

- ◆ *“Who would ever have*
- ◆ *imagined a time when sports*
- ◆ *teams would either not play at all, or play in empty stadiums and venues?”*

Like other MUT sporting code coaches, Msona continues to train his players during the lockdown using technology. Msona has taken it a step further, creating a number of challenges that gymnastic enthusiasts can enjoy being part of. One of these is the T-shirt challenge. “In the video I demonstrate how a person can put on their T-shirt while in an upside-down position, using only their hands, with their feet balanced on the wall. You can only use one hand at a time,” said Msona. You have to be extremely fit to achieve this almost impossible task. It is very tiring to be in a hand stand position for a long time.

Siyabonga Maphumulo, the dance coach, has enlisted the help of his niece to get his message across to his MUT dancers. Dance is an intimate sport, which makes it even harder to practise in a time when we are all preaching and observing social distancing. “That is why I dance with my niece who is a member of my family; I cannot dance with someone else,” said Maphumulo.

Dance moves may appear easy, but a professional will tell you otherwise. “There is a lot that goes into the process and keeping fit is integral,” said Maphumulo. He does physical training around the house every morning and three hours of dance training with his niece every afternoon. “I am helping her to become a better dancer and preparing her for when she joins MUT next year because she is in matric this year,” said Maphumulo. When she eventually joins MUT she will be an excellent dancer, he added.

As for his MUT dance team, Maphumulo uses WhatsApp to send them dance moves to rehearse at home twice a week. The dance moves are often in the form of a dance routine that Siyabonga choreographed with his niece. In return, team members have to send videos of their best attempts at the dance moves back to the group. Siyabonga then sends them individual



*Siyabonga Maphumulo, MUT Dance Coach*

feedback on their technique. For those who do not have the luxury of a dance partner, Siyabonga sends them dance moves that do not require a partner.

MUT athletics coach Xolani Mabhida has also been hard at work throughout all the lockdown phases. This award-winning coach continues to give training to his athletes. He uses technology to take his team through a gruelling training regime, determined to help them follow in the footsteps of double marathon winner Bongumusa Mthembu, another one of his athletes.



*Siyabonga Maphumulo, with his niece*