do anything if she sets her mind to it. In my life I have never retreated from any

problem. That is why I was able to win an Olympic Medal. If someone hits my mind with a steel bar the steel bar will bend, not my mind.

F&S: How important are nutrition and physical training to the sprinter?

SJ: Good food, vitamins and proper training are very important for any athlete, along with good equipment, medical treatment and accommodation.

F&S: In the 2000 Sydney Olympics how did you feel at the start of the race, and your feelings right after?

SJ: I had a strong feeling that I would win this race. My coach Mr. Tony Campbell told me that I would win a medal at this race. He did not specify the medal but he was confident that I would win an Olympic Medal.

Before the race, my parents and the whole of Sri Lanka blessed me and wished for me to win a medal. Because I was blessed by everybody, and with my hard, dedicated training, I had the confidence of winning. Right after I won the race I wanted to be in Sri Lanka immediately to share my joy with all my supporters and well-wishers.

When my Bronze Medal was upgraded to a Silver Medal many Sri Lankans were not aware because this was not highlighted. However, I wish to mention that former President Mr. Mahinda Rajapakse honoured my Olympic Silver Medal and I am grateful to him.

SUSANTHIKA JAYASINGHE



F&S: Do you see potential for another Olympic Medal in Sri Lanka? And how do you believe that can be achieved?

SJ: This is my dream for Sri Lanka to win another Olympic Medal. That is why I am going to start the Susanthika Jayasinghe Academy to achieve this. After the young athletes train in my academy there will be definitely an Olympic Gold Medalist in the future. I will give my fullest support to this goal.

F&S: What should be the roles of the Ministry of Sports, The National Sports Associations and the National Olympic Committee in sports promotion in the country? How important is funding?

SJ: There is need to implement a proper system in the Sri Lankan sports bodies. Without a proper

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Always

do it".

believe you

can succeed.

Think "I can

Nothing is

Believe in

impossible.

yourself and

go for your

goals.

system in place we cannot move forward. We first need to put in a good system and move forward step by step.

To succeed we must first have good grounds, good food, good accommodation for the athletes etc. Funding is vital to ensure there are good facilities for the athletes to achieve at the highest levels

F&S: You are an Olympic Silver Medalist, the only Sri Lankan after Duncan White to achieve this monumental feat, bringing pride to the Motherland. What are your plans now?

SJ: I want to create a proper

system to train athletes and give them good facilities so they can succeed; at the Susanthika Jayasinghe Academy. I want to improve sports development and in turn contribute to its overall development by bringing glory to the Motherland. To achieve this, I need the support of all political parties and the corporate sector. I request everybody to support this dream.

F&S: Any words of advice to the young aspiring sprinters of Sri Lanka?

SJ: Always believe you can succeed. Think "I can do it". Nothing is impossible. Believe in yourself and go for your goals.

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STRENGTH TRAINGNG

WITH POORNA KAHINGALA







What is Strength Training?

As the name suggests, it is training to build overall body strength as opposed to focusing on building muscular size and definition. However due to strength training there will be a noticeable increase in muscle density.

In strength training the load should be 80% to 90% of the weight the individual can lift for just 1 repetition or in weightlifting terms 1 rep max. The exercises in strength training incorporate a lot of explosive movements. The rest period between sets done for strength training are longer than other workouts in order to ensure good recovery of the muscles where the individual could lift close to 90% of his/her 1 rep max. The number of repetitions done in strength

training are lower. The sets of repetitions are fewer than other workouts to accommodate the lifting of heavier loads.

Benefits of Strength Training for the Average Individual

- Improves the overall physical condition of the individual for better health
- Conditions both the mind and body to better handle day to day tasks. This is because strength training also improves balance, coordination and reaction time.

Strength Training to Improve Sports Performance

In any sport, strength plays a key role to achieve victory.

Increasing muscular strength improves performance as well as reduces injury. Increasing strength also improves hand eye coordination which helps maintain proper technique and form to play the sport. These reasons make strength training a vital component in any athlete's training regimen.

It is important to note that each sport has different physical requirements. Each individual's position played in the respective sport has its unique physical functions. This phenomenon requires customization of the strength training workout to meet the individual's own physical ability as well as his/her physical requirement in the respective sport. With this as the goal of the fitness trainer, the workout for the individual athlete would be formulated and structured.

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Interview with Poorna Kahingala

Poorna Kahingala is a renowned strength and fitness coach. He has been training many high profile clients since 2001. In the sport of weightlifting in Sri Lanka Poorna has established his presence with his achievements. In September 1993 he was the Sri Lanka National Champion in the 76kg weight category at the age of 19 years. Poorna continued his winning streak at the National Championships for the next four years bagging two Sri Lankan records in the process. To his credit he is also a black belt in Shotokan Karate and has represented Nalanda College in Rugby in the 1st XV team. In addition to being a competitive weightlifter, Poorna is also an international referee and the first ever Sri Lankan to be elected to the Asian Weightlifting Technical Committee. His experience as a competitive weightlifter and his continuous research on the subject of strength training does make him a credible authority on this subject.

Fitness & Sports: Why did you take up the sport of weightlifting?

Poorna Kahingnala: Weightlifting is an Olympic Sport and we can display our maximum strength, explosiveness as well as athletic prowess by competing in this sport. From my childhood I used to watch weightlifting events and was inspired by the strength and athletic ability of these competitors.

At school I participated in athletics and during this time at the Sports Ministry grounds that I first met Mr. Wickramasinghe, the coach of the Sri Lanka weightlifting team. He identified my potential for weightlifting. After this meeting he began to train me in the sport. I was 16 years old when I first took up weightlifting. Mr. Wickramasignhe trained me up to the national level.

F&S: How has the sport of weightlifting added value to you as an individual?

PK: There is a lot more to the sport of weightlifting than brute strength. The power of the mind plays a key role. We have to improve concentration power to a very high level. When we lift a heavy load over



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our head we use our mind and body together for this feat. The power of the mind enables us to exceed our physical limitations. Also lifting a heavy load in front of an audience right after our names are called instills in us confidence as well as concentration to accomplish the task at hand. We need to have very good mind control. This is a discipline that has been very helpful in my personal life.

Weightlifting has brought me international exposure and I have made a name for myself in the sport. It has given me recognition.

F&S: How did you feel when you became the first Sri Lankan to be elected to the Asian Weightlifting Technical Committee?

PK: I did not have any intention to contest for this post. The Asian Weightlifting Federation Secretary encouraged me to contest for this post. I was surprised when I was elected with the 3rd highest number of votes at this election out of 48 countries. In the last 5-6 years I was able to win the hearts of the members of the Asian Weightlifting Federation members with my dedication towards uplifting the sport. I felt very happy to be the first Sri Lankan and with the large number of votes that I obtained. I am also the youngest member in this committee.

F&S: With this appointment to the Asian Weightlifting Technical Committee, how can you help develop the sport in our Motherland?

PK: It would be easy to bring our national weightlifting team to international standards as we



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can communicate with the Asian Weightlifting Federation because a Sri Lankan is in their committee and thus we can obtain better facilities, more information, training programmes etc. We can get priority for these benefits from the Asian Weightlifting Federation to be allocated to Sri Lanka for the betterment of weightlifting.

F&S: What are the learnings we can gather from the countries who dominate the sport of weightlifting to improve our standards?

PK: China, Korea, Vietnam, Russia and Iran are the countries who are currently

dominating the sport of weightlifting. I have seen a lot of teamwork in those countries. As much as weightlifting is an individual sport it is also a team sport because the coaches, physios, masseuses and the support team all contribute to the success of the competitor on the weightlifting platform. The supporters who come to watch the weightlifting meets help the competitor perform better. In return the weightlifter must respect his team and the supporters for his success because he represents the entire nation. Teamwork is the most crucial learning that we can take from

these other countries who are successful in the sport. I am not trying to say that the Sri Lankan Weightlifting Team does not have teamwork, but if we build and strengthen our teamwork and team spirit we can reach greater heights in this sport because we have the potential. It is also important that our weightlifters work on their mental power to focus better on achieving their targets and to stay determined and not be discouraged when they face setbacks. Setbacks are only temporary when you are focused. Success comes through honesty, discipline, determination and teamwork.

STRENGTH TRAINING





F&S: What are your suggestions in terms of administration that the Sri Lanka Weightlifting Federation can do to improve the sport of weightlifting in Sri Lanka?

PK: We must take weightlifting island wide by making weightlifting facilities available to people living in all the provinces and districts. If we take the last 5-6 years most of the international weightlifting medals were won by Sri Lankans living in the rural areas which shows we have a lot of good talent in the outstations. We must have good gymnasiums in areas such as the north, east and south. We should also send our coaches to international coaching seminars or enable them to follow international programmes online. Educating our coaches is important for the future success of weightlifting in Sri Lanka. We must ensure that there a good coaches not only in Colombo but in the rural areas as well.

We should also work on the psychological aspect of the sport. The mind plays an important role in the sport. We should be better educated on nutrition so the weightlifters receive the right nutrients into their bodies at the right times. The body is a machine, so for optimum performance it needs the right fuel, which is nutrition. We need to become better educated on what the best types of food are and also on supplementing nutritional needs correctly.

To summarize we need to:

 Improve our coaching standards

- Have good weightlifting gyms island wide
- More emphasis on sports psychology
- Become more educated and informed on nutrition

F&S: What are your goals for the future in the sport of weightlifting?

PK: My whole life is weightlifting. I am helping it from the coaching, administrating, advising aspects etc. My target is to see Sri Lanka win an Olympic Medal.

For Advice Poorna can be contacted via -Email:poornakahingala @ymail.com Phone: 0777 544 549



THE PRESIDENT OF THE FOOTBALL FEDERATION OF SRI LANKA ANURA DIE SILVA





Football is a sport that is played and watched by millions of people. It is accessible to people from all walks of life, so it brings people together. Fitness & Sports believes Sri Lanka has the potential to field a strong national side in the future. We are pleased to present the interview with the President of Sri Lanka Football Anura De Silva who speaks about his relationship with the sport and his vision to take Sri Lanka Football to great heights.

F&S: Tell us about your journey in Football? How old were you when you first took up the sport and your achievements?

