

DEEP

INSIGHT

MONTHLY GAZETTE

THE
POWER OF
TEAMWORK

DOUBLE
DRIBBLE

SPORTSMANSHIP

THE BULL'S EYE

TOKYO 2021
STRONGER TOGETHER

Positivity Pledge

I pledge to always stay healthy by eating balanced meals every day to have more energy to learn and play and always keep my body in check. So, help me, God.



NOTE FROM THE EDITOR

It could have been worse!

I always tell myself that I will share this particular story with my readers, and then I end up sharing a different story. For instance, I wanted to share how my friends and I ended up on the receiving end of a thorough beating at a sports event in high school. By the way, I almost choked on my laughter as I was reminiscing on this. As I commit pen to paper gentle reader, this incident has shoved me down the memory lane of stories that formulate the heydays of my youth. Not that I am too old, but I am old enough to have a fair share of anecdotes. (laughs)

It was immediately after tuning in to a teaching on *The Power of Contentment* by Apostle Dr. Anyi Obi that I suddenly found myself brooding over my life. He said something powerful, and I quote, "It could have been worse...." Amongst so many experiences that I am yet to share, I suddenly remembered an incident that transpired five years ago when I was still in high school. Again, an anecdote from this era. I just had an epiphany that I can as well write a book. Anyways, here is a narrative on why that statement hit close to home.

I cannot recall what day of the week it was, but I still remember the weather. It was calm, and there was very little wind. It was so suitable for our sports training that would take place later in the afternoon. Right from primary school, I was enthusiastic about the high jump and that's the sport I chose in high school. The bell rang, signalling the end of classes. We made for the grounds and began training. I vividly remember my classmates

cheering on me as I jumped over the pole, and the next moment I was screaming in anguish. I had hurt my knee. That incident became the stirring spoon for the sudden knee pains that would happen over time.

The pain I experienced at that particular moment was so excruciating that I cannot bear the thought of it. I did visit the doctor several times, and at one point, I was not allowed to wear any high heeled shoes or engage in any sporting activities. I now do!

Even though I went through joint aspiration numerous times, I am grateful because it could have been worse. It could have been a patellar fracture. Or even worse!

Just like myself, I believe most people have got a fair share of experiences in sports. If not, they probably have deep insights on life lessons from any sports that they have observed from the lens of a thinker. This is what this edition is all about, sharing experiences and lessons learnt from various disciplines in sports. Interestingly, we just passed the Olympics and Paralympics season, where much sportsmanship was displayed. I stand amazed at the talents that were displayed. Indeed, there is no limitation if your mind is set on winning.

As you read every article, my team and I are inviting you to share your experiences on any of our social media platforms. Somebody out there is waiting for your story.

With love



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DOUBLE DRIBBLE

By Terence Zizhou

Many can attest that when the tough gets going, one needs an outlet. For me, basketball became my remedy after my drinking escapades failed to do the trick. On the court, I found peace and solace; all the chaos running amok in my thoughts vacated the very instance I stepped inside the four lines.

Anyways, enough of that, that's a story for another day. There's a rule in basketball called "double dribble." This is when you bounce the ball, grab it and bounce it again, or use both hands to bounce it, oh well, something like that. Sometime back, I saw a trending tweet asking, "when and how did you realize that you were double dribbled?" Ladies and gentlemen, I have to say, some of the responses I saw were a shocker and quite hilarious, if you have a loose sense of humour like mine, lol.

My story goes like this; I met this girl at a party; let's call her Ruby for interest's sake or the grim reaper for specificity, lol. There was an immediate connection, and the way we vibed was so strong I was drawn to her in a way I never experienced before.

Our conversation was natural and effortless as we laughed our lungs off deep into the night, drifting into the bliss that seemed real at the time.

A few weeks went by, Ruby and I connected in a complex way. Our love blossomed radiantly; heck, I even started to doubt if I had ever truly loved anyone else prior. This was a slam dunk, and I was diving head in.

Months went by; It was the typical "boy meets girl, falls head over heels" story, everything seemed perfect. I recall the day vividly when she took me to meet her uncle and was trying to hook me up with a job at one of his firms. I was intrigued; not only was she loving, kind and a summation of the perfect girlfriend, but she cared so much as to want to see me prosper in life.

The uncle gave me a job; it was quite exciting and surreal. I had never imagined working for my girlfriend's uncle, let alone move up the ranks in a short time frame. Little did I know that heartbreak's emissary was doing her thing.

