



TIAS reborn TIAS2.0



**October 15th and 16th, 2021: National Athletes Forum (NAF) Tanzania–Tanzania
Olympic Committee (TOC) Athletes’ Commission – Coach Khalid Rushaka
(Olympian & TIAS ALUMNI)**



Photo 1: National Athletes Forum-NAF-Group Photo



Photo 2: (Khalid, 5th from left; next to Chair TIAS program-Prof. Sanada, 4th from left)

TIAS 2.0 (Tokyo 2020 academic legacy and SFT initiative) is happy to report that its alumni (TIAS 2015 Short Program), Olympian and Coach Khalid Rushaka OLY, who was elected to the Tanzania Olympic Committee Athletes Commission (TOC AC), has successfully organized the 1st NATIONAL ATHLETES’ FORUM, under the auspices of the TOC ‘ATHLETES COMMISSION’, where he is the Chair. Early 2020, Coach Rushaka OLY approached TIAS2.0 (Prof. Rakwal) on support for the NAF and advice on a project proposal for potential funding through the Olympic Solidarity funding for the same. Considering it an integral part of TIAS Legacy and to continue developing our relationship with TOC initiated with the TIAS 2nd batch graduate Leonard Thadeo Katunzi and National Sports Council of Tanzania and the National Paralympic Committee of Tanzania since 2018, a brainstorming session was held and follow up discussions to provide expertise on possible topics and directions.

With the successful organization and conclusion of the first NAF, we congratulate the TOC AC and facilitators for the well organization and delivering this 2-day workshop to 30 ATHLETES across various sports (11 sports federations were represented including swimming, athletics, baseball & softball, tennis, wrestling, volleyball, hockey, judo, taekwondo, and basketball) and starting a new chapter in empowering the athletes through seminars and group works on organization, Olympic values, life skills and career transition, anti-doping, health and mental well-being, diversity and women inclusion in sport, by guest speakers and facilitators.

Thank you, Coach Khalid and all Facilitators - Organizers for creating this platform for ATHLETES; a great initiative and effort. Thank you to all ATHLETES for the active participation.

Establish athletes commissions, sports bodies urged



Athletes pose after the climax of two days of an Athletes Forum that was conducted at the Filbert Bayi Foundation in the Coast Region. PHOTO | IMANI MAKONGORO

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Dar es Salaam. Sports associations in Tanzania have been urged to establish their own athletes' commissions that would be used as a platform for addressing various sports issues.

The Tanzania Olympic Committee (TOC) already has an Athletes Commission, and the call was made at its Commission's two-day Forum attended by 30 athletes and five instructors at the Filbert Bayi Foundation at Mkuza in the Coast Region.

The two-day forum was attended by athletes from Taekwondo, Swim-

ming, Judo, Basketball, Tennis, Athletics, Wrestling and other sports that are usually pursued in the country.

Speaking to *The Citizen* yesterday, the chairman of the TOC Athletes Commission, Khalid Rushaka Oly, said there currently is no sports association that has an athletes commission which sportsmen and women could use to sort out assorted sports issues, and as a facilitative forum generally.

The absence of such a commission in sports associations results in the TOC Commission being overstrained by having to tackle issues which could readily be solved by respective sports associations.

"With athletics associations at the sports associations' level, our only task would be to deal with matters that the respective sports association commissions failed to solve - contrary to the current situation," said Rushaka.

He also called upon sportsmen and women to promote their sport, and brand their talent for the development of their sport.

Commenting on the forum - the first to be held in the country - the athletes said it has been a catalyst for them, as they have learned about their rights and responsibilities in sports.

Basketballer Fatuma Yasoda said "We have learned a lot from the forum. As sportswomen, we have also

benefited from the topic of participation in sports - and this will, no doubt, be a catalyst for us to participate more fully in sports," she said.

Runner Zakia Mrisho said the forum will make them good ambassadors for the sports they participate in, especially in guiding others to realize their rights and responsibilities as athletes.

Judoka Andrew Thomas Minguo of the national team said he would be an ambassador for the judo sport when a players' commission is formed.

The TOC President, Gulam Rashid, presented Certificates of Participation to 30 athletes from various sports who participated in the Special Forum.



Tanzania Olympic Committee (TOC) president Gulam Rashid speaks before the culmination of the Athletes Commission Forum, organized by the committee, which took place in the Coast Region last weekend. PHOTO: CORRESPONDENT

By Correspondent Joseph Mchekadema

SPORTS associations in Tanzania have been advised to work closely with athletes for the sector to develop from the grassroots.

Tanzania Olympic Committee (TOC) president Gulam Rashid issued the plea in Kibaha, Coast Region last Saturday at the end of a two-day National Athletes Forum.

The forum was organized by TOC through the Olympic Solidarity.

Gulam, a former footballer, said the problem facing sports in the country is that there is no strong working relationship between leaders of sports federations and athletes.

The TOC boss revealed: "In Tanzania, like many African countries the relationship between leaders of sports federations and athletes is not that strong, it reaches a point where they

(athletes and sports federation leaders) do not see eye to eye."

"They don't talk to each other, it is now time that you start fostering good working relationships," he told the attendants.

The forum involved 30 athletes drawn from different sports associations and Rashid said it is disheartening that three associations, Athletics Tanzania (AT), Tanzania Tennis Association (TTA), and Tanzania Swimming Association (TSA), have athletes commissions.

At the opening of the forum on Friday, he acknowledged that local athletes face a lot of challenges with one of them being a lack of communication between leaders of the national sports federations and athletes.

"I know that you face a lot of challenges, one of them being lack of communication between sports federation leaders and athletes, but you

must work hard to solve the challenges by working together," he said.

Khalid Rushaka, Tanzania Olympic Committee's Athletes Commission's Chairman, thanked TOC for hosting the forum for the first time.

He promised that the athletes will make use of the knowledge gained to develop sports in the country.

"We thank TOC for this forum, it will help athletes to know their rights at the same time work together for the betterment of sports in the country and we hope that all the topics covered here will be of great help to the sports industry," he said.

The topics covered include Personal Branding and Sponsorship, Mental Health, Athletes Commission overview, Olympic Value and Career transition, Current Athletes Issues, Integrity, and Anti-doping and Diversity and women inclusion in sports.



Photo 3: National Athletes Forum - Glimpses and news coverage in the media



We are now working towards a follow up program, hopefully on regular basis to connect Tanzania with Japan through TIAS 2.0 and other partner organizations as part of our joint legacy. This is not only important to keep the athletes issues in the spotlight but also to help generate grassroots sport movement through the training and skill up of the athletes on a regular basis through sharing of updated information and resources, not only for Tanzania, but also for other East African countries to develop similar programs. Finally, to quote Coach Khalid – “Rakwal Randeep thank you sensei. I couldn't have accomplished it without your support and the educational support TIAS Tokyo 2014 & 2015 has given me in the past 6 years. Thanks to the educational legacy of the Tokyo 2020”. Thank you Coach Khalid for keeping the connection and bonds of friendship between Tanzania and Japan (TIAS 2.0, TAIKU, and University of Tsukuba), and looking towards the future, together for the ATHLETES.

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(Arusha & Tsukuba campus)

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