AD: I touched the ball at the age of 5 along with my two elder brothers. We all were sportsmen. I was a student at St. Benedict's College, Colombo where I started my football career. At the age of 12 I was selected to the Under 14 squad of the College team. Here I started playing seriously. I went on to represent all teams of the College from Under 14 to Under 20. So during my career as a school boy I represented Sri Lanka Schools in 1980 and toured to Thailand for the 6th Asian Schools Championships. In 1981 I was selected for the FA Board Presidents Eleven where I represented Sri Lanka in the All India Football Championship held in India. The next year I was selected to the Senior National Team where I represented the country from 1983 till 1992. In 1989, I was appointed Vice-Captain of the Sri Lanka team and in 1991 I was appointed as the Captain of the team. I captained for two years and gave up playing for the country due to

work commitments. I continued to represent the Old Bens Sports Club, which was a Premier League Club at that time, until 1995. I have represented the club for 17 years. We have become champions in many tournaments conducted by the board which includes Bristol League in 1988, FA Cup in 1995 etc. That was my football career. After leaving school I joined the private sector and worked my way up in sales and marketing roles. I briefly left the country and returned in 2007 when I met the hierarchy of the Sri Lanka Football Federation. They invited me to join the Federation. I joined the Football Federation in 2008 as Director of Admin & Operations. In 2009 I became the Deputy CEO of the Federation. From 2009 till 2013 I was the Deputy CEO and was promoted to the position of CEO in 2014. I resigned from the position in 2015 to contest at FFSL elections.

F&S: What is it about Football that makes it so appealing to the masses?

AD: Football is a wonderful sport. It can create a great atmosphere. That is why it is played by 209 member countries. I do not see such an immense participation in any other sport. Football is not an expensive sport at all. More than 75% of the member countries of FIFA treat football as their number 1 sport. Football is easy to play and the game involves a lot of passion for both the players and the spectators. It is a game that involves the mind as well as physical fitness. You have to maintain fitness and agility as well as use your mind. It fosters fast

decision making and brings everybody together as it is a team game. It is so popular that even when people do not have a football they use any object they can find to be used as a ball.

F&S: Do you see potential in Sri Lanka for the sport of Football to really catch root and become a dominant force in the international arena?

AD: That is the challenge we have and the challenge I personally want to take. Because I have played the game for so many years I know the facilities we had, the facilities we have, and what more facilities we need. I want to take it to a higher level. I believe we can become a dominant force. Nothing is impossible. We need to come up with a new strategy to implement for the future. I personally feel that we have neither grown nor sustained the sport and the fan base what we had. I can remember at the age of 12 or 13 when the leading clubs were playing at the Sugathadasa Stadium, for that matter we had about 14 or 15 leading clubs. If I wanted to witness a match I had to be there one hour before the match to stand in the line to buy my ticket and enter the stadium. We had a packed stadium. We have lost that momentum we had forty years ago. For any sport a fan base is vital to develop the sport. With a good fan base, the players will be motivated to display their best football. Also with a better fan base more sponsors will come. The quality of the players and a large fan base are related. So it is developing both the players as well as the fan base. If we can develop both then the sport will surely grow.

ANURA DE SILVA





F&S: Do you see the young children in the rural areas of the country as a major talent pool to be groomed for the future?

AD: Yes, if you take cricket for example, a few years back the country was represented by players from a few leading Colombo schools. But cricket became a dominant force and is played by most schools throughout the island. Today the national team consists of many players from outstation schools. Similarly in the sport of football there is talent everywhere. I have noticed that football is very strong especially in the northern and eastern parts of the country. I have been to Jaffna around twenty times after the war ended. I was in Velvetithurai three months ago attending a match.

They started the match at 8.30pm with lights so the match went on till 12 midnight. We had more than 6,000 people watching two clubs play. These were not dominant clubs, one from Jaffna and one from Mannar, who came to the finals. They conducted a club tournament for the Northern Province. I was there along with the Head of Diplomatic Mission of India for Jaffna. There was a massive crowd. The football they played was very good. From the very inception Jaffna always had strong football. Football is treated as the number 1 sport in Jaffna. It is their life, their passion. So we need to support them and groom them better. We have just completed a Training Facility 3 km from Jaffna town, and the Jaffna Football League takes care of this center at present. We also have a

facility in Mannar, in Kalmunai and in total we have around 11 such facilities around the country. After the Tsunami disaster in 2004, we received a substantial grant through FIFA for rehabilitation projects and this money was invested to construct these facilities. It was the intention of FIFA to use football to develop people who were affected by the tsunami.

F&S: What is your vision for Football development?

AD: I took office from 1st June 2015. Our term is two years. That itself is a challenge to develop football in this short time period. We can develop a strategy that will grow the sport for the future. I personally want to see football flourish in Sri Lanka. It does not



have to be during my term, but if I can put the proper system in place that will ensure its development for the future, I will be happy. The first step we took was having a discussion with the Sports Ministry and the Education Ministry. The Education Ministry is vital for the development of any sport in Sri Lanka because the breeding base for sports is in schools. There is a challenge, due to parents pushing their children only for their academic pursuits and neglecting the importance of sports as means to build a child's character and his physical prowess. I believe this is not the way forward and that an education system should address the full developmental needs of the child.

The first goal is to get the football apparatus in order that will be sustainable for the future. We are currently doing grass roots football programmes for children between the ages of 6 to 12 years. We want to give the children a liking for the sport. We are emphasizing less on techniques and instead getting them accustomed to the football and to the game. Once they reach the age of 12 then we have programmes that work on their techniques like passing, dribbling etc. We are planning to establish five regional training centres. I am having discussions with the Japan Football Association. They have dispatched a senior coach to Sri Lanka on a six-year term where he will handle the young development programmes. I intend to appoint the Japanese coaches as head of these training centres. We will then recruit local coaches on a full time basis. We expect our local coaches to become full time coaches. They will work directly with the children and the parents to motivate children. At these facilities we intend to teach more than football and let kids learn IT skills and the English Language as well, to ensure the child has an all-round skill set that will be valuable in the future. Football has to be grown from the grassroots upwards.

F&S: How important is the support of the sports ministry and the private sector to developing football:

interest in developing the sport. The Sports Ministry plays a significant role. This depends on the individual minister. Our current minister has demanded a five-year programme from us which we will submit to him. These are all positive developments.

The private sector can provide employment for players which will be a great help to the sport. Sponsorships also play a key role in developing football. For us, the Football Federation, we are fortunate as we get annual grants from FIFA as well the Asian Football Confederation (AFC). \$250,000 from FIFA and \$250,000 from AFC per annum. Both these institutes have introduced criteria on how we invest and use these grants to develop the sport. There is no provision in those grants to look after the national teams. So





we manage with our sponsorships. We have a very good partnership with Cargills Ceylon Plc that sponsors our national team. I am confident our relationship will really enhance and develop football. We also have Samaposha that sponsors the Junior and Schools Under 15 programmes. Samaposha is a subsidiary of Ceylon Biscuits Limited. Dialog is the main sponsor for our Premier League where we have 22 teams playing annually for the league championships. It is the synergy between the Sports Ministry, FIFA, AFC and our sponsors that will grow and develop football.

F&S: Do you think it is vital that we get down good international football coaches?

AD: We had many international coaches here. In fact last year we had a coach from Serbia for our

coaches; we have had Brazilian coaches, Korean coaches etc. They did their best but our team did not climb up. For this reason we must, I emphasize again, that we must first look at and develop our school structure. A player should come through the school structure and the development programmes into the national team. I do believe that a foreign coach is needed not only for the national team but also at the grass root level to develop the children into good footballers who will be absorbed into the national team. There first should be a long term development plan that should be sustainable, irrespective of Football Federation hierarchy changes. This will ensure a strong National side in the future.

F&S: What are the key areas we

need to focus on in Sri Lanka

to have triangular synergy with the Ministry of Sports, the Ministry of Education and the Football Federation. Our programmes should be coordinated to achieve the same goal. Football should be developed first at the school level; a good footballer is groomed from a young age. When the footballer turns 18 or 19 we should have a system to absorb them into the club system and then into the national side. We should ensure that there is financial security for the players when they become senior players for there to be a good future for Football in Sri Lanka.

AD: I have also told this to the

Hon Minister of Sports. We need

F&S: How important do you see nutrition and strength training to the overall development of the footballer?





AD: This is a very important factor and it is where the ministry can support us. The Sports Medicine Unit can provide us with the facilities to analyze the health of our players, provide a good nutritional plan and access to nutritious food and supplements, at an affordable cost. We need to educate players at a young age about nutrition. For example, some young footballers do not like to drink fresh milk therefore we need to educate them about the nutritious value of fresh milk and of other food first.

We have a good training complex for our national team at Beddagana which also includes a gymnasium. Football is a physical game so strength training along with nutrition is vital to the overall development of the footballer. As the game gets more physical the importance of strength training grows.

F&S.Who was your favourite footballer when you were a youngster?

AD: I used to watch a programme called Football Made in Germany which showcased the Bundesliga (German Football League). My favourite player was Paul Breitner. He played the midfield just like me. This programme was the only source to watch international football at that time and we were eager to watch these matches on TV.

F&S: What are your goals for Sri Lanka Football during your tenure? And how do you plan to achieve them?

AD: I initially want to prosper at the South Asian regional level. There are 8 countries in this region so if we can become a formidable side here that would be the first step. We need time for this transformation and this

would take least five years to get into a proper platform. Football is globally the most popular sport and there are 209 countries who contest for a single cup which is the FIFA World Cup held every four years. The game has progressed from strength to strength over the years. Every national team works with a professional approach and with a solid foundation at the grassroots and the junior level development programmes. This is where we fall behind. We need cooperation and assistance from both the Ministry of Education and the Ministry of Sports to work towards a common goal. The breeding base is at the school level and if we fail there, we fail at the elite level. We will do our best to grow football at the school level.

Football is a great game for anyone from any society to play. To play football you need to have



good physical condition, stamina and a good brain to work as a team in order to prosper. We need players of this caliber and who are dedicated to the game to move forward. I appeal to all stakeholders of the game, players, parents and well-wishers to rally around us and help us take this game to the next level, where we can be proud of our national football team. We can do this with the support from everyone.

As a strategy, we intend to start with five Regional Training Centers in the country at selected locations with full time coaches and instructors engaged with training programmes to produce skillful players for the future.

Once we accomplish this mission, I'm sure we will have good players at these centres and we can then gradually improve the quality of football in Sri Lanka.

