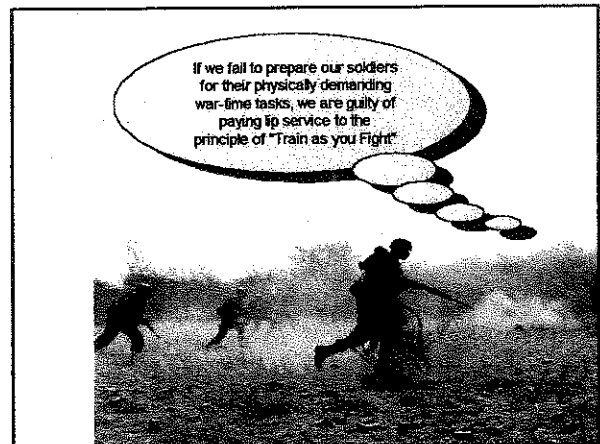


# 2000 CISM INTERNATIONAL SYMPOSIUM

Gaborone, Botswana  
23-27 OCTOBER 2000

## PHYSICAL TRAINING, SPORT AND RECREATION IN BOTSWANA DEFENCE FORCE

*Major M.C. Mophuting*



### Introduction

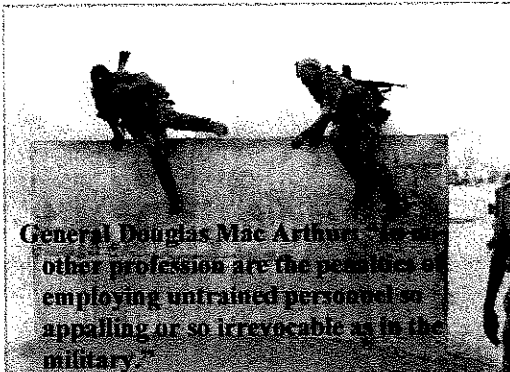
- ◆ What role does physical training, sport and recreation play in the BDF?
  - Promote team spirit
  - Cohesion
  - Discipline
  - Combat Survivability

### Aim of the Paper

- To discuss the various physical training, sport and recreation programs available in the BDF, how they are run, and compliment each other.



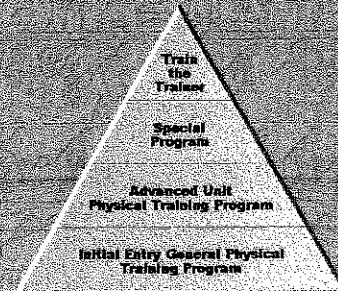
### PHYSICAL TRAINING



General Douglas Mac Arthur: "In no other profession are the penalties of employing untrained personnel so appalling or so irrevocable as in the military."

### Botswana Defence Force

FOUR FOLD PHYSICAL TRAINING PYRAMID



## SPORT PROGRAMS

☐ Sport supplements the physical fitness of the BDF.

✦ Competitive sport help develop assets that are vital to combat effectiveness:

- Team Spirit
- The will to win
- Confidence
- Toughness
- Aggressiveness
- Team Work

## The Organisation of BDF Sport Program



## Intramural Program

❖ The intramural programs are individual, dual, and team sport organized for voluntary participation of officers and men.

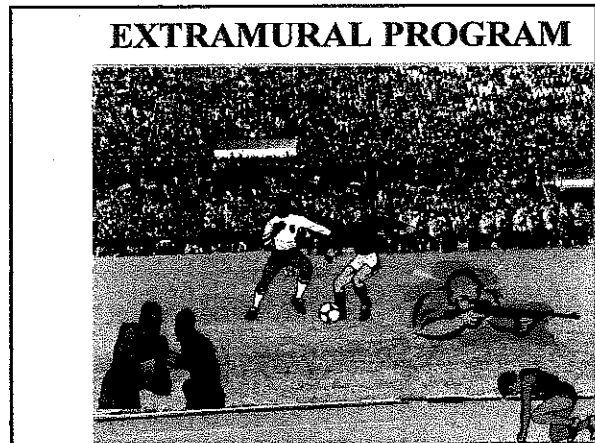
## The Intramural Program is designed for the following:

## INTRAMURAL SPORT IN THE BDF

1 Shooting	INTER-UNIT
2 Power lifting	INTER-AREA
3 Swimming	INTER-UNIT
4 Gymnastics	INTER-AREA
5 Rugby	INTER-AREA
6 Iron man	INTER-AREA
7 Athletics	INTER-UNIT
8 Basketball	INTER-AREA
9 Chess	INTER-AREA

