



#TEAM BW

Team Botswana leaves for Rio



TEAM BOTSWANA

ATHLETES

Christine Botlogetswe
 Baboloki Thebe
 Boitumelo Masilo
 Isaac Makwala
 Karabo Sibanda
 Leaname G. Maotoanong
 Lydia Jele
 Nijel Amos
 Onkabetse Nkobolo
 David Van der Colff
 Naomi Ruele
 Gavin Mogopa

CHEF DE MISSION

Moses Moruisi

ADMINISTRATOR

Tapiwa Masunga

TEAM OFFICIALS

Justice Dipeba
 Glody Dube
 Mogomotsi Otsetswe
 Randy Horner
 Kingsley Segokoto
 Clement Gauthuse
 Kamogelo Kelesiile
 Dr. Tshepang Tshube
 Leatile Mmutle

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The Botswana 2016 Olympic Team was sent off at an event officiated by His Excellency the State President of Botswana Lt. Gen. Dr. Seretse Khama Ian Khama. This marked the 10th edition of Olympic participation for the country and was recognized as one of Botswana's turning points as the country was sending a record team of twelve (12) athletes, across multiple sports

representation, being track athletics, swimming, and judo.

Nijel Amos and Isaac Makwala led the pack with experience from London 2012, motivating the first time qualifiers to believe in themselves and perform to the best of their abilities.

In his remarks His Excellency the President, urged the athletes to remember that the Olympic movement is premised on the values of

Excellence, Friendship and Respect. "I therefore call upon each one of you to live up to those values; give your best, make friends and respect other athletes. As Botswana we are defined by our Botho", he added.

The Chef de Mission, Mr Moses Moruisi when receiving the flag from the President expressed sincere gratitude to the Nation for trusting him with such responsibility to lead the Team to Rio.





NAOMI REMAINS AMBITIOUS

Naomi Ruele, the first swimmer to make it to the Olympics from Botswana for the first time since 2008, wants to raise the bar for Botswana Swimming. "In the next two years and beyond I want to keep reaching higher to help Botswana become more successful, help bring and inspire other swimmers into the spotlight," said Naomi who is currently studying at Florida International University in the United States of America. The 19 year old won her biggest medals in 2014 when she won Silver in 50m freestyle and 50m backstroke respectively at the second Africa Youth Games which were hosted in Gaborone. That performance saw her qualify for the Nanjing Youth Olympics.

Despite not winning a medal in Nanjing Naomi went on to qualify for the Rio Olympics with a B standard time. "It's been very overwhelming but I try to acknowledge that it's a great opportunity every time and I'm blessed to be able

to compete at such high events." She praised her team mates at the university who help her keep level headed despite doing better than them and competing at stages that many dream of.

The swimmer continues to dream big and appreciates the lessons she

picked from the Rio Olympics, from interacting with top Athletes who broke almost every record in Brazil and believes she came out a better athlete. "Understanding what makes them so great and how I can apply it to daily life," remains Naomi's greatest takeaway from Rio.

The Botswana swimmer finished second in her 50m Freestyle but her time was not fast enough to progress her into the semi-finals. She competed in the swimming pool that saw many World and Olympic Records being smashed with no respect. The pool also saw the legendary Michael Phelps compete for the last time at the Olympics and in the process winning an unprecedented career 22 Olympic medals 18 of which are Gold.





BOTSWANA WARMS UP TO KARABO

After being the last Botswana Athlete to qualify for 400m at the Olympics and with the slowest time amongst the three Botswana Athletes registered to compete in 400m, a few expected Karabo Sibanda to be the best performer for team Botswana in Rio. The 19 year old was the only one who made it to the 400m Final for team Botswana at the Olympics where he finished in position 5. His perseverance, big heart, and big stage temperament made him the darling of the nation of just over 2 million citizens.

After arriving back home from the Olympics at the end of August Karabo remained amazed by the embrace and support accorded him by Batswana. Batswana have been "amazing, awesome, loving and caring especially the Gxhabara Primary School and thanks to the head teacher Mma Mokunki." He



admitted that he badly wanted to do well for the country, "(my objective) was to do my best and make my family proud as well as Botswana..." at the Olympics. He gracefully puts the gesture accorded to him by the nation as something he will treasure for years to come.

The star of the former Good Hope senior student started to shine bright at the international stage in 2014 at the Africa Youth games staged in Gaborone where he won Gold Medal in 400m. Later that year he went on to win Silver at the Nanjing Youth Olympics in

the same discipline. Last year he won double Gold in 400m and 4 by 100m relay at the Samoa Commonwealth Youth Games. This year he won Bronze in 400m and silver in 4 by 400m relay at the IAAF World Junior Championships staged in Poland. Not forgetting countless number of medals he won in Africa. At the biggest stage of world sports in Rio he had to set two Personal best within 24 hours in order to finish 5th in 400m final with a time of 44.25. That made him the second fastest under 20 400m athlete this year after Botswana's world number one Baboloki Thebe.

"When I was in Nanjing I never thought about the Rio Olympics, I was just a kid... but it helped me learn how to deal with pressure..." Rio became another learning curve for the humble Karabo. "It changed my life but it changed my mentality that I should never give up even if it's hard."

The rising Botswana star is currently doing off season training in Gaborone in preparation for next year where he is expected to be a regular for the first time at the lucrative Diamond League and also expected to do well in London at the IAAF World Championships.





TEAM BOTSWANA arrives back home



The Team was met by multitudes of Batswana, who thronged the Sir Seretse Khama Airport. Their return was celebrated with a motorcade through the city, with the athletes sitting on a lowbed truck decorated in Botswana colours.