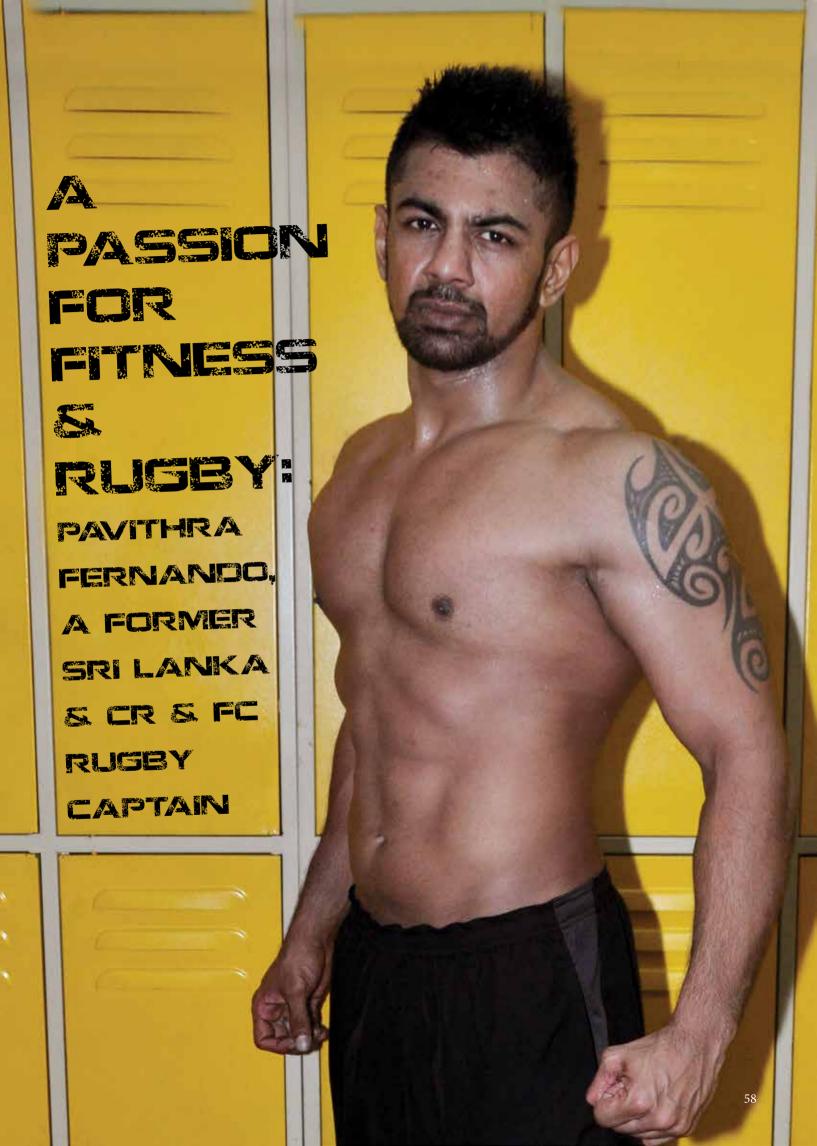
F&S: What is your message to the young footballers who dream of becoming the stars of tomorrow?

AD: As a former player, a former Captain and the President of Sri Lanka Football, my message is to get more players to play football. I will ensure there is a future in football, so play football! A few weeks ago I spoke to a gentleman from the British Council who is a supporter of the Premier League club, Everton FC. I told him the

best thing you can do to support Sri Lanka Football is to get at least a couple of our players to the Everton Football Academy and groom them to be absorbed by Everton. My dream is to see our footballers play in the English Premier League or at a similar level in Europe. Football is rising all over the world and it will be the same in Sri Lanka. Football is a great game that uses your physical skill and your brain at the same time. It is a sport that involves a lot of passion. So play football and help take our country to higher levels.







PAVITHRA FERNANDO



PAVITHRA FERNANDO

is a man with a passion for fitness and rugby in his blood. He played for his Alma Mater Royal College in the Under 19 team from the age of 16 from 1996 till 1999. In the year 1998 Royal College were the Champions and it was then that the young Pavithra knew he wanted to someday don the national jersey.

In 1998 right after winning the Bradby Shield, Pavithra went with the Royal rugby team on a tour of England and the experience was something that he would never forget. The following year he was drafted to the National side and was awarded the Most Outstanding Sportsman of Royal College. His club career also began in 1999 when he joined the

Football Club (CR&FC). Pavithra was a regular fixture on the Sri Lanka team from 1999 till 2009. During this time he was injured many times but his sheer determination enabled him to keep playing his heart out for Sri Lanka. In 2004, he was appointed as Captain of CR&FC and continued to Captain the Club till 2006. In 2009 Pavithra captained the Sri Lanka side at the Asian Division One tournament in Dubai where Sri Lanka beat Thailand by a staggering margin of 51 points to 17.

F&S: When did you first pick up the oval ball and what attracted you to the sport?

PF: As young boys my brother and I used to play touch rugby

with our cousins on the street. This gave me a feel for the game. Soon after, my brother started playing for the Royal U-15 team and this really made me want to play for my school as well. I played both rugby and cricket, and it was at the age of 15 that I realized how much I loved rugby and that this was the sport that I wanted to pursue.

F&S: What were your most memorable moment(s) on the rugby field?

PF:

- In 2009, under my Captaincy, we (Sri Lanka) smashed Thailand 51-17
- Winning the Clifford Club Knockout Tournament under my Captaincy for CR&FC in 2006.



PAVITHRA FERNANDO

 Beating Kandy Sports Club in 2001 on their home ground in Nittawala (The Fortress). This was a formidable achievement as they have only lost 2 games at Nittawela for the last 15 years.

I have many good memories on the rugby field but these moments are very special for me.

F&S: In your opinion what is the right age for a youngster to take up rugby and why?

PF: I believe 6 years is the right age to take up rugby. The reason why the All Blacks (New Zealand) are so good is that children in New Zealand take up rugby from a very young age. At the age of 6 the child is familiarised with basic rugby skills such as ball handling and passing. They should not be playing full contact rugby but playing touch rugby to get them accustomed to the game before progressing to full contact rugby.

F&S: You have always played good hard rugby how much would you attribute that to physical training?

PF: Pretty much the entire thing. My game was very physical and hard work made me become the player I was. I felt I was not very talented but I certainly made up for it through hard training. "If you want something really bad and you believe in it then



you can make it happen."
F&S: When do you think a
youngster should begin weight
training for rugby and how
should he lift to get the
maximum results for
continuity in the sport?

PF: During the early teens, but weight training has to be properly supervised. In most western countries they start at this age in order to build a solid foundation for physical sports. The youngsters should

begin with light weights and perfect the form before gradually increasing the load being lifted for training.

F&S: On the subject of fitness and conditioning, do you think Sri Lankans are more aware of the need to be fit?

PF: Yes. The younger generation is getting more concerned with how they look, and have become very regular





in going to the gym and training. A lot of the younger guys are trying to get bigger and put on muscle. Ladies too are seeing the need to workout and get in shape to look good and feel better about themselves.

Sri Lankans in general are realizing the need to exercise. However, we (Sri Lankans) fall backwards in terms of nutrition. This is because we have not been taught the benefits of nutrition. Our perception of a balanced diet is flawed. If I knew then what I know now about nutrition I would have been a better rugby player. This is an area where we really need to improve, as the benefits are massive.

F&S: For the position you played (Flanker) what were the key gym exercises you did?

PF:

- Clean & Press
- Power Cleans
- Push Presses
- Snatch

(A lot of explosive moves during the season)

During the off season it was

- Squats
- Deadlifts
- Bench Press
- Shoulder Press
- Wide Grip Pullups

(These exercises cover the most important muscle groups for rugby)

F&S: What is your personal best for the squat, deadlift and bench press?

PF:

Squat: 405 pounds Deadlift: 365 pound Bench Press: 245 pounds

F&S: Tell us of your favourite muscle building dishes?

PF: A beef steak and a salmon steak. Salmon steak is one of the best high protein meals you can have as it is also loaded with essential fatty acids.

F&S: What are your workouts like these days?

PF: I now try to get leaner with a lot of metabolic training. I reduce the rest time between my sets. My workouts are shorter and more effective. I use a timer and keep my rest period between sets from 45 to 60 seconds. I lift heavy once a week to maintain my strength and then I keep my rest period between sets to around 3 to 4 minutes.



important role in your life? Also, what are your future goals?

PF: Hell yeah! I train 6 days a week. Training is my therapy. The feeling after my workout and a shower at home is just fantastic! I am in the best shape of my life and I just want to keep getting better.

I plan on finishing my strength and conditioning course (Australian Strength & Conditioning Association). I want to train rugby teams at school and club level, focusing on the physical conditioning aspect of the game.

F&S: Who have you picked to carry home the William Web Ellis Trophy this year?

PF: The All Blacks! They have amazing depth in their squad. That is they have world-class replacements for each position.

My game was very physical and hard work made me become the player I was.

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NIMALA JAE WIKE Sportsman, Warrior, Gentleman

Senior Deputy Inspector General of Police (DIG) (Retd) Nimal Lewke was Commandante of the elite Special Task Force of the Sri Lanka Police. The STF as they are generally known are one of the world's best special operational fighting units. The STF are indeed a very special breed of men and to lead them in battle requires leadership of the highest caliber. Fitness & Sports is honoured to interview Nimal Lewke who was an exemplary sportsman and who carried forth the disciplines learnt through participating in sports to his career in the Sri Lanka Police

and the Special Task Force.

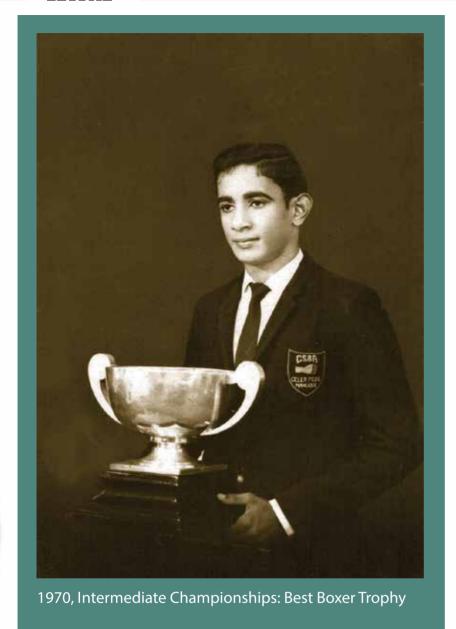
F&S: Could you share with us your sporting achievements?

NL: I started my sports career at St Sylvester's College Kandy. The college has produced some of the best boxers that Sri Lanka has seen such as the Bulner brothers, Gunasinghe brothers, DC Weerasinghe, ACR Herath, SJ Samaraweera and many others. My boxing coach was Derrick Raymond who was the Peradiniya University Marshal at the time. In 1964, at the age of 13, I was the

Sri Lankan schools champion for the Under 65 lbs weight category. I went on to win the Stubb Shields and Junior Nationals in the 100 to 105 lbs weight category in 1966 and 1967.

At that time there was the Upcountry Vs Low Country Schools Tournament which was a prestigious sporting event. I fought HDR Jayaweera from Carey college who was a very good boxer. Our bout was the last of the evening and the scores were even, 7 bouts each. I won this bout and the Upcountry Schools





won, so it was a memorable win for me; to win in front of my home crowd.

