

TIAS visit of Secretary General Uganda Olympic Committee – Dr. Donald Rukare, President Uganda Swimming Federation : March 23rd-27th, 2019

March 23rd to 27th, 2019, marked the visit by Dr. Donald RUKARE, Secretary General – Uganda Olympic Committee (UOC, <http://nocuganda.org/about-us/executive-committee/>) and Commonwealth Games Association Uganda, and Vice President – African Swimming Federation (CANA), and President – CANA Zone III), and President Uganda Swimming Federation (USF, <http://ugandaswimming.stream/>). Donald is also the FINA (Federation Internationale de Natation) – International Swimming Federation, Bureau Member (<http://www.fina.org/gms-function/fina-bureau>). Previously, meeting Dr. Rukare, in Dec 2018, at the ANOC Tokyo meeting of all NOCs, along with President of the UOC, Mr. William Blick, and with a 4th batch TIAS student Mr. Tonnie Kasujja (http://tias.tsukuba.ac.jp/wp-content/uploads/2019/03/TIAS-Student_NIFISA-9th-Seminar2019_REPORT.pdf), a swimming coach, and mutual shared interest in international Sports education and training, Prof. Randeep Rakwal extended, on behalf of TIAS, a visit to University of Tsukuba (UT).



The invitation and visit objectives were: a) **Guest of Honor** at the graduation of the TIAS 3rd batch students and make a commencement speech, b) **Guest Lecture** for the TIAS 4th batch Master's students, and c) **Exploring Potential Collaboration/Partnership** between TIAS (and TAIKU) and the Uganda Olympic Committee/Uganda Swimming Federation as part of TIAS Academic Legacy involving its students and international cooperation through sport by Japan Sport Experts.

First, TIAS appreciates a wonderful commencement speech, congratulations, and words of wisdom to the **graduating 3rd** batch TIAS students; March 23rd, 2019.



Following the speeches by **Prof. SANADA** and **Mr. Masahide KATSUMATA**, Director of the Olympic and Paralympic Games Division, Japan Sports Agency (JSA, <http://www.mext.go.jp/sports/en/index.htm>), **Donald spoke on – Looking to New Horizons.** To quote, Dr. Rukare, *“During my presentation I noted that the graduates were graduating at a very interesting time in the sporting arena which is dealing with implementation of the Olympic agenda 2020, doping cases, governance/corruption cases, emergence of private professional leagues and the rapid growth of e-sports. I encouraged the graduates to embrace integrity and accountability, building networks with their TIAS colleagues, put into*

practice the knowledge they have gained at TIAS, put athletes at the heart of what they do and live the Olympic values of respect, friendship and excellence”.



and, with
Tonnie and
Associate
Professor Y.
SENGOKU
(Academic
Supervisor, &
Head Coach,
Swimming, UT)



Second, Dr. Donald RUKARE together with Prof. Rakwal made a courtesy call to the Chairman of TIAS, Prof Hisashi SANADA (<http://tias.tsukuba.ac.jp/about-tias/>), Faculty of Health and Sport Sciences (<https://www.tsukuba.ac.jp/en/people-list/tsukuba-frontier-24>), and who is also the Director of CORE (Centre for Olympic Research and Education, <http://core.taiiku.tsukuba.ac.jp/en/>) and Committee Member of the Culture and Education Commission for the Tokyo 2020 Games (The Tokyo Organising Committee of the Olympic and Paralympic Games; <https://tokyo2020.org/en/organising-committee/structure/culture-education-commission/>). Thanking Prof. Sanada for the invitation, Donald expressed his deep interest in future collaboration with TIAS and UT; March 24th, 2019.



Third, being from the USF and FINA, the next stop was at the SWIMMING POOL Complex, University of Tsukuba; and, where Donald was once again welcomed by the **Swimming Head Coach – Dr. Yasuo Sengoku** (Associate Prof. at TIAS and Faculty member of the Institute of Health and Sports Science) responsible for the swimming program; and joined by Tonnie

Kasujja and Prof. Rakwal. Both these 2 swimmers/coaches/administrators discussed on the 'swimming at Tsukuba (Japan) and Uganda'. **Donald pointed out that** "they would like guidance/assistance in (1) developing a national coach selection criteria (2) putting in place a national coaching certification program (3) conducting coaching clinics in Uganda by TIAS staff (4) possible equipment support". Dr. Sengoku agreed to explore these options and we discussed the possibility of having Tonnie and interested Japanese students to do some preliminary research on the above points, and also Prof. Rakwal wishes to explore the possibility of going to Uganda with TIAS on a project in the summer of 2019, linking with previous TIAS alumni in Rwanda and Tanzania with Uganda, as an East-Africa TIAS Legacy Project. Continuing the tour of the swimming pool complex, **Dr. Sengoku explained the main pool training and research facilities, with high-performance tools** (such as the Igarashi Swim Mill) and techniques to improve the Japanese swimmers at University of Tsukuba Swim Team.



