

EVENTS

HIGHLIGHTS



COMBAT

CAPITAL OF AFRICA

JULY - SEPT 2023

THE HOME OF MAURITIAN OF SPORTS AND ENTERTAINMENT

JKA INDO PACIFIC CUP 2023

OSS! The first ever Indo Pacific Cup 2023, organised by JKA Karate Mauritius, took place in the Main Hall of Cote d'Or. The tatami saw 550 highly motivated participants and 34 coaches from 11 countries competing at their best level. The participants were from Mauritius, South Africa, Australia, Germany, the Czech Republic, Kuwait, Reunion, Madagascar, Russia, Rodrigue and Cyprus.



550

PARTICIPANTS

34

COACHES

11

COUNTRIES

**THE FIRST
JKA INDO
PACIFIC CUP**



2ND INTERNATIONAL SHOTOKAN KASUYA CUP 2023



KYOKUSHIN IRON FIST TOURNAMENT 2023



The martial arts event, organised by the Shotokan Martial Arts Federation (SMAF) and led by Russian Master Sarkisov Alexander, saw the participation of many international fighters. It served as a final test before the world championship in Japan.



The 1st Kyokushin Iron Fist Tournament 2023!

Held on September 3rd 2023, the competition had 150 participants from different countries, divided into 17 categories based on their age and weight.



MIXED MARTIAL ARTS SEMINAR WITH HIGH CALIBER FIGHTERS



Open to 10 years old and above, the seminar was led by a panel of BJJ and Muay Thai fighters such as Patan Kailash, Isabelle Jordan, Jaunbocus Tawfiq, L'Enclume Stevendo and Mangalon Steban. Held in the National Combat Centre at Cote d'Or, the goal of the seminar was to improve the game via new techniques.

BRAZILIAN JIU-JITSU TRAINING

Ahead of the 5th edition of the Brazilian Jiu-Jitsu Open Africa 2023, members of various local clubs are training regularly at the National Combat Centre and the High-Performance Centre of Côte d'Or to ensure they are in top shape.



MMA TRAINING



BOXFIT CLASSES IN AN ELITE COMBAT ENVIRONMENT



Scan here for more info

SNEAK PEEK

BY THE NUMBERS (APRIL TO JUNE 2023)



BEHIND THE SCENES

LOIC THOMAS LIVING HIS AMERICAN DREAMS...



A FIRST FOR THE ACADEMY! Loic Thomas, an LFCIA graduate, headed to the USA! The prolific attacking midfielder has been offered a 4-year football scholarship. He is joining Jones College in Mississippi to pursue an associate degree program majoring in Human Resource Management. A huge thanks to the Ministry of Youth Empowerment, Sports and Recreation and the Trust Fund for Sports in Excellence for supporting Loic in this amazing venture. Attaboy!

HISTORY IN THE MAKING! Julie Gopal, the academy's finest female player and an inspiration to all the players of the academy, has signed a two-year contract with the renowned Brest Football Club, Stade Brestois 29 in the Brittany. Alé Julie! Mauritius is behind you to see you shine in France.

JULIE GOPAL A YOUNG TALENT TURNS PRO...



2 YEARS CONTRACT



WINTER FOOTBALL CAMP



Held from 17 to 19 July 2023 at the Liverpool Academy Mauritius, the second edition of the football winter camp was a huge success with over 120 players enjoying football The Liverpool Way. Adapted for players of all abilities, the winter camp was full of excitement, emotions, and friendships.

NUTRITION WORKSHOP



FOOD = FUEL! A nutrition workshop was held for the players and parents of Liverpool Mauritius Academy to help them maximize their performance in football and daily life. Juliane Clair, the Performance Nutritionist from the Sports Medicine Centre at Cote d'Or, delivered two sessions full of advice and useful tips.



9 players from the Liverpool Academy made it to Lady Club M Team. Super proud of our girls!

Lea was injured during the match!

SPORTS PERFORMANCE SEMINAR AT COTE D'OR

ATHLETE'S CHECKLIST TALKS

The High Performance Centre Mauritius hosted their first sports seminar covering topics such as fueling and performance, mental resilience, athlete nutrition, mental preparation and performance, and the science of recovery.



457

MAURITIAN
ATHLETES

23

DISCIPLINES

7

COMPETING
COUNTRIES



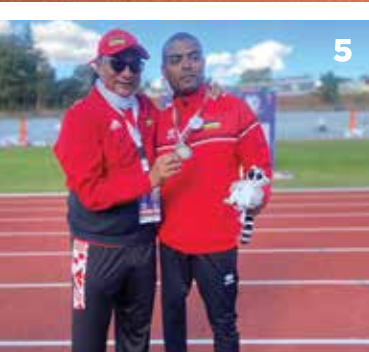
From August 25th to September 3rd, 2023, Madagascar hosted the 11th edition of the Indian Ocean Islands Games across various sports facilities on the island. Mauritius demonstrated remarkable performances in numerous disciplines and secured the second position with a total of 91 gold medals, performing exceptionally well.