In 1970, I entered the Intermediates as a schoolboy. In this tournament I had an interesting encounter with a fellow competitor who happened to be a prisoner. The other boys in the dressing room, were teasing me as I was fighting against a very dangerous man and that I would be seriously harmed. Before we fought, my opponent, the prisoner, came up to me and questioned me and told that he is

a prisoner. However, I beat him because I was a more technical fighter. In 1970 I won the Best Boxer title in the Intermediates for the Danton Obeysekera Challenge Trophy. As a schoolboy I fought grown men.

In 1971 I represented Sri Lanka in boxing in the Fly Weight Class (112 ½ lbs) at the Tata Sports Festival in India. We (Sri Lanka) won that tournament 4 bouts to 3 bouts. In 1972 and 1973 I was the National Champion in the Bantam Weight Class (119 lbs). I also represented Sri Lanka in the Kings

Cup in Thailand in 1975.

My rugby career began in 1970 when I was 19 years old at the Kandy Sports Club (KSC). I played scrumhalf and my coach was the late Lieutenant General Denzil Kobekaduwa, Dr. V.C De Silva and Dr. S.K Sangakkara who was the President of Kandy Sports Club at the time, they taught me the basics of rugby. I looked up to Lieutenant General Denzil Kobekaduwa as a ruggerite and later on as a brave soldier. He captained Kandy Sports Club and also assisted in the coaching. He played a key role in developing the club. Lieutenant General Denzil Kobekaduwa was a great officer and a great gentleman.

I joined the Sri Lanka Police in 1972 when I was 21 years old. I boxed for the Police and won the Nationals as a Police Officer. In this year the Police won the Rugby Clifford Cup for the first time and I was in that squad. I was in the Police Team that won the Clifford Cup in the years 1972,1973,1979 and in 1980 when I was the captain. In 1980 I was awarded the prestigious "Sportsman of The Year" award for the Police Department. Back then rugby was "The Game" in the Police. The Inspector General, Officers and their families used to come to watch all the matches. I also represented the Police in Division 1 Cricket.

I played rugby for Sri Lanka against the visiting teams in the years 1979 and 1980. I am proud to say that Kandy Sports Club won the Tripple Crown for the first time under my coaching in thier rugby history in 1995 & repeated this performance in 1996 & 1997. St Thomas's College were unbeaten League Champions in

NIMAL LEWKE

2001. St Peters College came to the finals of the President's Trophy in 1994. When I coached the Sri Lanka side we lost only 1 game in the years between 1999 till 2002. Every rugby team that I coached was successful.

In the years 1979 and 1980 I was a member of the Police Team that won the President's Trophy Pistol Shooting Tournament which included teams from all the Armed Forces. This tournament was started by Mr Ravi Jayawardena to get Police and Armed Forces personnel to improve their standard of pistol shooting as it is a requirment for an effiticient VIP security outfit.

F&S: When did you first start playing sports and who encouraged you?

NL: My father was a doctor and he passed away when I was 10 years old. My mother encouraged me a lot to pursue sports especially after I began achieving success.

F&S: You excelled in Rugby and Boxing, what was it about these sports that inspired you to pursue them?

NL: Rugby is a team game where you have to get the support of your teammates. You cannot play this game alone. The teams that I played for, Kandy Sports Club and the Police, were not affluent teams at the time. Most members of the Police team began to play rugby after joining the Police as they did not have access to the sport at school. Despite this we were able to beat the affluent Colombo teams and become champions. The reasons being our determination to win and our ability to play as a team. In rugby they say "Winning is not



1975, boxing in the Kings Cup Tournement in Bangkok

Everything, But Winning is the Only Thing". This was our motto when we played rugby. Our Police coach was the late Kavan Rambukwalle who was a great coach and moulded raw police officers who came from the villages to become champion ruggerites.

F&S: In what weight categories did you box? Were you an orthodox fighter or South Paw (lead with the Right hand)?

NL: South Paw. I was a very stylish and scientific boxer. I had excellent footwork. I had a good left uppercut and a good hook.

F&S: Who was the toughest boxer you faced?

NL: I fought HK Karunaratne who was a former Olympian (1968) and an Asian Gold Medalist (1969) as a school boy. When we fought I lost to him in a split decision at the Sarasvathi Hall in Bampalapitiya that was packed to full capacity. Hence, the popularity of boxing in that

golden era of the sport. The next year when we fought I won at the Nationals in 1971 in the Fly Weight Division.

F&S: From your experience how has boxing and rugby evolved from your competitive days to the present?

NL: In rugby, during our time there was much more interest in the game. By 3.30pm the grounds were packed. We Police Officers would look out from our windows at the Officers Mess before heading out to the grounds and see crowds of people ready to watch the game. That was the rugby following in that era.

The game of rugby has changed with the new laws. There was more kicking then. At that time the forces were doing very well. Today the competiveness amongst the local clubs has declined with only a very few clubs dominating the game.

In boxing, the interest and competitions from our time is not there any more. As school boys

NIMAL LEWKE

we fought Olympic boxers. This does not happen today. Boxing in schools has deteriorated. There is virtually no publicity or build up to a boxing meet now. There is a noticeable decline in interest towards sports in general.

F&S: Could you share the merits that sports gave you that helped in your career in the Police Force?

NL: Sports taught us first and foremost to take up defeat gracefully and to be humble in victory. At the same time to respect your opponent. In the battle front, we, the STF, did the same. We did not underestimate anyone. We were always taught to have faith in ourselves.

Whether it is sports or war, there are no shortcuts. You have to adhere to the basics and be disciplined at all times. If you do the correct thing you will survive and if you are not disciplined you will perish.

F&S: Do you believe that individuals who have participated in sports make good leaders?

NL: Yes, as a sportsman for you to succeed you must have a plan and a commitment to succeed. If you do not see results you should be ready to go to an alternative plan to achieve the results. In sports we learnt that planning, strategy, determination and self-belief are essential.

In the war front self-belief is very important. This is where discipline comes in. One of my instructors who was an Ex British Special Air Service Officer (SAS: British Army Special Forces) walked upto me after a route march and told me,

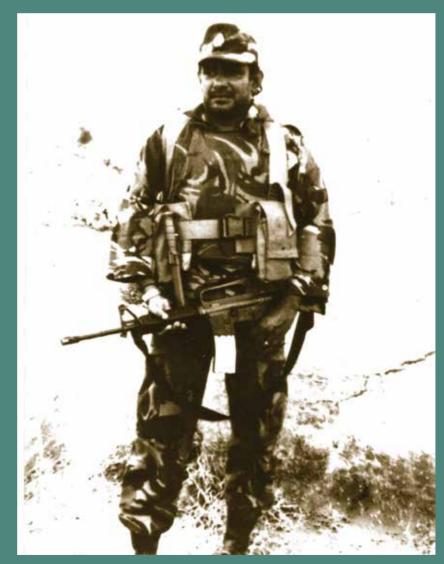
"I have been watching you. You are an officer who can do very well but stick to the basics. Don't try to take short cuts. I am 56 years old and I draw my British Army pension. You will also do the same thing if you take my advice". I led the operations to capture and destroy vital LTTE bases in the East namely the 46 Mylawattuwana base, Beirut base in Kokadichole, 48 base in Kangikudiaru. I planned the operation and led the men to attack and capture these bases. It is because I stuck to the basics, I was disciplined, determined and I had the will to win that I was

successful.

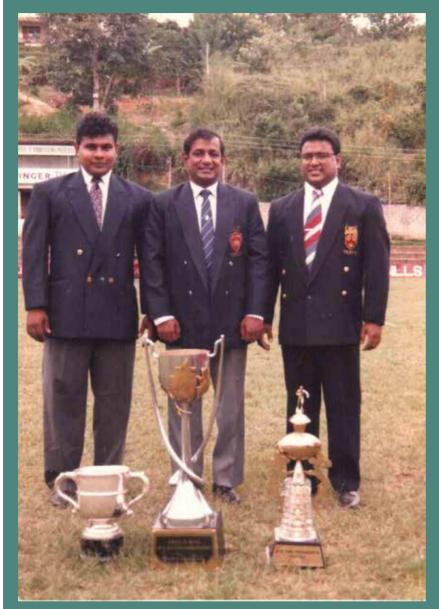
F&S: Would you share with us what led you to join the Police and subsequently the Special Task Force?

NL: I joined the Police because joining as a Sub-Inspector (SI) was a big thing for an outstation boy. We saw some of the top Kandy school sportsmen joining the police and that encouraged me to follow suit.

Every Sunday morning we police officers went for firing practices to Kalutara. One Sunday morning at



1987, ASP Nimal Lewke during "Operation Day Break" to capture LTTE Base Beirut in Batticoloa



1995, Kandy Sports Club won the Tripple Crown for the first time in their rugby history

the firing range just after I had returned from a training stint in England, Mr. Zerni Wijeysuriya was there and he told me they have formed the Special Task Force and were looking for someone to be the Officer in Charge (OIC) and that he felt I was ideal for the position. Then when I came to the firing detail the shooter next to me was Mr Ravi Jayawardena the son of the President JR Jayawardena. He told me "Nimal I heard the good news that you are prepared to join the STF and we will be more than

happy to have you". The STF was the brainchild of Mr Ravi Jayawardena and he is the Godfather of STF. I replied him that I would have to speak to my wife before I could give my answer. When I returned home I received a message at 8pm asking me to report to Field Force Headquarters as the Commandante wanted to speak to me. When I reported there he told me that I had to go to Ratmalana to bring back 4 bodies of STF officers who had died in Jaffna. I was just married and my

wife was just 22 years old and my son was only 8 months old. It was a difficult decision as I was joining a place where my life would be in danger. I did not change my decision and I joined the STF.

As an STF officer I was posted to Batticaloa where there were only 2 STF camps. The present IGP K Illangakoon was Commanding Officer of the camp in Kalladi and I was the Commanding Officer of Kallavanchykudi. That is how the STF began operations in the East.

Before my deployment with the STF I underwent 12 weeks of intense training conducted by Ex SAS officers. Prior to leaving for Batticaloa I went to the Crimes Record Division (CRD) and the Criminal Investigation Department (CID) and obtained the photographs and names of all the terrorist leaders at the time. I was fully prepared for battle and knew what was in store for us and I had a solid plan.

F&S: What is the main difference between the role of an STF operator and a conventional soldier?

NL: A conventional soldier has the opponents' terrain marked. It is a war between 2 geographically demarcated positions from which the soldiers launch their attack. That is conventional warfare.

STF operators were trained to fight a guerrilla war. We were taught all the tactics that will be used by the terrorists and to counter the same and most importantly to win the hearts and minds of the people. Without the people the terrorists cannot survive. If the people are with us half the battle is won. That was the success story of the STF in the East.