An audit was coming up; I decided to stay late and finish up on some final touches. Ruby had texted earlier saying she was going over to the farm, so that had freed up my evening. After a few hours, I was done and made my way into the hallway. As I was walking towards the elevator, I saw silhouettes in my boss's office (the uncle), and out of curiosity, I darted towards the door and peeped inside.

I could've never imagined what I heard at first. It was dimly lit, but her voice was recognizable; it still echoes in my head when I think of it. I barged through the unlocked doors, turned on the lights and there it was, my worst nightmare. The two stood there, stark naked, dumbfounded, shame written all over their faces. The uncle facade had come to light; Ruby was having her cake and eating it too, all at my expense. I bet they laughed at me for being such a helpless romantic who was so blinded by a lie brewed in fine art.

That was how I found out I was double dribbled.





THE BULL'S EYE

By Grace Murenje

When they see a dartboard, many people immediately feel the urge to throw an arrow right at the centre of the board, the Bull's eye. Well, I am one of those people, and that prompted me to join the Darts club at school.

When people often see someone hitting the Bull's eye, they conclude that they are a great player because they hit the middle part. But professional players will tell you that it doesn't matter at all. Contrary to what most think, the Bull's eye doesn't even have many points. One can win a game without hitting the middle part. I don't even remember ever hitting that part, but I won almost all of my games.

This taught me a lot about priorities. Like amateurs in darts only interested in hitting the Bull's eye, nowadays, people prioritise minor issues because society has magnified them

as important. Everyone has goals and visions they intend to meet but most of our goals are usually influenced by the environment in which we grow up. Who we are is a result of what we have been taught and seen. Recently, social media has been teaching us how to live. We get all the news and are made aware of new trends there. In a way, it tells you what's 'important'. What pains me the most is that these 'important' things are constantly changing every second.

Let's talk about the beauty industry. There is what is portrayed as the perfect body and people, primarily ladies, spent their entire lives and resources trying to hit the 'bull's eye body'. When they finally hit it, the image of the perfect would have been altered. Someone will end up looking like a cartoon character because bigger lips were trending at one point, so they did the surgery. And then

the trends shifted to smaller waists, wider hips, light skin, thighs, well, you name them.

We spent our lives trying to amass wealth, acquire all the physical possessions we could have, and attain the highest status. We forget the most important things like appreciating what we have, loving those around us and spending time with our families. Those things are no longer as important. The Bull's eye is now the high status and not happiness.

Take some time to reflect on things you consider necessary and try to see if they are. You could be living under someone's shadow, thinking that you are shining. Does society impose your goals and visions? Don't spend too much of your time trying to hit the Bull's eye because it doesn't have many points. Focus on the most important things for you.



A lot has transpired in the past year. The whole world went under lockdown, and we were fearful of losing our loved ones and our jobs. We were forced to adjust and adapt to a lot of things. Most of us believed that it would only last a couple of months, but here we are.

We were 'forced' to cancel or postpone some events with high hopes of getting back to normal. We adapted the online life system. Online birthday celebrations, education, meetings and even cinemas became the norm. This was all in a bid to try

to stay connected as before. All these events happened and in some parts of the world are still happening online.

A great debate on whether the Olympics 2020 competitions would still take place made headlines on news outlets and social media platforms. The Olympics is a sports event that takes place after every four years. In 2020, Tokyo was set to host this world event, but it never happened due to the pandemic. It almost didn't happen this year as evidenced by the chaos surrounding this event. The chances of spreading the virus would increase since many

people would be travelling from all over the world. Although 83% of the Japanese were against hosting the Olympics, it was all in vain. The games kicked off on the 23rd of July and ended on the 8th of August, with 206 nations participating.

As I was watching the games, I understood why they insisted on having the games. I could see the passion the athletes had in showcasing their talents. Inasmuch as they were competing against each other, they showed great sportsmanship. From as young as 12 to 66 years, they gathered to acquire the 'world champion' title.



A lot took place during the games, but amongst many others, the person that got everyone talking about was Simone Biles. Simone Arianne Biles, born on the 14th of March, 1997, is an American artistic gymnast. With a combined total of 32 Olympic and World Championship medals, she has become the most decorated gymnast of her generation. She is considered one of the greatest and most dominant gymnasts of all time.