Alé Moris! Alé Moris! Alé Moris! Alé Moris! Alé M



RANK	COUNTRIES	GOLD	SILVER	SILVER	TOTAL
1	MADAGASCAR	121	71	80	272
2	MAURITIUS	91	89	103	283
3	LA REUNION	80	90	74	244
4	SEYCHELLES	11	33	40	84
5	COMORES	5	10	16	31
6	MALDIVES	5	9	14	28
7	MAYOTTE	3	11	24	38



Greg Hyson, Sports Scientist from the High Performance Centre Mauritius of Cote d'Or, accompanied the national athletes in their quest for gold during the games in Madagascar. Here is a summary of his achievement:



302

Athletes attended



223

Ice baths completed



248

Compression boots intervals



139

Recovery protein drinks

Bringing great pride to the country, athletes who established new records during IOIG 2023

Athletics

- Noa Bibi - 100 M (male) - 10.32
- Jean Ian Carré - Hammer Throw (male) - 64m21
- Christopher Sophie - Discus Throw (male) - 55m51
- Liliane Potiron - Triple Jump (female) - 13m59

Parathletics

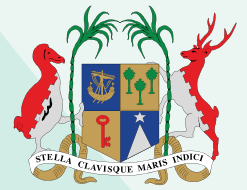
- Brandy Perrine - 1500 M (female) - 4:17.77

Swimming

- Tessa Ip - Breaststroke 100 M (female) - 1:12.80

1. Brandy Perrine, gold medalist in 1500 M (female)
2. The 13 male boxers got 9 gold medals
3. The 100m (male) podium: N.Bibi (gold), J.Bardottier (silver) and O.Topize (bronze)
4. The Mauritian kick-boxing team got 4 gold medals, 3 silver medals and 7 bronze medals
5. Cedric Ravet - gold medalist in 1500 M (male)
6. Christopher Sophie - gold medalist in Discus Throw (male)
7. Jean Ian Carré - gold medalist in Hammer Throw (male)
8. Liliane Potiron - gold medalist in Triple Jump (female)
9. Marie Perrier - gold medalist in 10000 M (female)
10. Group photo of the Mauritian Athletics Team
11. Tessa Ip - gold medalist in 100 M breaststroke (female)

PREMIER LEAGUE IN MAURITIUS! WOULD YOU BELIEVE IT?



Ministry of Education,
Tertiary Education,
Science and Technology

REGIONS	BOYS	GIRLS
Port Louis	College Pere Laval	G.M.D. Atchia SC
Pamplemousses	Triolet SSS	Droopnath Ramphul SC
Riviere du Rempart	Universal College	Pamplemousses SSS
Beau Bassin/ Rose Hill	John Kennedy College	Beau Bassin SSS
Moka	Bhujoharry Quartier Militaire	Quartier Militaire SSS
Flacq	Sir Leckraz Teelock SSS	Bel Air SSS
Curepipe	Curepipe College	Notre Dame College
Grand Port	Emmanuel Anquetil SSS	France Boyer de la Giroday SSS
Savanne	Bhujoharry Rose Belle	Riviere des Anguilles SC
Quatre Bornes	Collège du Saint Esprit	Belle Rose SSS
Vacoas/Phoenix	MGSS Solferino	MGSS Solferino
Black River	La Gulette SSS	St Mary's West College

Notre Dame College (girls) and Pere Laval College (boys) were crowned champions of the tournament on 14th September 2023. Cheers to the Premier League, the British High Commission, the Ministry of Education, Tertiary Education, Science and Technology, Mauritius Football Association, and Cote d'Or National Sports Complex for organising and delivering this fantastic football festival.



The Honourable Pravind Jugnauth, Prime Minister, presented the cup to the captain of the Notre Dame College team



Girl winning team - Notre Dame College



Boy winning team - College Pere Laval

FINALS OF THE SECONDARY SCHOOLS MAURITIUS FOOTBALL TOURNAMENT

FOOTBALL WORKSHOP

Graham Robinson

A group of Mauritian PE educators and coaches attended a 3-day community coaching course. The course was conducted by Graham Robinson, the Head Coach of Premier League, and was supported by the qualified staff of Liverpool Academy Mauritius. The workshop was based on the PL framework and was divided into three parts: pitch, classroom, and self-study. Its aim was to develop technical, tactical, and life skills that can be applied both on and off the pitch.