NIMAL LEWKE



2009, the team of Senior DIG Nimal Lewke recovered the personal weapon of LTTE leader Prabhakaran. M16 assault rifle with mounted grenade launcher in Mullavaikkal

F&S: How big a role did physical conditioning play in STF training? And did it prepare you for the conditions of the battlefield.

NL: STF training is very strenuous. We have long route marches every Saturday at 2pm. We march 28 km with full battle gear that weighs 8kg. Both instructors and men march. The purpose of the march is to build endurance as well as to absorb mental pressure under trying physical conditions.

We also do abseiling and run through an obstacle course. Our obstacle course was customized to train STF men. At the end of the obstacle course we have the firing practice. This is to condition us to fire accurately even when we are physically exhausted. As STF men operate in close quarter battles (CQB) with the enemy we train specially for this type of battle. We train our reflexes, quick thinking and decision making in order to counter a threat.

All STF men get a good training in hand to hand combat. We study a mix of different martial arts. My boxing training gave me a good base for this. We also do a lot of swimming as part of our training. Weight training is done at our gym where we train for muscle endurance.

F&S: Now what is your role in the sporting arena?

NL: I am the Chairman of the National Sports Council of Sri Lanka. Our role is to advise the honourable minister on sports policy matters and the development of sports.

F&S: Do you still follow a workout routine?

NL: I walk for 40 minutes every other day and I go to the gym 2 days a week where I do light weight training.

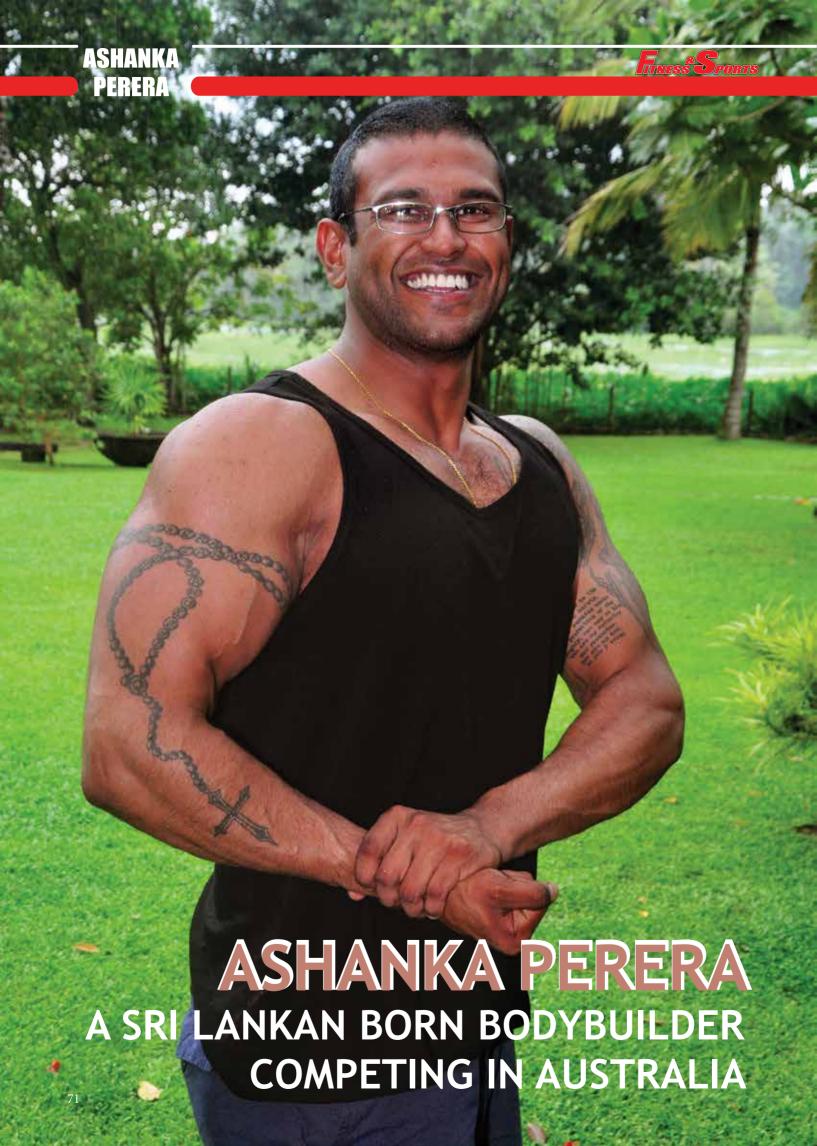
F&S: What word of advice would you offer the youngsters of today?

NL: The number 1 rule for life is discipline. This involves, punctuality, planning your day and following the plan to achieve your goals and targets. If you are unable to achieve results then shift to an alternate plan to

achieve your goals and targets.

- 1. Plan
- 2. Implement the Plan
- 3. Produce Results if not change the plan, go for an alternative plan
- 4. Always be punctual and committed.
- 5. Set up goals in life and achieve the same at given times.
- 6. Have confidence in yourself and in your ability to achieve what you want.

I think children must do sports for many reasons. **Physical fitness. mental** alertness, learn to take up challenges, accept victory and defeat gracefully. The lessons learnt from sports will hold you in good stead for life. Take me as an example, as an individual sportsman I was a champion. The sports teams I led and coached became champions. Even all the operations that I led in the battle front were successful to liberate the nation from terrorism. All these achievements were purely because of discipline, determination and dedication which is taught through sports.



ASHANKA PERERA is a Sri Lankan born body-builder who lives in Canberra, Australia. He work as a real estate agent and in his spare time he trains and competes as a bodybuilder. Ashanka has trained in bodybuilding for the last 11 years and has competed in the International Federation of Bodybuilding Amateur Competition in Australia and placed 7th out of 32 competitors in the Classic category. This year he plans to compete in the Physique category where the competitors are more defined than the other categories in the competition.

Fitness & Sports: At what age did you take to lifting the iron and what made you want to compete as a body builder?

AP: My parents encouraged me to play sports and be active as I was a little overweight as a youngster. I played rugby for the U-13 Rugby Team at Royal College. When I hit 16 I decided to start weight training on a visit to Sri Lanka after my family migrated to Australia. My friend Dimitri took me to the Royal College Gym. This was my first entry into a gym. After I returned to Australia I pursued bodybuilding.

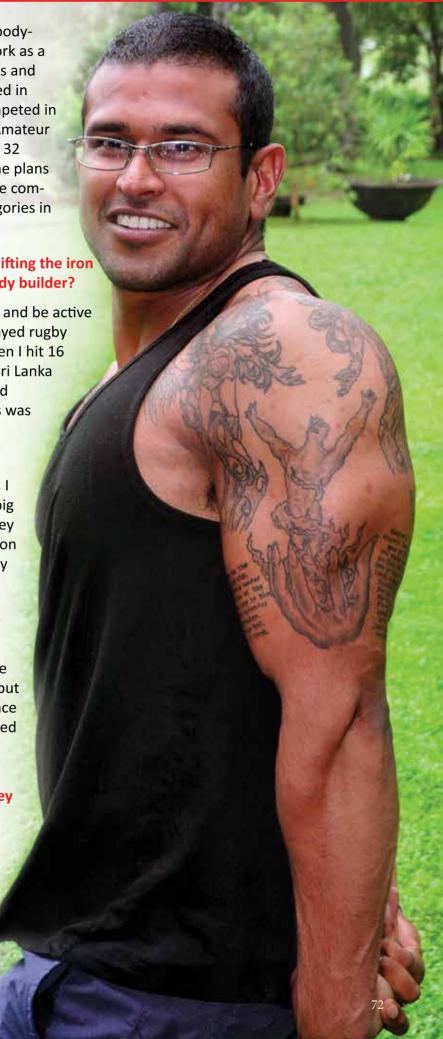
I have always been inspired by big strong men, I wanted to be one of those men who were so big and muscular that always get noticed when they walk into a room. I wanted to look like the action figures I used to play with as a boy. This was my motivation to take up bodybuilding.

F&S: How has the sport of body building benefited your life?

AP: It has given me more confidence. Made me healthier because it is not only lifting weights but eating healthily as well. Bodybuilding is a science so it has taught me discipline that can be applied to any aspect of life.

F&S: What benefits do you believe that body building will bring to an individual even as they get older?

AP: As you get older if you continue with weight training it will slow down bone degeneration, muscle degeneration, improve your blood circulation, improve muscle to nerve connection, absorption of nutrients, continuing body building as you get older definitely has many health benefits.





for packing on muscle mass?

AP: A high protein, moderate carbohydrate, low fat diet is ideal for building muscle. Proteins from food such as beef, fish, chicken. The beef should be ideally a lean cut even pork can be a good source of protein as long as you trim off the fat.

To get in your carbohydrates eat oats, green vegetables such as asparagus, broccoli, spinach, green beans etc.. rice in moderation is also a good source of carbohydrates.

Drinking full cream milk is good for putting on muscle as it has protein, carbohydrates and fat. When you do weights you burn off fat.

F&S: What supplements do you take?

to take protein, creatine, glutamine, tribulus, anything that bodybuilding.com would recommend. Now I just take protein and carnitine. When I can afford it I will take branch chain amino acids (BCAA). I don't take any pre workout supplements. I take my supplements after my workouts.

F&S: Is there any negative outcome of high protein diets and supplements?

AP: If you take anything in excess then of course there will be a negative outcome. If you are eating only protein then it is going to be bad for your stomach. It is what else you are eating that helps digest the protein much easier. As long as you are taking in other nutrients along with protein and you are exercising correctly then you will be fine.

muscle building dish?

AP: When I am bulking I like 250g of cottage cheese, half a cup of pineapple, 6 rice crackers with peanut butter on it. This is so tasty.

F&S: How can a guy with a busy schedule make sure that he gets the right nutrients to build muscle?

AP: Make sure you always have your food with you. You need to eat something every 3 hours to build muscle. It is best to have a girlfriend or wife who can cook your meals just like my girlfriend.

F&S: What are your 3 most favourite exercises and why?

AP:

- **Shoulder Press**
- Skull crushers
- Leg press



F&S: How many times a week do you hit the gym?

AP: 7 days a week. During competition I train 2 to 3 times a day all 7 days. This is because of my job I need to ensure that

I get in my training. During competition I would put in 30 minutes of cardio before work in the morning. In the afternoon after work I would do my regular training session

followed by some cardio. And another cardio session later before my last meal. F&S: Do you first build muscle mass and then work on definition or do you build and cut simultaneously?

AP: You can build and cut at the same time but that is really hard because your diet and training have to be on point. It is easier to bulk up first and then cut to get definition.

F&S: Who has been your role model in life?

AP: My parents and my sisters. My parents always taught me right from wrong and got me into training in the first place. My sisters have taken on that role for me. My uncle Prithi is also my role model.