During the games, rumour had it that she was quitting as a result of 'twisties' she experienced because of an uneven bar. However, she responded, "For

anyone saying I quit, I didn't quit. My mind and body are simply not in sync. I don't think you realize how dangerous this is on hard/competition surface. Nor do I have to explain why I put health first. Physical health is mental health." She went on to win the bronze medal on the balance beam.

After the Olympics, we entered into a season of Paralympics. The Paralympic Games or Paralympics are a periodic series of international multi-sport events involving athletes with a range of disabilities. These include impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short

stature, hypertonia, ataxia, athetosis, vision impairment and intellectual impairment. What I love the most is that these sports are not limited to a specific group in terms of physic. The games commenced on the 24th of August and ended on the 5th of September.

Remember, united we stand and divided we fall. With everything that's happening, we can only conquer if we only stay together as one. It doesn't matter if the other person is American, European, Asian or African or any other race. We are stronger together! We are all in this together.



“

I'm not the next Usain Bolt
or Michael Phelps.
I'm the first Simone Biles.

- *Simone Biles*

“The world is a dangerous place to live; not because of the people who are evil, but because of the people who don’t do anything about it.”

-Albert Einstein





By Tapiwanashe Matorevhu

I have heard of this saying so many times, “There is no I in teamwork”, and this is true. Some also say, “It takes a village to raise a child”. Most times in life, you will find out that you can never achieve anything solely on your own. You will need people to get to where you want to be. Even the word of God describes the church as a body. No part works alone; it takes an effort of all the parts working in unity for a body to function as it should. The same thing also applies when it comes to sports. The sooner you realise that you cannot play the whole game alone, the better because it's always about teamwork through and through. Every position is of great importance and plays a role in the success of the team. I played handball from primary school up to high

school. Playing this sport was a wonderful experience, and I got to learn some lessons from being part of the handball team.

Using our resources to work together

We all had different skill sets as a team, but they all contributed to the team's progress and success. Some were good shots; some were good at defence some were good at distracting the opposing team. No one was important than the other; each player did their part for us to succeed. We understood that for everything to work out, we needed each other. Therefore we did all we could so that our team would win.

Your win is my win

A team does everything together. Every action a player makes affects the whole team. One had to be conscious of everything they did out on the field because it would either cost or benefit the team. It taught me that you don't live in a vacuum; you have people around you. Whether you want it or not, how you act affects others around you. Be conscious of the decisions you make, fully knowing that someone can be affected by them too. This was a good lesson in being compassionate and mindful of those around you. Never forget that there are other people in this world other than you. Be kind and considerate to those around you. Remember that your needs matter, and theirs matter too.

Cover up for each other

Teamwork means you cover up for each other when a team member makes a mistake. There were times when a player missed a shot, but the team would shout encouraging words like “It’s okay”, “You’ve got this”, “You’re doing well”, or “Nice try”. All of this was a way of letting that person know that the team had their back no matter what they did. If there was a gap in the defence and the player who had the defence position was not nearby, someone would rush to fill in the gap. Teamwork means being there for each other during the weak times, too, just like they are there in the good times. Lifting each other and carrying each other’s burdens is part of being a team. You don’t drop a member because they made a mistake; the team sticks together through it all. Strengthening and encouraging one to rise even when they fall. Reminding them of who they are and how capable they are

to play and win the game. Even when the team didn’t win that day, everyone would encourage each other to stay hopeful.

Practice makes perfect

We would wake up very early in the morning whilst it was still dark to do what we called the morning glory session. It was hard waking up and going for practice, especially in winter. It certainly was not a pleasant moment. After lessons, we would go for another practice session. We endured knowing that this was good for the team and us. Practice is needed to remain fit, to polish up some skills and learn new ones. It was enjoyable too with people sharing stories and jokes. It was also a bonding time. You need to know each other as a team. It is important to know who is good at doing what, knowing how each team member functions. Take time to know the people you are in a team with. The team works best when each member is fully

functioning in their position. A person thrives well when they are in their element.

Life lessons

My experience as part of the handball team proved to be a great time. I enjoyed playing handball and being part of a team, a family. I got to learn life lessons on what teamwork is all about. These great insights were helpful in the field and also in other areas of life.

In closing off, I leave you with the lyrics of a song that I love by Hezekiah Walker, “I need you, you need me. We are all part of God’s body. Stand with me, agree with me we are all part of God’s body. It is His will that every need be supplied; you are important to me, I need you to survive”. Just like the song states, we need each other and will always do. Let us be there for one another, look out for each other and love each other.