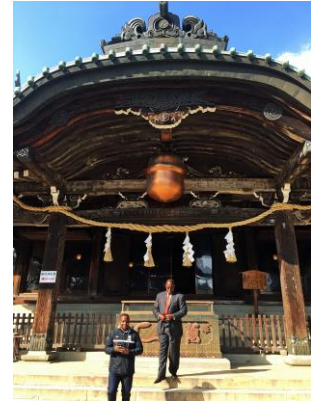
Fourth, Dr. Rukare, being an professional with teaching experience, gave an informative and exciting lecture to the TIAS 4th batch students, titled- '**Sports Governance; Challenges and Opportunities**', covering the following topics of – "sports organs/ architecture, the role of the Annual General Assembly (AGM), legitimacy through the membership, recognition

through affiliations, conflict and conflict resolution – CAS and the court system, conflict of interest, electing and selecting governing boards, professionalization and the role of the General Secretary, constitutional Order – Term limits or no term limits?, role of women and athletes – Do we need special commission to hear their voice?, Corruption and sports and sports and human rights”. In all, a well-received presentation with active Q&A and discussions by the student’s, and attending Professors, going over the allotted time.



(at GSI building, 3rd floor – TIAS Guest Lecture, by Dr. Donald Rukare; and,

discussions and views were exchanged were also held with **Associate Prof. Alexis Lyras** on the promotion of Olympic values and education initiatives and sport for development and peace, one of the expertise of Lyras sensei.



A short visit to the symbol of Tsukuba-city, Mt. Tsukuba was also made to introduce the natural beauty, spirit and culture of Japan.

Finally, the visit was concluded, by a meeting with **Prof. Rakwal and Tonnie Kasujja and Donald** to discuss possible collaboration /partnership areas between TIAS and UOC/USF. The following points were raised and recorded for future steps. **“A memorandum of understanding (MoU) outlining areas of collaboration and responsibilities of both parties would be developed”**, and where the following topics could be included as –
a) Conducting coaching programs (Training of Trainers –TOT program),
b) Conduct a national anti-doping education program as well as sports science and medicine sessions,
c) Provide equipment to USF and other federations,
d) Identify possible students to pursue Masters programs at TIAS,
e) Training opportunities for students,



- f) Sports science/fitness rehabilitation/high performance center,
- g) Exchange interns (Swimming and synchronized support),
- h) Assist and development of youth development and training center to be located in an agreed place,
- i) Ensure visibility of the events in Uganda pertaining to all TIAS programs,
- j) A program of activities for 2019 would be developed for the East Africa project (Rwanda, Tanzania, Uganda),
- k) Conduct Olympic education studies and sports for development programs including Paralympics (embedding Design, implementing and evaluating),
- l) Sports science research support, and
- m) Joint research publications”.



Prof. Rakwal is now working to develop the East Africa TIAS Legacy Projects, and a visit to Uganda is also being discussed for the summer of 2019. **Thank you TIAS and TAIKU and University of Tsukuba, and Thank you Donald.** Thank you also, the **TIAS Office Staffs**, especially Ms. Nao Oyama for the logistics support and Ms. Hirose for the lecture arrangements.

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Randeep Rakwal

Dr. Randeep RAKWAL, Ph.D.
Professor,

Faculty of Health and Sport Sciences
Tsukuba International Academy for Sport Studies (TIAS),
Global Sport Innovation Bldg., Room 403,
UNIVERSITY OF TSUKUBA,
1-1-1 Tennodai, Tsukuba, Ibaraki 305-8574, Japan

Email - plantproteomics@gmail.com - rakwal.randeep.fu@u.tsukuba.ac.jp (office)

Mobile – (+81) 090-1853-7875 / Office phone – (+81)029-853-2681

Website: <http://tias.tsukuba.ac.jp> / <http://www.trios.tsukuba.ac.jp/en/researcher/0000003045>