F&S: Words of advice to our Sri Lankan Bodybuilders?

AP: I have seen people in the Royal Gym when I visited last time I was here who were quite big and well proportioned. There is definitely a lot of potential here in Sri Lanka for bodybuilding. I reckon that our smaller bone structures will actually work in our favour because when we put on muscle we will look bigger. I encourage more Sri Lankans to take up body building as it is something you can continue throughout your life and will keep you healthy.





AMY MOOR is nutritionist, personal trainer and businesswoman who lives in Canberra the Australian Capital Territory. Amy has a bachelor in nutrition, a diploma in fitness, boxing qualified trainer, kickboxing qualified trainer and functional fitness qualified trainer. Amy is also a competitive body builder.





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Major General (Dr.) C. Thurairaja USP- (retd.)

Physical activity is an important aspect of Lifestyle Development in a Child.

'Training for Fitness, Strength, Coordination and Flexibility, is a requirement of that natural development'

Definitions -

- 1. The term Children refers to boys and girls who have not developed secondary sex characteristics approximately up to age of 11 in girls and 13 in boys (and includes Tanner stages 1 and 2 of sexual maturation). This period of development is often referred to as Preadolescence.
- 2. The term Adolescence refers to a period of time between childhood and adulthood and includes girls aged 12 to 18 years and boys aged 14 to 18 years (and includes Tanner stages 3 and 4 of sexual maturation).
- 3. The terms Youth and Young athletes are defined broadly to include children and adolescents.

General -

The questions that arise are:

1. Is there a need for Exercise and Sports in Children?

 Exercise and Sports creates not only a healthier and

- fitter being but can enhance a child intellectually, mentally and socially.
- The potential benefits of organized sport in childhood, includes improvement of health in all who participate. In particular organized sports have a special potential for improving the health of physically and mentally challenged children and children with acquired diseases such as obesity, diabetes or asthma.
- Organized sports competitions, for children and adolescents, if properly structured, enhances socialization, self- esteem and self- perception and improves psychological wellbeing of the child.
- however in training the young age group is the prevention of injuries. This dictates the need to have an awareness of growth, development and maturity, which is a natural process occurring in this age

group. The need for awareness of the neurological, physiological and anatomical aspects of children becomes equally necessary.

Related Definitions related to Child and Adolescent –

- i Growth refers to increase in size, of the body as a whole or of the body in parts eg. arms, legs or torso. Growth involves increase in stature and weight and related changes in physique, body proportions and composition and of various systems.
- ii Maturation refers to the rate of timing and the progress to the mature state. This is most often seen in the context of skeletal age (SA), and the somatic age at peak height velocity (PHV) during sexual maturation or secondary sex characteristics.
- Somatic growth and maturation are influenced by several factors that act independently or in concert to modify an individual's genetic growth potential. Linear growth within the first two years of life generally decelerates but then remains relatively constant throughout childhood until the onset of the pubertal growth spurt.
- Because of the wide variation among individuals in the timing of the pubertal growth spurt, there is a wide range of physiologic



variations in normal growth. Nutritional status and heavy exercise training are only two of the major influences on the linear growth of children.

Epidemiological studies show -

- i Vigorous exercise in early adulthood can reduce risk of Cardiovascular disease in later life and increase their Intellectual and Scholastic skills.
- ii World class athletes enjoy a longer life expectancy of good quality.

2. What are the benefits of Exercise for Children?

Positive outcomes commonly cited with sports participation in children include improved self esteem, improved perceptions of physical ability and competence, interpersonal skills with peers and adults and positive attitudes to physical activity that enhance character.

How does participation in Sport and Exercise contribute to Children's Lifestyle and Health?

- The related benefits on general traits with positive effects on health in adulthood.
- **Develops -** Physical Skills and competence
- **Ensures -** Fun and enjoyment
- **Improves -** Self-Esteem and stronger character

Facilitates - Weight Control that

improves health in adulthood

Helps - Strengthen Bones

Reduces - Cardiovascular Risks

Grounding - Lifetime Fitness

Improves - Mental Health

- Related benefits for intellectual development in acquiring the trait of Focus:
 - To achieve academic excellence
 - To increase self confidence
 - To demand sense of commitment
 - To identify as to who you are
 - To come to know who you want to be
 - To realise importance of setting goals
- Related benefits of Training in the need to acquire Skills which trait leads to:
 - Leadership qualities
 - Importance of Working in a team
 - Listening to instructions
 - Understanding others in your team
 - Logical thinking to achieve goals
 - Commitment to train and study skills that lead to success
 - Instils a determination to

achieve success

- In general Sports
 provides healthy recreation,
 that builds the concept of
 team spirit, develops
 qualities of fair-play and
 sportsmanship, develops a
 healthy competitive spirit,
 develops leadership
 qualities and above all
 teaches the need for
 discipline to follow the rules
 and regulations that is
 mandated in all forms of
 sport.
- In today's world children need to begin training for sports early to achieve the fame and fortune that elite performance can give them, and also because they have an inherent ability to learn fast

Commonly cited psychosocial benefits to the child are

- Cooperation
- Tolerance
- Leadership opportunities
- Empathy
- Communication
- Respect for individual differences
- Approval

Psychosocial benefits of exercise to the child is that it can lead to many traits that are reduced or are improved —

Reduced:

- Stress
- Depression
- Tension
- Aggression
- Irritability



Improved:

- Self esteem
- Sense of well being
- Self-discipline
- Self-expression
- Concentration
- Enjoyment of appreciation of movement
- Feeling of personal competency
- Perseverance
- It is generally agreed that sports participation consistently led to increase in self- esteem, that, in turn leads to increase in confidence in the execution of physical and social skills and similarly increases motivation that leads to achieving success in the academic domain.

3. Is early Training for organized Sport harmful?

- Due to the intense involvement needed in competitive sports to become elite athletes and champions, training often begins during childhood.
 This is so that by adolescence many such athletes reach their peak performance and participate even in Olympic Games and World Championships. The young Gymnasts and Swimmers in particular bear this out.
- Comprehensive knowledge about specific physiologic characteristics, responsiveness to training,

- and possible health hazards to young persons in training becomes imperative, to all those involved in training, coaching and medical care of the young athlete.
- Sports Medicine dictates the need to have up-to-date knowledge and information on the physiology and medical aspects relevant to the care of the child and adolescent in exercise and competitive sports is an important factor.

4. Are there Concerns in Early Specialization?

- i. It can have an effect on normal growth, maturation and development if such training or exercise is not supervised.
- ii. Adaptation to one-sided Training can
- cause unilateral increase in size of Bones and Muscles
- result in unilateral laxity of joints due to excess stretching of capsule, ligaments, tendons.

5. Are there cautions for early Exercise and Sports in Children?

There are underlying principles that need to be followed in Sports for Children -

- Children are not just in a physiological sense, and should not be treated as 'little adults'.
- There is a greater need for Children to be supervised

- and looked after in Organized Sports to prevent injuries especially repetitive strain injuries or apophysitis (RSI) and avulsion injuries that can result in life-long disabilities, if not treated correctly.
- Teamwork is an essential aspect in supervising training of children in sports.
 This Team consists or includes the Parent, Coach, Trainer, Medical team.
- In principle recognition of the responsibility and importance of parental participation in the education process regarding the benefits and risks of sports training in childhood is accepted and vital.
- Parents thus need to be active participants in the process of coaching and training of children in sports.
- In principle therefore Children worldwide should be given equal opportunity for sports participation regardless of age, gender, level of skills, culture or economic status.

6. Why start Early Training of Children?

- To produce healthier adults, elite athletes and champions.
- To meet the demands of aggressive competition that is widely prevalent in modern sports today, which has changed the existing ethics in sports from –



'Winning is not everything in sport' to, 'Winning is the only thing', and 'You, do not win 'silver', has changed to 'you lose gold'.

To achieve fame and fortune.

Current views based on Studies show -

- No solid evidence to support the assumption that childhood activity translates into improved childhood health, and adult activity, or adult health and fitness.
- Epidemiological Studies show -
 - Vigorous exercise in early adulthood can reduce risk of Cardiovascular disease in later life and increase their Intellectual & Scholastic skills
 - World-class athletes enjoy a longer life expectancy of good quality
- Principles of starting early 'Training, Coordination and Flexibility should comply with the requirements of natural development', and therefore should be -
 - Broad based with opportunities to enhance general motor development
 - Engage in a variety of activities that they enjoy
 - Sports specialization be avoided before the age of 10 years
 - Avoid one-sided

development, and such training should be delayed until adolescence because of -

'Rising incidence of sports injuries in children is a matter of concern.'

 To prevent injuries, due consideration should be given to the normal growth and development prevalent in this age group including neurological, physiological and anatomical factors.

Bottom line -

- Sports specialization early in organized sports should not be at the expense of physical education for all children and general fitness activities for health.
- ii. Organized sports
 competitions for children
 and adolescents can if
 properly structured enhance socialization,
 self-esteem and
 self-perception and
 improve psychological
 well-being.

Training for Sports of the Child and Adolescent.

Children and Adolescents encompass the age range from 5 to 18 years.

General -

 As more children and adolescents participate in sports and conditioning activities (sometimes without consideration for cumulative workload), it is important to establish age-appropriate training guidelines that may reduce the risk of sports-related injury and enhance athletic performance.

- Integrative training is defined as a program or plan that incorporates general and specific strength and conditioning activities that enhance both health-related and skill-related components of physical fitness.
- The cornerstone of integrative training is age-appropriate education and instruction by qualified professionals who understand the physical and psychosocial uniqueness of children and adolescents.
- Strength training has proven to be a safe and effective method of conditioning for adults, and it now appears that a growing number of children and adolescents also are training to improve their health, fitness, and sports performance.
- Despite the contention that strength training was inappropriate or dangerous for young weight trainers, the safety and effectiveness of youth strength training are now well documented, and the qualified acceptance of youth strength training by medical and fitness organizations is becoming universal.



- It is important therefore to encourage young people to be physically active. Not only does a sedentary lifestyle early in life appear to track into adulthood, a physically active lifestyle during childhood and adolescence may help to prevent some chronic diseases later in life.
- It has been recommended that children and adolescents be physically active on all, or most, days of the week, as part of play, games, sports, work, transportation, recreation, physical education or planned exercise.

Strength Training in the YoungBy definition –

The term strength training (also known as resistance training) refers to a specialized method of physical conditioning that is used to increase one's ability to exert or resist force.

The term strength training should be distinguished from the competitive sports of weightlifting, powerlifting, and bodybuilding.