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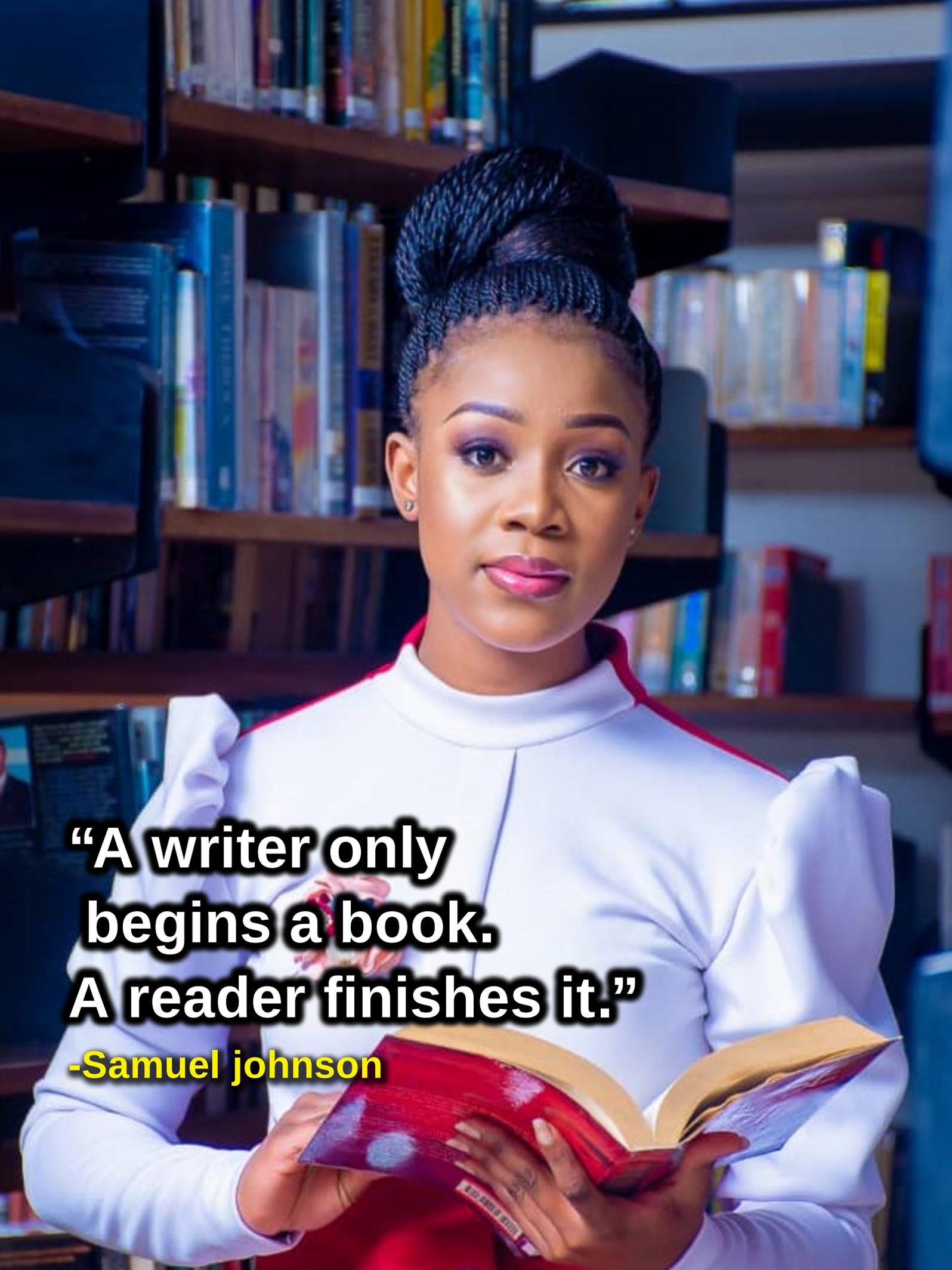
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**“A writer only
begins a book.
A reader finishes it.”**

-Samuel Johnson



TOURISM WITH MR. FRED

By Britney-Yvette Chiyoko

Fred Chindito holds a Bachelor's degree in Tourism and Hospitality and a Management Honours degree with a second upper class. Currently, he is a stores manager at Ilala Lodge Hotel in Victoria Falls, Zimbabwe. He has been in this industry for six years. His first experience was at Regency Hotel Fairmile in Gweru 2012 for six months. He then worked as an intern at Rest Camp from 2013 July to 2014 July, where he got promoted as a Front office manager from 2017 to

2020 November. From December 2020 till date, he has been working at Ilala Lodge Hotel as a stores manager, a division of Spencer's creek that also owns Palm Lodge and Rest Camp. During his journey, he capitalised on his strengths and acknowledged his weaknesses. In his words, his major weakness is feeling a burden if one does not achieve a task allocated to them.

