

BNL BULLETIN



The latest news and updates from the Basketball National League



Staying Active and Hopeful Despite the Odds

by Elvis Ukpang

Eleanor Roosevelt, the wife of the 32nd President of the United States of America, lived through the Great Depression and the 2nd World War. During her life, she made many observations about humanity and one that remains as true today as it was then: "I am who I am today because of the choices I made yesterday."

Every day we are faced with choices, some, as simple as what to have for breakfast while others presenting possibilities significant enough to alter our life's journey. We are fortunate to live in a society that guarantees us the freedom to make our own decisions. However, it is important to accept that our society is still governed by certain rules and although we are free to make choices, we are obliged to accept the consequences thereof.

The Basketball National League is going into its 8th season in 2020. The government's COVID-19 lockdown regulations have permitted non-contact professional sports to resume, while the League, as a contact programme, is still waiting for the government to make the final decision on the resumption of the sport. Presumably, teams are hard at work during this period, considering matters such as recruiting players, training and what that would look like if the season were to start in the not too distant future. But what does that mean for the players? Cont.

IN THIS ISSUE

STAYING ACTIVE AND HOPEFUL DESPITE THE ODDS

SOUTH AFRICA'S COVID-19 PANDEMIC STATISTICS

SOMUSA MTHEMBU CONTINUES TO RISE TO THE TOP



MBO BONUNU GAURDS NKOSINATHI MANKORA DURING BNL ACTION

...What choices do they have with regard to getting fit and ready for the season?

While it's easy for players to slip into limbo, not knowing whether they should prepare or forget about 2020 as a season. It is important that athletes should never wonder about the start of the season but rather treat the wait as an extended pre-season because the season could possibly start at a moment's notice.

There's a saying that "if you stay ready, you won't have to get ready." Players should use this period to improve on all as aspects of their game and stay active with safety in mind.

Somusa Mthembu Continues Rise to the Top



SA's Covid-19 Stats as at 03/07/20

Confirmed	Recovered	Death
168K	81, 999	2, 844

When it comes to skills improvement, Somusa Mthembu takes pride in going the extra mile. The 205 cm, with a 213 cm wingspan has continued to develop all aspects of his game. His disciplined work ethic and much improved skillset have produced results which has seen him feature more prominently in Tshwane Suns' offensive and defensive schemes. We touch base with the lanky 3 times BNL champion to see what his weekly routine looks like during this COVID-19 pandemic and the ensuing lockdown.

Below is a typical week in Somusa's world:

Monday Mornings - Post moves around the key and a foot off the 3 point line. Evenings - Full body workout.

Tuesday Mornings - Short sprints, jump training and agility training. Evenings - Full body workout.

Wednesday Mornings - Shooting practice. Midrange shots as well as 3 point shots. Evenings - Full body workout.

Thursdays - Same as Tuesday mornings and evenings.

Friday Mornings - Post moves + Shooting practice. Evenings - Full body exercise.

My weekends are used for recovery where I also watch games and study films.



SOMUSA MTHEMBU SUITS UP FOR TSHWANE SUNS