- Overuse is one of the most common etiologic factors that lead to injuries in the paediatric and adolescent athlete. As more children are becoming involved in organized and recreational athletics, the incidence of overuse injuries is increasing.
- Many children are

- participating in sports year-round and sometimes on multiple teams simultaneously. This overtraining can lead to burnout, which may have a detrimental effect on the child participating in sports as a lifelong healthy activity.
- One contributing factor to overtraining may be parental pressure to compete and succeed. This report supports the American Academy of Pediatrics policy statement on intensive training and sport specialization.
- Nutritional deficits result from self-induced restriction of energy intake. That single factor, added to the marked energy expenditure of training and competition for some sports, and in concert with the self-selection of certain body types, makes it difficult to identify the individual factors responsible for the slow linear growth of some adolescent athletes, for example, those who partake in gymnastics, dancing and wrestling.

Age Guidelines

In general if a child is ready to participate in organized sports or activities such as basketball, soccer, or gymnastics, it is usually safe to start strength training.

A child's strength-training program should not just be a

scaled-down version of an adult's weight training regimen. The child should be supervised. A trainer who has experience in working with kids should design a program for the child and show proper techniques, safety precautions, and the proper use of equipment.

Kids as young as 7 or 8 years old who do strength-training activities, (such as pushups and sit-ups), can perform exercises safely, and follow instructions. These exercises can help kids build a sense of balance, control, and awareness of their bodies.

Specific exercises should be learned without resistance. When proper technique is mastered, small amounts of resistance (body weight, band, or weight) can be added. In general as kids get older and stronger, they can gradually increase the amount of resistance they use. A trained professional can help your child determine what the appropriate amount of resistance should be.

Major General (Dr.) C. Thurairaja USP-(retd.) FFIMS, MD(Rad.). DMRD(Lond.).DMRD(L'pool.)MBBS

Fellow, International Federation of Sports Medicine Fellow, Asian Federation of Sports Medicine Fellow, College of Radiologists, Sri Lanka Senior Fellow, Post Graduate Institute of Medicine, Colombo

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WHAT IS THE SUSPENSION TRAINER?

Suspension training uses suspension straps to give you a workout that uses your own body weight to develop strength, balance, flexibility and core stability simultaneously. The suspension straps are usually anchored to a fixed point at least 6 feet above the floor. The TRX suspension trainer is probably the most well-known of the family of suspension straps. The suspension trainer has been around for a while, and it's definitely not going away!

The TRX Suspension Trainer was developed/created by Ex US Navy SEAL Commando - Randy Hetrick. While on active duty Randy did not have access to weights or machines to stay in shape. He wanted the best workout possible without having to carry around heavy equipment. The necessity for him to stay in shape inspired him to develop the suspension trainer, by first using a Jujitsu belt and parachute webbing.

FITNESS VERSATILITY

This single piece of equipment can be set up anywhere. You can also vary intensity by changing positions of your feet.

Suspension training does it all. It improves muscular strength and endurance while improving joint mobility. There is no limit to the intensity of the exercises you can do with this equipment, and everyone from the most novice exercisers to the most advanced athletes can benefit from using the suspension trainer. Don't think that body weight exercises can be only for beginners, because even the seasoned fitness enthusiast can get a killer workout!

If you haven't yet tried using a suspension trainer, you're missing out! This innovative piece of equipment is incredibly versatile and adds the element of instability to ensure the constant engagement of your core muscles. It works with your whole body and improves your balance. If it was developed to keep a Navy Seal in shape, the odds are very high that it will get you in shape too!

WORKOUT

One of the best things about the suspension trainer is that no matter how long you have been using it, there's always a way to switch things up and challenge yourself! The exercises shown offer you variations of two basic and well known exercises- the push up and the squat. When performed correctly you will feel the benefits of these exercises and you probably will want to incorporate a suspension trainer into your own workouts.















SASHA TOLSTIKOVA

Sasha is a fitness & wellness coach with international experience. Sasha has always been active throughout her life and has participated in sports. In her younger years she was a keen gymnast and swimmer and more recently she took up running, kettlebell sport and weight training. Today Sasha is a certified American Council of Exercise (ACE) Personal Trainer and Lifestyle and Weight Management Coach. She has "Master Trainer" status for one of the top international fitness brands TechnoGym and is also a Yoga Alliance certified instructor. Sasha competes in international Kettlebell Sport competitions in Asia and Russia and has trained with the top kettlebell coaches in the world. Sasha also enjoys endurance running and has competed in numerous international marathons including a 9th place finish at the 2015 Colombo Marathon in Sri Lanka. Along with running marathons and competing in kettlebell sport, Sasha also attends fitness conventions such as the recent Asia Fitness Convention in order to stay abreast with the latest fitness trends.

Sasha incorporates functional movements and uses the latest fitness equipment such as TRX, rip trainer, ViPR, battle ropes and kettlebells. Her approach to training clients can be summarised as a mixture of total body strength, cardio performance and flexibility put together in a program that is interesting, innovative and challenging to bring results that are long-term and promote absolute health along with looking good.

Sasha conducts both personal training sessions and group fitness sessions and can be contacted via

E-mail: s.tolstikova@gmail.com

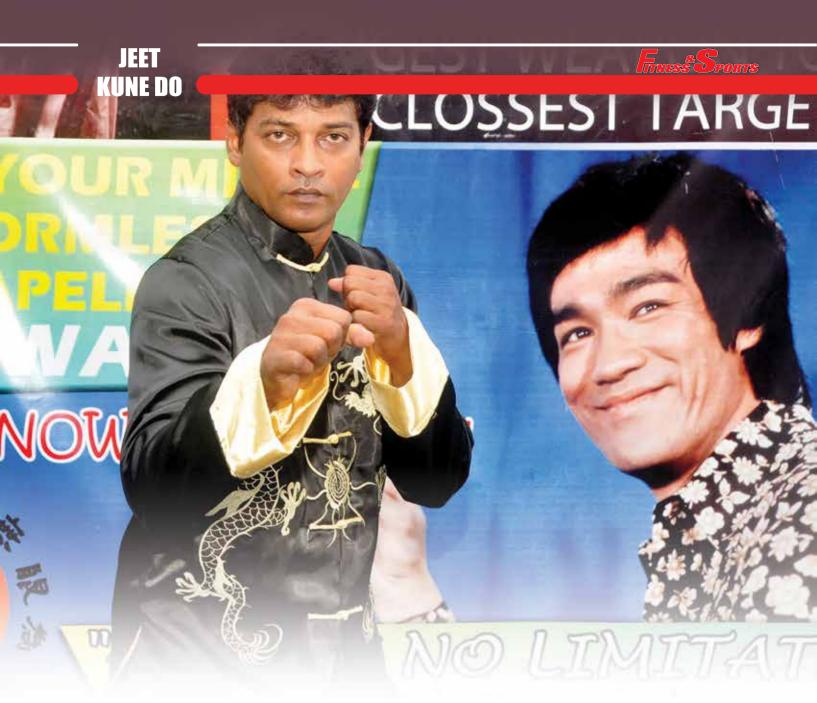
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JEET KUNE DO THE ON GUARD STANCE

IN VOLUME II OF FITNESS & SPORTS WE INTRODUCED THE FIGHTING METHOD OF JEET KUNE DO FOUNDED BY MARTIAL ARTS LEGEND BRUCE LEE ALONG WITH THE STORY OF JEET KUNE DO MASTER JAGATH CALDERA. THIS ISSUE WE WILL GO TO THE PRACTICE OF THIS FIGHTING METHOD TO GIVE OUR READERS A BASIC IDEA ON THE WORKINGS OF JEET KUNE DO. TO LEARN ANYTHING IT IS OF UTMOST IMPORTANCE TO UNDERSTAND AND MASTER THE BASICS. THAT IS WHY WE FIRST LEARN HOW TO STAND BEFORE WE LEARN HOW TO FIGHT.



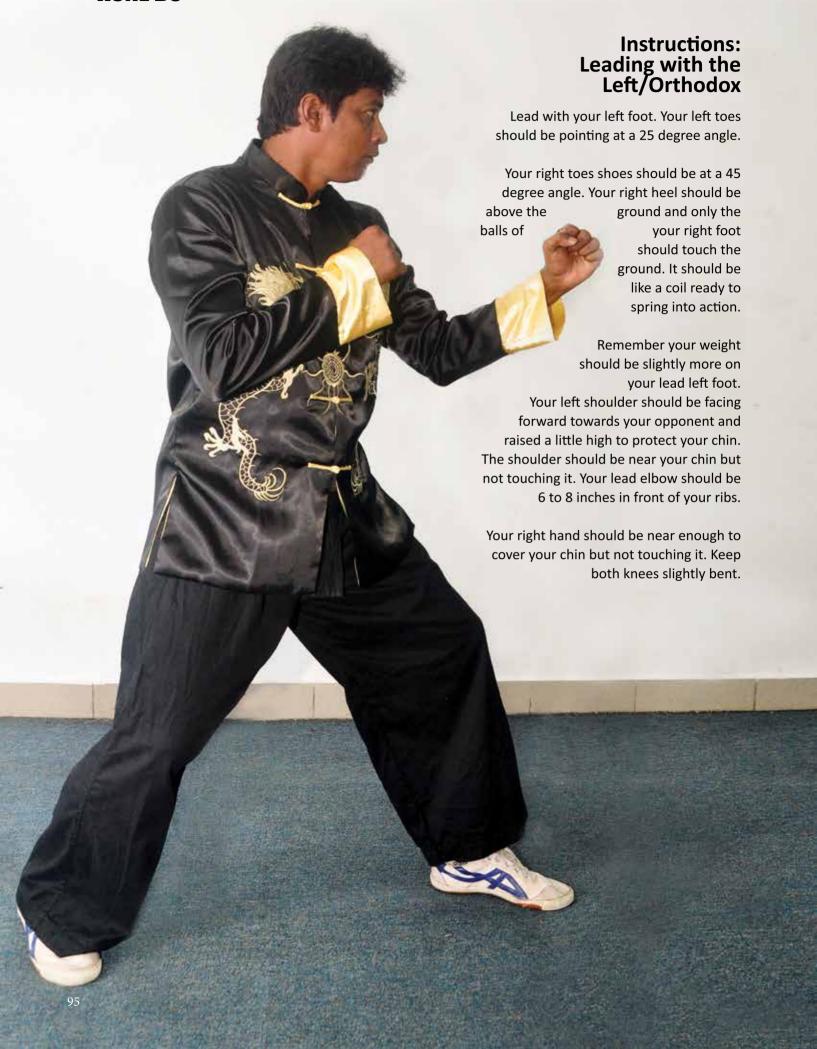


The On Guard Stance

In Jeet Kune Do the most important/fundamental stance is the "On Guard". This stance is the root for the tree of this fighting method. This stance has been created to defend an oncoming attack as well as to strike the opponent effectively.