Mr. Fred says, "I have been working as a leader, and I've adopted the traits of a leader

and not a manager. A leader involves himself in achieving tasks, whereas managers want tasks done. Being a leader should make you a team player who gets involved and helps ensure tasks are completed. At Victoria Falls Rest Camp, our major clientele were budget tourists who were coming in as backpackers. However, we had to penetrate a new market, and we also had to adopt new on-line technologies. I then introduced Booking.com, Expedia, Hotels.com, Afristay & Air BnB. To this end, we managed to



get a more significant market share of all the budget tourist establishments in the resort town. Booking.com proved to be the most popular by generating almost 55% of our market and Expedia 30%. Direct bookings were also not forgone but would generate about 10% whilst other platforms contributed about 5%. At Ilala Lodge Hotel, we have also managed to thrive in this slim supply chain because of the COVID 19 pandemic. We have managed to limit costs while maintaining the expected cost of sales. This can only

be done by intelligent buying and intelligent operations.

At the moment, business is low; hence we survive off heavy marketing and promotions. We have reduced rates and also introduced simple menus. As a company, we also managed to utilise existing staff by job enlargement strategies where one is not limited to one line of job. Furthermore, we have also taken this as a chance to train and reskill our employees. As a team, we have not slept on giving back to the community. We have

engaged in social responsibilities like donating to the vulnerable as most people find it hard to make an income. We have been the Face of Victoria Falls on clean-up campaigns from the Victoria Falls Airport to the CBD. Lastly, we have still been able to sponsor a few individuals and events. With the new government approval to open the Victoria Falls and Kazungula Border posts to tourists who are fully vaccinated, we hope for a slight if not full rebound in our tourism economy."

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THE DREAM THAT NEVER WAS

By MaliQ Honesty Quallaz Nyasha

Growing up, I was into athletics, but on weekends we would play soccer with the guys, and during that time, I was around 8 - 10 years of age. My superpower had to be my speed; I was never out of the top three as an athlete, even though I was scared to compete in inter-school competitions. I would always come up with some excuse for why I wasn't going to compete.

My speed plus lack of physique made it hard for people to gauge me as I was either too fast for the defender or too weak to stand a challenge, so I would end up on the ground.

I remember giving myself the nickname "Samba boy" after the Brazilians and writing it on my t-shirts, bandages etc., up until my friends began calling me Henry after the famous

and invincible Thierry Henry, fun times. I fell in love with the Henry name to the extent of adding the initial (H) on my birth certificate, which I, later on, rubbed off in an amateurish way because I was afraid my mother would beat me up.

Soccer was everything, and at one point, I became a goalie. Up until now, I still think I made quite the exceptional goalkeeper. I was convinced that I would reach greater heights, but my short stint in secondary school sort of made me give up on being a professional soccer player even though I continued playing up to this day despite lacking in fitness due to lack of training and commitment to other hobbies.

The End



THE TEAM THAT CONQUERED EUROPE

By Anesu G. Mubaiwa

Being a man is not an easy task, and I am sure many people will agree with me on this statement. Firstly, you have a bunch of responsibilities that are always on your shoulders. Secondly, you have to deal with some women who say one thing and always mean the other, adding confusion to the already existing mountain of responsibilities. You have got work, children, family, and many other things

you have to deal with. Soccer, also known as Football in the non-American sense, is the one thing given to men to relax, watch the game and enjoy life. Football is like another world for us, full of excitement, anticipation, joy, and disappointment when your team loses.

One of my most remarkable experiences as a soccer fan was when my team Chelsea won the Uefa Champions League earlier this year. The



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The statement that says lower your expectations in life to lower your disappointments in life doesn't apply in football.

Champions League is one of the greatest stages in football where teams from all over Europe compete to find that one ultimate team that can conquer the whole of Europe. The whole experience till we qualified for the Finals was a roller coaster ride for me. It had its thrilling moments, but they were encapsulated with a big envelope of excitement and joy. When the league started, I did not expect that we would win because many football giants also participated in the competition. As time went on, with other teams being eliminated, it later dawned on me that we could win that trophy. My anticipation levels ultimately rose to a completely different dimension.

