

September 2020_TIAS Students Activities_Japan Cricket Association and Fukushima Study Tour

Part I: TIAS - Japan Cricket Association (JCA) Field Visit: Sano International Cricket Ground, Sano City-Tochigi Prefecture: August 18th, 2020

Day 1: September 21st was the leg 1 as “follow-up, meetings and taking research equipment for the TIAS 5th Batch – Sport Science and Medicine module – student (Kai Png) on a TIAS INTERNSHIP = Research-based 6-weeks internship”. This was the third visit to JCA, which was initiated in August (5th and 18th) 2020 between Japan Cricket Association (JCA; Web: www.cricket.or.jp) and TIAS, University of Tsukuba (August 5th) in order to find common interests leading to a long-term academic-sport science-related/sport partnership. JCA kindly agreed to take TIAS 5th batch students as Interns, and among 3 students KAI PNG was the student involved in conducting research. The day at JCA HQ and the SANO INTERNATIONAL CRICKET GROUND was spent by delivering the training fitness measurement equipment for the athletes (cricketers) training program that was being conducted with the Japan Cricket National Team that was visiting Sano on 21st and 2nd 2020; interacting with JCA Staffs-Coaches and Trainers and Athletes and discussing the research methods being employed to understand the ‘training program’ for the national team, the issues involved with training, the use of equipment, and the points raised by the trainers. The aim was to better understand the coaching-training practices and how to utilize that information in order to develop a training protocol for not only the national team but also the young cricketers, boys and girls, and the women’s team. Meetings and discussion with the athletes was also undertaken for the same. A follow-up on Kai’s to-date internship and challenges was also undertaken and discussion between myself (Rakwal), and Kai (5th batch student) was done for the next day’s measurements and protocols and the follow-up research plan (Title:

Development of Japan Cricket Association Physical Testing Protocol (u/19): Men and Women’ Research Plan: The purpose of this study is to implement a short but accurate physical testing protocol to cricket athletes for data collection. Data is to then be analyzed to understand the level of physical fitness and training requirements. From the testing results training and rehabilitation protocols will be developed for all JCA athletes to have access to) thereafter;



and also interacted with Alan Curr (via phone) and Dhugal Bedingfield both JCA senior staffs on the progress and additional works.

Post-internship of the student, we will be working towards a follow-up visit and meetings to discuss the results and development of the training protocols resources at UT and JCA, respectively; taking into account the views of the coaches and trainers at JCA. In all a fruitful visit both research-wise, meeting with JCA on-site and towards developing a long-term cooperation with JCA – for future internships-research-and student candidates for TIAS2.0.

Part II: FUKUSHIMA PREFECTURE (TIAS Study Tour 2020)

The second leg of the business strip was – **STUDY TOUR for the TIAS 5th batch students**, along with faculty to first (**Day 2: Sep., 22nd** = Iitate-mura; and **Day 3: Sep., 23rd** = Naraha-machi). Reaching Iitate-mura on 21st night itself, Prof. Rakwal stayed overnight and meeting with the Guest speaker, **Mr. Nobuyoshi ITO** discussing both the translated version of the presentation for the next day, and interacting on the importance of the study tour for TIAS international student’s in particular. The following morning, Sep 22nd was spent with the Guest speaker Mr. Ito to discuss again on the time and the plan for movement of site visits, lecture and discussion.



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Day 2: Iitate-mura (Sep 22nd) was visited with an aim to – “**Study Tour is a Unique Experience and chance to see First-hand the Situation following the “3.11 Great East Japan Earthquake” in Tohoku regions, in particular the Fukushima prefecture also affected by the Nuclear Disaster**”. Prof. Rakwal met (9:45 AM) the students Madei Kan, roadside station, in Iitate-village with the **Guest Speaker and Study**

Tour Guide - Mr. ITO, and following brief introductions with the accompanying faculty – and revisiting the day’s plans we started the tour of the village and the disaster affected areas within the village spending time to look at the damage and the recovery process by touring through the bus and stopping at designated places in the village



<Photos at Iitate-mura, Fukushima-ken, Sep. 22nd>

(Nagadoro-southern part of the village that is still highly contaminated and out of bounds, Elementary and Junior high schools); at each location, Prof. Rakwal was supporting the translation with other Japanese colleagues. Practical demonstrations of the on-field radiation levels were given by Ito san, and the student’s saw the decontamination (and storage) and recovery efforts first-hand. As Prof. Rakwal was working in Iitate since 2012 on ‘radiation-related’ project, **I explained to the student’s queries on the effects to plant and animal life complementing Ito san’s talk.**