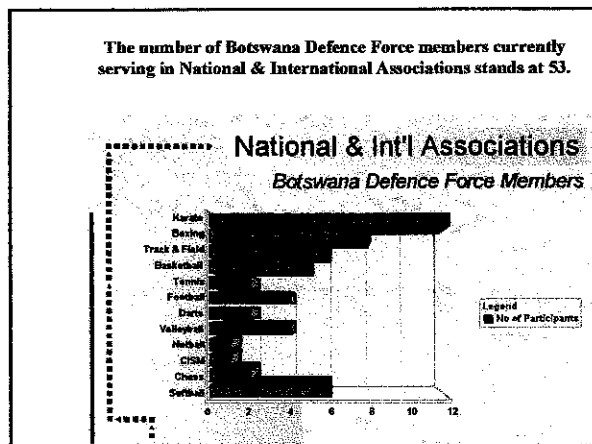
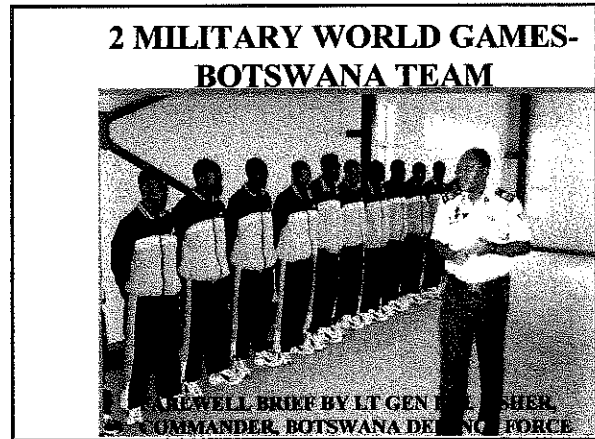
**INTRAMURAL SPORT IN THE BDF**

10 Darts	INTER-AREA
11 Football	INTER-UNIT
12 Karate	INTER-AREA
13 Softball	INTER-AREA
14 Tennis	INTER-AREA
15 Volleyball	INTER-UNIT
16 Boxing	INTER-AREA
17 Ping-pong	INTER-AREA



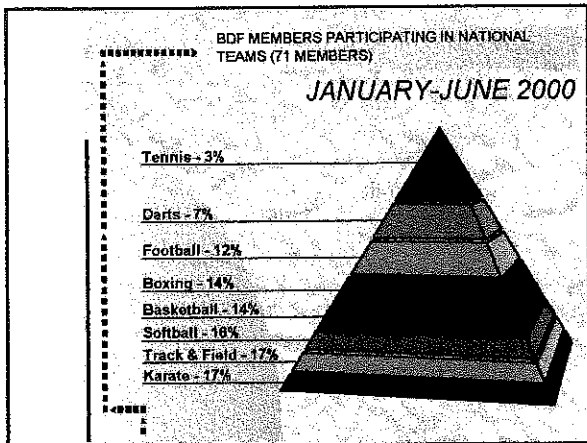
**The Aim:**

➤ The primary aim of the extramural program of the BDF is to provide opportunities for highly competitive and talented BDF athletes who excel at intramural level to compete with peers at national and international level. This is a very active program in fostering competitive attitudes in soldiers.



✓ Time and again BDF members are called for national duty by various national associations either as players or coaches. The following is a graph indicating BDF members requested for national service from January-June 2000.

**\*\*\*In total they were 71 members.**



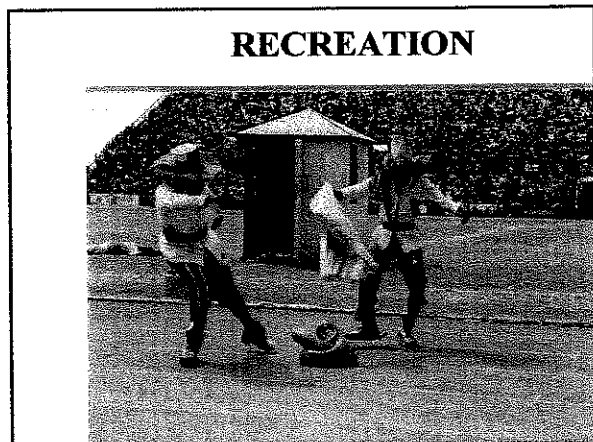
## HOW DO WE PERFORM?