The statement that says lower your expectations in life to lower your disappointments in life doesn't apply in football. When

your team plays, your expectations are always high; you will always be behind your team. If we could channel the levels of faith that we as men exhibit in supporting football teams to other things like marriage and work in our lives, we would be very successful. The final game of the Champions League was played on the 29th of May this year. I remember clearly the events of that day. I watched the game with my guys, and I had my money on the table, betting for my team to win. When the first whistle blew to start the game, my heart was beating as fast as a drumbeat. I even said a short prayer in silence. I fidgeted every time the ball got into our half or on the opposite half of the field. Courtesy to Mason Mount for some excellent passing skills, he got the ball to Kai Havertz with only the keeper to beat. Kai

Havertz dribbled the ball past the keeper and easily passed the ball into an empty net. The jumping, screaming and shouting that succeeded the goal was too emphatic for me to even try to explain. That goal by Havertz sealed the win for us, and this win was probably one of the happiest moments in my life.

We won the Champions League after 9 years, and I also won some money alongside the victory. I celebrated with my guys till I got tired and to the point of almost losing my voice. Another exciting thing was the opportunity to shove the victory in the faces of rival football teams like Manchester United fans. It was also a good feeling to celebrate with other Chelsea football fans from all over the world, and it was a great achievement for the team and the Club.

DIVING IN THE POOLS OF SALVATION

By Trevor Mukarati

Experience is the best teacher, and it's hard to accept reality when fake impressions surround you. It almost took my life for me to believe that the Almighty reign beyond death. To believe that His power is stronger than any force, that He caters for everyone's needs at His own time. The fascinating fact about God's time is that it is not similar to our own. What changed my life and faith was when His time coincided with my time of need. I still remember the hand that saved my life in December 2016.

I was raised by a Christian family but surrounded by unbelievers, so most of my friends were not

Christians. The hardest part about that was when we went to church programs and services, leaving my friends playing and enjoying their free time. At some point, I saw the church activities as a waste of time. Peering into the society, I noticed a pattern that would eventually fuel that passion for attending every activity in the church. I grew up in a community where farming is an integral part of society. There was a large gap between the farm owners and the labourers. So many people were labouring so hard in return for peanuts. Their standard of living was too low such that I felt pity for them. This prompted me to attend church to pray for

them. Our family always attended public holidays programmes at church camps where there was a seasonal message. I refused to participate in the Thanksgiving camp of 2016 and remained home with my younger sister. My parents decided to go with the herd boy. I was willing to pay the price, so I stayed behind to look after the cattle.

When herding cattle, we enjoyed swimming in the Umsengezi river, one of the country's biggest and deepest rivers. It was during the heatwave period, so swimming became the most suitable and enjoyable exercise





of the day. The elders always discouraged us from swimming in that river. They regarded it as sacred and claimed to have seen mermaids and mystical creatures. As children, we did not take them serious till one particular Sunday.

On that Sunday, we went to the river around ten, and we swam till 12 mid-day. Some of our friends tried to persuade us to stay, but we had to go to the grazing fields. We later

returned at 3 pm. Upon arrival, we saw a group of people gathered trying to retrieve the body of a young boy who had drowned in the waters. The mob claimed that he had been taken by a mermaid and did all they could, including traditional rituals and prayers. He was finally found after 4 hours, and unfortunately, he had already lost his life. Seeing him being lifted out of the water made me realize that God had saved my life. Had I agreed to stay behind,

I would have been a victim of such tragedy. I was the first to dive into those waters that day, but I was saved from such tragedy not because I was good at swimming but because the Almighty favoured me. I took my sister and prayed all the way back home, knowing that He had saved both of us. Now I clearly understand that our ways are not His ways; He doesn't see things the way we see them. This incident played a pivotal role in my spiritual growth.



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Skateboarding has taught me two things - that symbolise a meaning of life. How to keep a balance and how to pick yourself up when you've fallen.

- Nikki Rowe

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LESSONS IN GOLF

By Ropafadzo K. Banda



“One of the most fascinating things about golf is how it reflects the cycle of life. No matter what you shoot -the next day you have to go back to the first tee and begin all over again and make yourself into something,” Peter Jacobsen.