The next part (afternoon) was to guide the tour back to the lecture (12 PM onwards) and overnight stay location – **KIKORI** (lodge and camping ground area in Iitate). The afternoon saw a long (more than 1 hour

powerpoint presentation-with English translation by myself and through English translated slides-as many technical terms were being used-followed by discussion with Mr. Ito and the student's and the faculty). The talk was a **great learning experience for the students and faculty alike** – and numerous questions were asked by the students who were strongly affected by the visit and the talks on how the disaster and resulting nuclear/radioactive contamination had affected the village and its people. Lunch was taken in conjunction with a talk by the second Guest speaker - **Ms. Tomiko WATANABE**, who explained about the traditional foods and agriculture practices of Iitate; and her **farming experience post-disaster and her current food innovation** was well received. Her focus is on the 'kabucha-PUMPKIN' and other vegetables. Wishing the guest speakers farewell, I took Mr. Ito back to this location (as he accompanied student's in the since morning) later that evening; successfully concluding the day's work. To note radiation levels were well below the normal background level at KIKORI, and at almost all sites visited except the areas which were not yet decontaminated; however at no time was there any risk to the student's.



The post-lecture and discussion on Iitate was shifted to the preparation of the next day program-Olympic Education Class at the Naraha Junior High School, **and Profs. Sanada and Obayashi – along with other faculty (Profs. Lyras and Haggis and Researcher Kajita) – and student's held a preparation workshop and guidance for the next day.** The student's continued till night to prepare the class materials and presentations. Despite the long day and hard schedule, the student's had a good chance to **experience Japanese culture experience**, the 'onsen' at KIKORI.

Day 3: Naraha-machi=J-village and Naraha Junior High School (Sep 23rd) – was visited with an aim to – **“know the other side of the recovery process through J-village – home to the FOOTBALL National Training Center (NTC-) – and junior high school and elementary (6th grade) school students through Olympic education class”.** Leaving then next day early morning, 8 AM, we departed KIKORI for Naraha-machi, arriving 9:45 AM to the location; the students observed the 'recovery highway' in

which they were travelling and the on-going decontamination process and reconstruction throughout the way. I also took radiation reading to see 'hot spots' as were also marked at the monitoring stations. Arriving at J-village we were welcomed by **Mr. Nobuo SHIMAZAKI of J-Village** who **coordinated the visit by presenting a TALK on the J-village history and background** including its use in the cleaning operations for the nuclear accident, just 12 kms away. The state of art automatic temperature recording entry system was a unique experience, and good to know how the current Covid-19 pandemic was being seriously understood and precautions were being taken, including for the visitors. Following the eye-opening presentation and the **current status of the J-village** (also **start point of the Torch Relay for the Tokyo 2020 Games**) we embarked on the tour of the facilities – the multiple **main grounds**-where the management of the grounds was explained thoroughly- and to the indoor football pitch-an **all-weather enclosed football ground** was a state of the art facility, and the student's loved it. After a detailed explanation for about 1 hour, we stopped for a wonderful traditional Japanese lunch at the cafeteria for the J-village, which was **another great experience in Japanese culture-cuisine** for the students. I also supported the emergency issues of the students.



Following this we departed the J-village to the Junior High School about 15 minutes away, and were welcomed by the **School Principal and Staffs, Mayor of Naraha-machi, and Fukushima Prefectural Government – Olympic and Paralympic Games Promotion Unit-Educational Supervisor**. Profs. Sanada and Obayashi coordinated the event with the school together with Prof. Alexis Lyras and **TIAS 5th students Takafumi (Japan), Jorge (Peru) and Eranga (Sri Lanka)** comprising the main presenters – on the **OLMPIC FLAME**. The presentation included a **message from the IOC President Thomas Bach to the student's** – delivered through Prof. Sanada, and which was warmly welcomed by the participants. It was also announced by the Mayor that Naraha-machi to be the host town for Greece, which gave the students great interest to know more about the Olympic history, and which was delivered by the 3-student group - who had this March visited the Flame Ceremony in Olympia and recounted their experiences. **MCs for the session were the Junior High School Students** and they handed the mike to **Prof. Obayashi who talked about Jigoro Kano and Olympic movement**, and introduced some cultural-language aspects of Greek words along with their pronunciations and Japanese pronunciation similarities with student's repeating after Prof. Lyras. The students also presented their

interests on Olympism and the meaning of the ‘flame’. Following this the session moved to the second part- which was a **join-activity of creating a cheering item** for the Tokyo 2020 Games and Relay with **all the TIAS students**, and **writing a message** on them - this was **greatly enjoyed by the school children giving a chance to interact in English with the international students**, who also experienced the Junior High School for the first time. I was supporting the video recording and discussing along with taking care of the students and discussing with the school and Fukushima prefecture staffs on the value of such exchange and internationalization. With a **closing note of thanks by the representative student’s** the day came to an end, the room was reverted back to its original position by re-arranging chairs and tables-all participants including TIAS student’s helped in-and we departed back for University of Tsukuba.



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