In the past year (1999) we attach the following achievements to the Extramural Sport Program of the BDF;

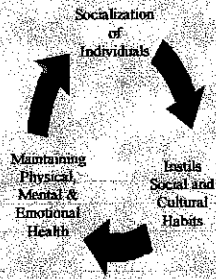
SER	SPORT CODE	TOURNY/LEAGUE	POSITION
1	Athletics	Guardian Relay	2,4 & 5
2	"	Mmakgodumo Cross Country	1
3	Karate	Kofukan Club Championships	1 & 2
4	"	BOKA Club Championship	1
5	Darts	League	1 & 2

SER	SPORT CODE	TOURNY/LEAGUE	POSITION
6	Volleyball	BP Cup	2
7	"	Debswana Tournament	2
3	"	Schweppes Tournament	2
4	"	CISM-ESALO Championship	1
5	Basketball	League	2 & 4

SER	SPORT CODE	TOURNY/LEAGUE	POSITION
6	Football	Mini League	1 & 2
2	"	Botswana Life Insurance Cup	2
3	"	Coca-Cola Cup	1
4	Boxing	2 Military World Games	1 Bronze



*BDF provides a Recreational Program that helps In:*



**Borankana**  
*This is a Botswana traditional dance*



**Kwasa-Kwasa**  
*A common Southern African Dance*



**Choir**



### **AWARD PROGRAM**

- ♦ **Medals, Colors, and Trophies are earned not given**
  - BDF COLOURS
  - SPORTS MEDALS
  - TROPHIES
  - BEARING THE COLOURS
  - CASH PRIZES



The Deputy Commander, BDF, Maj. Gen T.H.C. Masire presenting awards.

◆ Point System

◆ Records



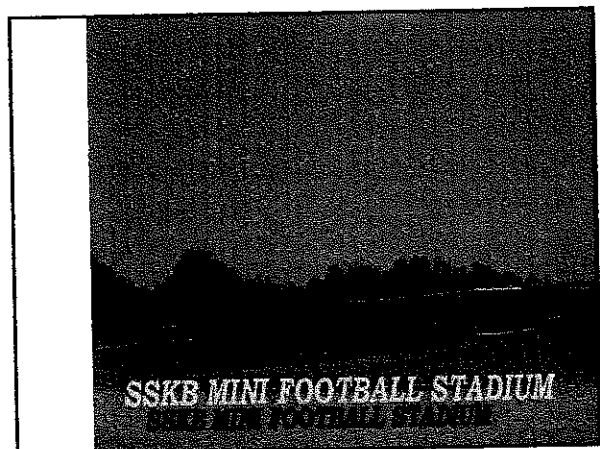
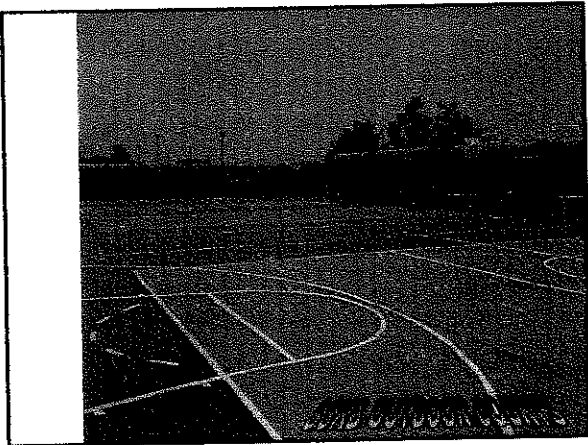
## FACILITIES AND EQUIPMENT

◆ Outdoor Courts

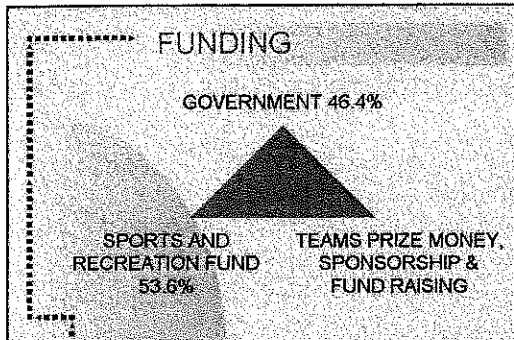
◆ Aerobic Studios

◆ Mini Football Stadium

◆ Weight Rooms



## BUDGETING AND FUNDING



## CONCLUSION

- Optimum fitness is our most prized possession

