

# BNL BULLETIN



*The latest news and updates from the Basketball National League*



## Message from the BNL Chairman in respect of the 2020 Season

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It is a known practice that the BNL season commences in the second half of the year. While we have planned to tip-off on 21 August, which is ordinarily the period around which the League commences, due to the COVID-19 pandemic, the League's decision to

safeguard the health and well being of fans, players, everyone connected to our game and the general public will impact on this date. The League is closely monitoring the COVID-19 situation and is consulting with the government and leading medical experts on how to effectively respond as we prepare for the tip-off.

In this regard and depending on the lockdown level when basketball shall be permitted to resume, we shall coordinate our responses with clubs, focusing on potential approaches to evaluation, testing, and quarantine of players and technical staff, in addition to promoting the community mitigation and prevention strategies recommended by SRSA.

The League will soon commence with a programme focused on educating fans and promoting their health and safety, and work with leading experts and medical experts to provide up-to-date information and guidance.



REECE PRINSLOO SHOOTS A FREE THROW AT A BNL GAME

## Reece Prinsloo Stays In Shape Despite The COVID-19 Pandemic

Staying fit during a time such as this was always going to be hard not just for basketball players but for sportsmen around the world.

For me personally being a goal driven athlete and one with the biggest heart on the court, I was put to the test. Studying sports made it easy for me to formulate a program for myself, working a lot on my core muscles and mobility by skipping ropes regularly. Keeping fit during this time is hard as there is no one around to say "push" or "one more set" but the will in me and the desire in me to want to be better than I was last year kick in immensely and I took it from there.

I follow a home program and eating healthy is a lifestyle for me right now.

## 10 Minutes Everyday To Stay Fit During Lockdown

Over two months have passed since the nationwide lockdown was announced. At a time, when going out of the house without an emergency is a strict no, many of us are worried about our fitness. Besides, staying at home often leads to overeating and the extra calories do not get burn out easily. Fitness experts and gym instructors told us that anyone can stay fit if they spend 10 to 15 minutes exercising every day. The kind of exercise, for which we don't even have to go out. We can stay fit and healthy without risking Covid-19 exposure. Yash Agarwal, a certified strength training and fitness expert, said that exercising at home decreases stress level and helps to lower blood pressure.

He said that some simple exercises can maintain your body weight, improve your stamina and flexibility. Mandip Singh, a trainer of a city-based gym said that if we divide our body in parts - legs, chest and abdomen and hands and shoulders, and spend a couple of minutes exercising each part, we don't need to go out to exercise.



THE SOWETO PANTHERS TEAM TRAINING