



# MUT Sport keeps active during the lockdown

The general feeling in the sports arena is that the profession has never faced a bigger challenge than the COVID-19 pandemic. Who would ever have imagined a time when sports teams would either not play at all, or play in empty stadiums and venues? Ironically, the importance of games has become clearer than ever during this period. Sport has occupied our chatter-filled minds and cut through the boredom of being in quarantine and lockdown. The once unthinkable has become our reality, our 'new normal'.

This is a big challenge for players who thrive on encouragement from the shouting fans. This sentiment was well captured by Marks Maponyane, a Kaiser Chiefs and Orlando Pirates soccer legend who, when asked why he left Dynamos to join Orlando Pirates, said he "missed the sound of thousands of fans".

Sporting personalities across the board have voiced their feelings about the impact of the restrictions that are meant to limit the spread of the coronavirus. This feeling is well articulated by MUT Sport's bodybuilding coach, Mbhekiseni "Msona" Mdletshe, who said he is finding it very difficult to live without going to the gym. "I have had to improvise with the material I have at home," said Msona, who converted his house into a gym.



*Xolani Mabhida, MUT Athletics Coach*