The "On Guard" stance gives the body a steady balance that also permits freedom of movement. This stance makes it difficult for the opponent to penetrate the defensive nature of the body's position to make an effective strike. To summarise the defensive advantages of the "On Guard" are stability and the protection it gives to the fighter adopting this stance. In attack the "On Guard" stance allows the fighter to strike the opponent with relative ease. It also makes it difficult for the opponent to predict our attack. This gives us the element of surprise in the attack making it more effective. To summarise the attacking advantage of this position are: Easy mobility to strike and the element of surprise in the attack due to the opponent's inability to predict the nature of our strike.













Fencing and Western Boxing Influences

Master Bruce Lee took the foot movement from the art of fencing and incorporated it as the base for full body movements in forming the On Guard Stance. After every move the JKD fighter must return to the On Guard stance. Balance is very important to protect the fighter so that is why the On Guard Stance ensures that proper balance is always maintained.

The stance has incorporated the principle of Western Boxing which easily allows easy movement for the upper body. As you can see the principle of Fencing facilitates easy movement of the whole body and the principles of Western Boxing facilitates easy movement of the upper body. This allows the JKD fighter to avoid any incoming attack to the head and upper body.



Blocking the Opponents Attacks

Blocks in JKD always include body movements. There are no blocks without body movements. This is because if we try to block an attack while remaining still, there is room for the opponent's strike to connect with our body. Even while remaining still, if we block the opponent's strike we are limited to counter attacking. Thus the defense will not be complete without movement of the body.

Our rear foot positioned like a coil ready to spring plays an important role to permit easy movement. Once again, Jeet Kune Do philosophy stresses to return to the On Guard Stance after each movement maintaining the correct foot positioning angles and the distance between the feet.

JAGATH CHANDANA CALDERA

Jagath is the founder & chief instructor of the Sri Lanka Jeet Kune Do Association registered under the Sports Ministry. He is the former physical fitness & mental well being trainer of the Sri Lanka Golf Team and the Sri Lanka Navy Golf Team.

Jagath has been trained by International Jeet Kune Do instructors such as Rocky Randel. Rocky Randel was trained by Dan Inosanto a student of Bruce Lee making Jagath a 3rd generation student of Bruce Lee. Jagath is also a certified Jeet Kune Do Instructor from The Liahona Warrior Arts International USA.

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JOES RUGBY





The Beginnings....

The lads from Darley Road took to the game of the oval ball officially in the early 1950's. A group of boys from the college with a passion for the game formed a Rugby Club called the "Hornets". This was not an official school team as the rector at the time the great Rev. Fr. Peter Pillai was opposed to the formation of a college rugby team. Under the leadership of Lalith De Mel, the lads practiced at the Havelocks, CH&FC and CR&FC grounds. They were coached by players from these respective clubs and played a few friendlies with other rugby clubs. In 1955 Rev.Fr.Peter Pillai gave his blessings to form the college rugby team after seeing the enthusiasm and dedication of the boys. The first St Josephs's rugby team took the field in 1955 under the captaincy of Mahendra Dias and were coached by Percy De Silva. In this year their match against Royal College was (0-18). In their match 101

against the Peterites the Joes gave a tough fight to achieve the end result of (0-3) and kept up the pressure against the Thomians taking the result to (6-8). Taking into account that the Joes were new to the game their performances were commendable as they played experienced against school rugby teams. However, the Joes inaugural match against Trinity was not so kind to the Joes who went down 28 points to nil. In 1962, St. Joseph drew their first match (3-3) against Trinity College at the Darley Road grounds. This same team under the captaincy of Hiranjan Perera held Royal College to another 3 all draw. In 1966 the Josephians under the captaincy of prop forward Rohan Jayatilake held Royal College to a scoreless draw and drew with Trinity College to (3-3). It is worthy to mention that St. Joseph's Rugby Team from 1966 put up many a good challenge on the field.

The years between 1975 and 1977 the game was not played at the college. It was during this time that Lalith de Mel the gentleman who initiated the Hornets came to the rescue of college rugby by setting up junior rugby and senior rugby helping to rebuild the sport. The 80's were good years where the Joes peaked in the years 1986 and 1987. The 90's were a mixed era, the lads from Darley Road beat the boys from Reid Avenue (Royal College) for the first time in 1999.

In the year 2002-2004, Brian Obeyesekere, who was the Sports Council Chairman and also one of the current Hornets along with Chairman Rugby-Kenneth De Zilwa, Manilka Fernando and Surnimal Dias started to rebuild Joes Rugby once again. The Joes stepped up to the A Group but the euphoria did not last too long as they slipped back into the B Group in 2005-2006.

The St. Josephs Rugby Team Today

In 2010 on the initiative of Kenneth De Zilva the senior Hornets were called back into action to inject the much needed sting back into Joes Rugby. Lalith De Mel along with other seniors like Brian Obeyesekere, Sumith Adihetty and Manik Pereira came to revamp SJC Rugby. Support was mustered from





St. Joseph's Rugby Team 1966. Seated from left to right Stanley de Silva, Bede Johnpillai, Ignatius Ferdinandez (Master-in-Charge), Rohan Jayatileke (Capt.), Rev. Fr. W.L.A. Don Peter (Rector), Ago Paiva (Coach), Steve Joachim, B.M. Ockersz (Sports Secretary), Chris Obeysekera, (Standing) Sunil Perera, Rohan de Alwis, Travis de Silva, Hiran Fernando, Jayalal Leanage, Anton Dassanayake, N.X. Emmanuel, Shantilal Waas, Lakshman Gunewardene, Nimal de Alwis, Louis Page, Joe Selvaratnam, Gamini Goonetilleke, (On the ground) Sunil de Silva. (Photo Source: "Blue and White" magazine)

Joes all around the world to form the Hornets as a Josephiam Rugby Supporters Club. The first president of the Hornets was Lalith De Mel who was the initiator of Joes Rugby. The college rugby culture was looked at with a fresh perspective and a thorough analysis was done looking at the top school rugby teams. The Hornets are committed that the St. Josephs 1st XV should consistently remain in the A Group of The Schools Rugby League.

Thanks to the huge support extended by the Hornets, the St. Joseph's College Rugby Team is

a side that has improved their performance in leaps and bounds during the last rugby season from previous years. In the 7's tournament they became plate champions after 25 years and in the Schools Rugby League were placed 5th, their highest standing in the last 16 years. The Joes enjoyed a moment of pride when they defeated St. Peters College to regain the Rev. Fr. Basil Weerathunga Shield after a lapse of 15 years. Fitness & Sports finds it appropriate to feature this underdog side in school rugby that has become a rugby team to be reckoned with.



Interview With The Last Season's Captain Tariq Salih

F&S: How did you feel when you were appointed captain at the start of the season?

TS: Well I was a bit surprised as I never expected the captaincy as there were other players along with me who were also suitable for the captaincy. I was excited and surprised when I got it.

F&S: What do you feel were the main reason behind an improved Joes side?

TS: To start with it was the coaching staff who put a lot of positivity into our heads. They gave us a good platform and a good foundation to make a strong side and that was what led to a good season in the end.

F&S: What was your toughest game, the one where you boys literally gave everything and left nothing in the tank?

TS: We had a lot of tough matches. Our first game against St Peters where we were trailing 10 nil but we came back and took the game 17-10. The other close match was against Royal as they were the unbeaten side but we came very close but they won with 3 points, the match with Isipathana was also very close even though they won. Even though we came second best to Isipathana and Royal the boys gave a really good fight and we are proud of our performances.

The toughest match was the one against St Peters as we had not beaten them in 15 years and we wanted this the most and got the desired result in the end.

F&S: How much did strength and conditioning contribute to the brand of rugby that you boys played?

TS: Well that was the most important thing that the coaches put into our heads. That was the main reason the boys made good yards with ball carrying and helped us make some





good tackles as well. Strength and conditioning was the main reason that made us put up some good performances in the season.

F&S: What are your personal goals now?

TS: Well, I am done with

College Rugby now. I want to represent my country in the U-20 and have a good club season with CR&FC and further my education as well.

F&S: What are the learning you can take from your captaincy that will help you in your future?

TS: There a lot of positive things to take. The first thing is to think positive. You need to trust your team no matter what. And always have a vision to achieve.

F&S: Thank you Tariq, Fitness & Sports wishes you the best of success for your future goals.











The Joes Rugby Coaching Team

Head Coach: Bilal Yusuf

Represented the Unbeaten Royal teams in 2001 and 2002. Coached Royal in 2009, 2012 and 2013, St. Joseph's 2011 and 2015, Sri Lanka Under 20 team in 2009, CR & FC in 2010 and 2013 and CH & FC in 2014. Level 2 IRB Qualified Coach and Level 2 Qualified Strength & Conditioning Coach from the Australian Strength and Conditioning Association.

Backs Coach: Asanka Rodrigo

Represented Royal College in 1993 and 1994. Represented Sri Lanka and CR & FC for a period of 10 years. Backs Coach of Royal in 2010,2011,2012 and 2013. Coached the Sri Lanka under 20 team in 2013. IRB Level 2 Qualified Coach.

Forwards Coach: Ashane Dassanayake

Represented the Royal College unbeaten team in 2009. Represented the Sri Lanka youth team in 2009. Coached the Royal 2nd XV Teams in 2012 and 2013. IRB Level 1 Qualified coach

A Typical Day At The Office For The Joes Rugby Team

- 2.30 pm 2.45pm -Flexibility / Mobility Work
- 2.45 pm 3.00 pm Speed & Agility
- 3.00 pm 3.15pm Power Development.
 Medicine Ball work and Plyometrics
- 3.15pm 4. 15 pm -Strength Training
- 4.30 5.45 pm -Skills Training





Main Reasons For Success In The 2015 Season

- * Emphasis on Teamwork and Commitment to training. This was lacking in the past
- * All Training sessions were on a full sized rugby field. Previously the boys trained on the college hockey ground.
- * Getting the players to play a full 80 minutes during training and a special emphasis on fitness.
- * Focusing on perfecting the basics.
- * Special emphasis on sports psychology. This was critical in breaking the 15 year hoodoo against the Peterites.
- * Inspirational leadership

- provided by captain Tariq Salih.
- * Fr. Rector, Prefect Of Games and the Master In Charge provided tremendous support to the coaches and the players.
- * Hands off approach by the rugby committee helped the coaches do their job.





Goals for Joes Rugby in 2016 and 2017 Rugby Season

Consolidate the 5th position in the league for 2016 and win the league championship 2017.

We hope to achieve this by improving the quality of coaching at junior rugby, educating the players on the key aspects of the game such as teamwork, nutrition, life style and discipline.



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