My favourite sport is golfing, and I don't know about yours, reader, but if you can whisper, I can hear you. Golf is played on an extensive open course of 9 or 18 holes: the objective is to use as few strokes as possible to play all the holes. Golf was originated in the 15th century in Scotland; the game's ancient origins are unclear and much

debated. In golf, two shots under par is an eagle, and three shots under par is an albatross. One shot over par is a bogey, two shots over par is a double-bogey, and three is a triple bogey. Golfing is good for your health because it provides moderate intense physical activities such as walking, carrying your bag, swinging etc.

In life, we derive lessons from different things, and there are many lessons one can factor in golf. **Confidence** is one of the lessons. Suppose you're not confident enough with whatever you may be doing; in that case, there are high possibilities

of you not succeeding in it. In playing this sport, you won't be doing so alone; obviously, you will be playing with different kinds of people. Along the way, that's how you can network and connect with business people. Therefore, if you're not confident enough, you might walk away without any connections. The confidence you exude will help networking and possibly open new doors for you in any field you find yourself in.

The second factor is **One step at a time**. The key is playing one shot at a time; there is no need to rush winning because it's the principle of the sport,



and it's part of the process. The same applies to life; some people only want to reach the finish line without running. Life is a journey, and if you do not take each step accordingly, you might get disappointed along the way. If it's in this sport, you can be disqualified. We all fail at some point. We all get disappointed at some level. We bleed, sweat, get tired, and experience pain, but some people don't want all that; all they want is to see themselves winning. The one who follows the process wins even if they fail at some point. You don't get prosperous overnight; it's a process.

The third factor is **Commitment and letting go**. In this sport, commitment is needed because the main goal is to reach the target and win. All you need is to allegiance your focus on the game, which guarantees a win. Dedication, loyalty and honesty yield great results. Letting go

of the ball when you swing is the same as letting go of certain things to make way for new habits and traits to enable your success in life. Mistakes are part of the game, so it's how you embrace them which makes you stand out.

Mistakes being the fourth factor implies that no one is perfect; we all make mistakes, and that's how we grow. Even those who have made it in life have at one point made bad decisions. Those mistakes you're afraid of might be your winning shot to the finishing line. Take them as learning curves. There is a prayer that some of us golfers do before we start playing. It goes like this, "God grant me the serenity to accept the shots I miss, the courage to try again, and the wisdom not to throw my clubs in the lack." You can make that your prayer too.

"Every shot counts. The

three-foot putt is as important at the 300-yard drive," Herry Cotton. This is the most crucial factor, which happens to be the last, **Everything you do in life Counts**. No matter how often you try, whatever goal you are chasing counts. Therefore, there is a need for you to take note of the time factor. When you venture into something, focus, strategize, think of the consequences that might happen along the way before you make the first move.

"Golf is deceptively simple and endless complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening, and it is without a doubt the greatest game mankind has ever invented," Arnold Palmer. Consider these lessons, and I hope you will try playing golf and fall in love with it one day.



SPORTSMANSHIP

By Tanaka Chigomba

I find it difficult to talk about sports because I am one person who has always avoided taking part in sporting activities. I remember back in high school; I never made it past the first round. I preferred doing other things like music and joining other clubs but never sports. However, I enjoy watching different sporting activities. There are some lessons that I am going to share with you that I learned from the few sporting activities I participated in and as a spectator.

Being optimistic- I remember back in high school, I belonged to a team called Saint Annes. We would compete with the other three teams in athletics competitions. The best ath-

letes would be selected for the school's athletics team. The bad thing about my team is we never won the house competitions, but I realized every race our athletes ran with enthusiasm and with the hope of winning. As a team, we came up with vibrant war cries and cheered our athletes all the way. Even after a terrible loss, we would still be optimistic that we will win the next round. This attitude transcended into everything I do. I learnt to stay positive even when I am losing, and it gave me the perseverance to continue in the race and finish what we started. I face each day with positivity, knowing that I am a champion. My setbacks from yesterday do not deter me from achieving

my goals. No matter how long it may take me to achieve my goals, I do not leave halfway. My position in the race does not matter but getting to the finishing line. This has helped me to remain focused and steadfast and to run my race.