The Minister of Youth, Sport and Culture welcomed them at the University of Botswana, Indoor Sports facility where the public was invited. A formal welcome lunch was held at Avani Hotel to honour the Team, and Hon. Thapelo Olopeng, praised the Team for the hard work, citing that even without any medals, the athletes broke their personal best. The Chef de Mission, Mr Moses Moruisi in returning the flag to the minister thanked the Team for their great determination, honour and pride and for being excellent sporting ambassadors. His Honour, The Vice President Mr. Mokgweetsi Masisi was amongst

the dignitaries that graced the event.

The Team paid a courtesy call on His Excellence, The President Lt.

General Dr. Seretse Khama Ian Khama at the Office of the President.





OLYMPICS BEYOND THE GAMES



LEATILE MMUTLE

Some people take four years to get their badges at University level, some athletes wait four years to win the biggest medal in world sports. Just like in university one has to go through a lot of tests (be it injuries, qualification, competing) before reaching the final exam stage which is the Olympics. Final exam comes with its challenges.

The Olympic Games are just beyond what you may think they are- winning medals and breaking records. With less than 10 days after the Rio Olympics start already there were many scandals haunting them. The big stories include: A Kenya official who was recalled from the games after being linked with strong allegations of concealing suggested doping within Kenya camp; and the rape cases against Namibia and Morocco athletes respectively. These stories are a clear indication that the Olympics are not just 'the Games.' Take an example of the Namibian athlete who was detained due to such damning allegations. He took years prepar-

ing for this final exam and may not even sit for it.

Being at the Games in Rio and spending more time with the athletes and officials helped me realize that there are 3Ss that are key to survival at 'the Games.' The first S is '**Social Media Discipline.**' In the world of endorsements and organizers of such events fighting to sell and maintain a reputable brand value, comments by everyone associated with the Games are very critical. Usain Bolt survived what looked like a social media tragedy at the Commonwealth games in 2014. His public relations team had to sprint faster than him to extinguish the fire. Social media commentary and or posts can either make or break your career. Organizers and sponsors will rather lose you than to have their brand value downgraded by your social media controversy.

The second S is '**Self-discipline.**' At the ongoing Olympics there has been a blow by blow of words between the Chinese and the Australians over remarks that some swimmers passed to each other from those respective countries. Such

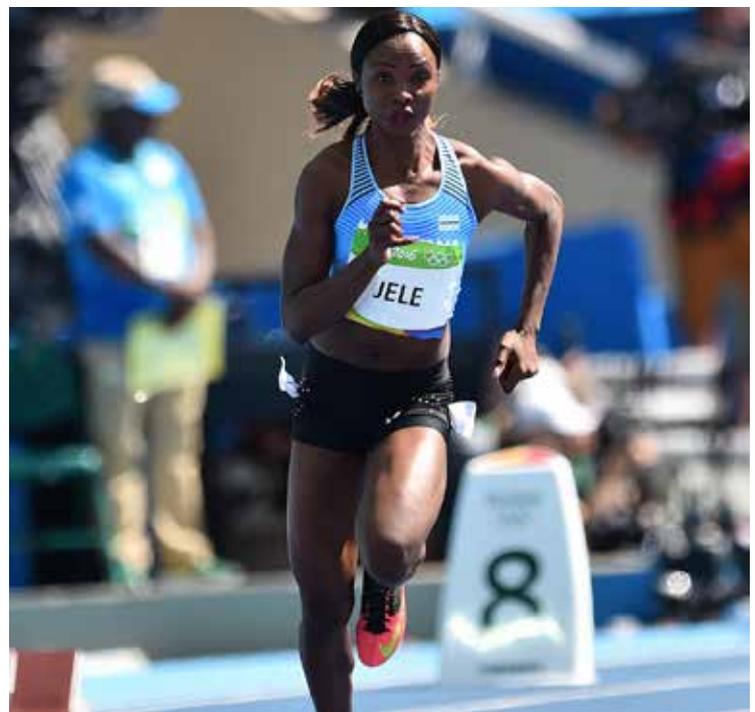
will obviously make headlines. If a reputable brand had interests in endorsing the athlete who has been involved in such, they are highly likely to rest their intentions. If an athlete has endorsements, some can quickly cut ties. We have seen for example Nike withdrawing their endorsement of the Phillipine Boxer, Manny Pacquiao, over remarks he made about gay people. Self-Discipline cuts across many fronts of one's conduct at the games. If you are not sure what constitutes discipline and indiscipline the best option is to remain humble at all times and focus on making your performance speak loud for you. Good performance coupled with humbleness comes with lucrative deals. It is just like a company listed in the stock exchange- good performance and maintaining reputable brand value will see more investors investing more into its stock.

The third and last S is '**Sexual discipline.**' If you are already sexually active and going for weeks away from your partner can be a challenge. What can make it worse is that you will be exposed to well-

toned and sexy bodies most of the time. Take an example of the Tonga Athlete, Pita Nikolas Aufatofua, who walked into the historic Maracana stadium at the opening ceremony exposing his muscular oily top half of his body. Some found him to be inviting. It doesn't end there, come to think about the recent statistics of condom distribution around the Olympics. In 2008 Beijing Olympics China Distributed 400 000 condoms, London 2012 150 000 were distributed, and Rio 2016 a record 450 000 have been distributed. Such statistics are a clear indication that there are some intimate Olympics going on off cameras. Sometimes those 'Olympics' end up in the media space. A case in point is the rape cases stated above. There are a good number of reasons why one has to be sexually disciplined around the games. Coaches advise athletes against sexual activity- more especially before competing in events that demand a lot of energy. In Brazil Zika virus scare is reason enough for one to abstain. It may not be easy but it is necessary to maintain a high level of Sexual discipline.



RIO THROUGH THE LENS...





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