Pride and Respect- Pride is not just looking down upon others or putting yourself in high regard over others. Pride can also mean failing to acknowledge the good things others are doing. It is unfortunate that during most games, the losing team accuses the winning team of cheating. The winning team also sometimes may act in a way that diminishes the other team. However, I have learnt that good sportsmanship



is not about pride. Whether we win or lose, we have to respect one another. Shaking hands after a race or match is not just a custom but a way of showing respect for each other. Hurling harsh words or accusations at opponents or team members damage relationships. This has taught me that we should not be passive or aggressive or insult others over what they do, just as sportspeople should not be passive about others' gameplay. We should acknowledge people's efforts. Even though my team was always the last in high school, we would always get a prize for being the most disciplined house. We would acknowledge the winning teams and accept our losses.

Be willing to learn- Respect helps us to learn from each

other. When we respect one another, we can reflect on the race and learn something different, such as how others have mastered their pacing, timing, and just how they run different races. Instead of displacing our emotions vending out our frustrations on the opponents, we should exercise self-control, look for miscalculated errors, and improve in the other races. Even the winner sometimes may end up winning by luck or chance; thus, instead of bragging about their wins, they should also try to learn from their opponents and reflect on their race to maintain their record. Likewise, in life, we should always be willing to learn. We are not experts in everything; there is always something new to learn.

Support each other- In life,

there are ups and downs, and when we reach rock bottom or whenever we find ourselves on the downside, it feels good having someone supporting us. After working tirelessly on something, and it seems not to be working can be devastating. When the team is losing, it is imperative not to take out our frustrations as team players or spectators. We should cheer them more and encourage them not to give up. Sometimes a little push is all we need to get back up. Positive reinforcement can mean everything in a race. It energizes and motivates you, making you more efficient and productive. So mind the words you say, be it at work, school, sports club, church, anywhere in life because you can motivate or demotivate others.

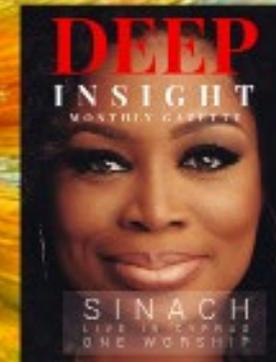
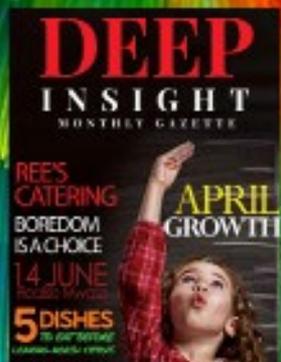
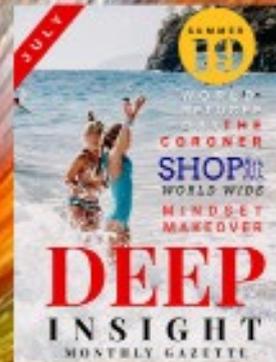
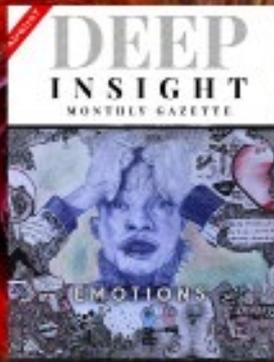
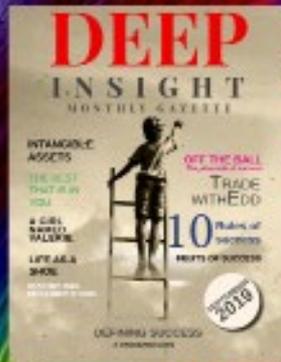
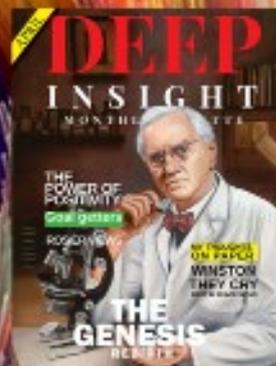
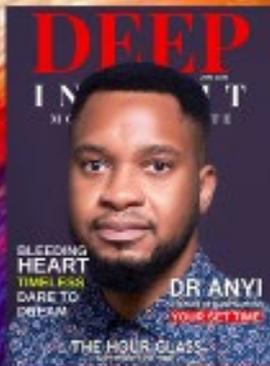
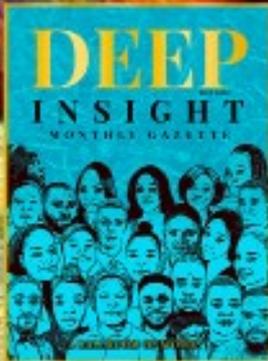
THE LOAD
MAY BE HEAVY

**LET US
HELP YOU**

CARRY IT



LET US TELL YOUR STORY...



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