LIST OF HOSTED EVENTS LAST 3 MONTHS

Monday, July 03, 2023

Press conference and agreement signatory with Trust Fund of Excellence in Sports - MMIL/ LFCIA Mauritius

Tuesday, July 04, 2023

Sports day - Dukesbridge Preparatory School

Wednesday, July 05 - 06, July 2023

Training course for coaches in basic interpersonal communication and counselling skills - MYESR

Friday, July 07, 2023

Sports day - Bluebird Nursery and Pre Primary School & Lighthouse Secondary School

Monday, July 10, 2023

Sports day - Little Darling Pre Primary school & Mount View Primary School

Wednesday, July 12 - 13 & 17 - 18, 2023

Workshop with Primary school educators in connection with professional learning community - Ministry of Education, Tertiary Education, Science and Technology

Thursday, July 13, 2023

Celebrations of 20th anniversary - Association of Disability Service Providers

Friday, July 14, 2023

Fun and sports day - Cavendish Institute

Tuesday, July 18 - 19, 2023

Football winter camp - LFCIA Mauritius

Friday, July 21, 2023

Sports day - Lighthouse Primary School
Rassemblement de athletes de la francophonie - MYESR

Saturday, July 22, 2023

Athlete's checklist talks - HPC/ SMU

Tuesday, July 25, 2023

National youth civic service - MYESR

Wednesday, July 26, 2023

Award ceremony - Mauritius Examination Syndicate

Sunday, July 30, 2023

National tournament - St Pierre Kyokushin Karate Club

Tuesday, August 01 - 02, 2023

Workshop with primary school educators in connection with professional learning community - Ministry of Education, Tertiary Education, Science and Technology

Sunday, August 06, 2023

Workshop with football coaches - Team Mauritius

Tuesday, August 08 - 09, 2023

Workshop incontext for local authorities in collaboration with UNDP - Ministry of Local Government and Disaster Risk Management

Thursday, August 10, 2023

Presentation des equipment pour les Jeux des Iles - Federation Petanque & Team Mauritius
Agreement signatory of sponsors - MYESR

Saturday, August 12, 2023

Opening ceremony of jeunes sapeurs pompiers - MYESR

Monday, August 14, 2023

Gathering of athletes - Indian Ocean Island Games 2023 - MYESR

Wednesday, August 16, 2023

Workshop with managers and educators - Special Education Needs Authority (SENA)

Thursday, August 17 - 20, 2023

DITEX 2023 - Defi Media Ltd

Wednesday, August 23, 2023

Awards Cceremony - Maurice Cure State College

Friday, August 25, 2023

Sports day - KPMG

Saturday, August 26, 2023

Workshop for mentees in connection with the youth mentoring programme 2023 - MYESR
La Passe FC (Seychelles) VS Academica
Petroleos Clube do Lobito (Angola)
TotalEnergies CAF Confederation Cup - MFA

Thursday, August 31, 2023

Sports Day - Ainsfield School
Secondary School preliminaries zone 2 - Ministry of Education, Tertiary Education, Science and Technology

Sunday, September 03, 2023

Karate competition - Iko Nakamura Federation Mauritius
Sports day - Moka Regional Youth Council

Monday, September 04 - 07, 2023

World triathlon technical officials - level 1 seminar - Federation Triathlon Mauritius

Thursday, September 07, 2023

Press conference - MYESR

Friday, September 08 - 09, 2023

Shotokan karate seminar - Shotokan Martial Arts Federation

Sunday, September 10, 2023

2nd International shotokan kasuya cup 2023 - Shotokan Martial Arts Federation
Family fun day - Telegu Maha Sabha

Monday, September 11 - 15, 2023

Mauritius training camp - Federation Triathlon Mauritius

Monday, September 11 - 15, 2023

Renforcement des capacités dans l'implantation de stratégies d'enseignement inclusives - Ministry of Education, Tertiary Education, Science and Technology

Tuesday, September 12, 2023

National youth civic service programme (NYCS) - MYESR

Tuesday, September 12 - 14, 2023

JKA Indo Pacific Cup - international seminar : Asia, Africa, Europe and America - JKA
Shotokan Karate Association

Thursday, September 14, 2023

Finals of the Premier League Mauritius secondary schools football tournament - British High Commission

Friday, September 15 - 16, 2023

JKA Indo Pacific Cup - JKA Shotokan Karate Association

Friday, September 15 - 17, 2023

Premiere League coach education course - Ministry of Education, Tertiary Education, Science and Technology

Saturday, September 16, 2023

Meeting - Foot 80

Sunday, September 17, 2023

Examination Day - JKA Shotokan Karate Association

Monday, September 18, 19, 21, 22 & 25, 2023

Renforcement des capacités dans l'implantation de stratégies de gestion de classe inclusives - Ministry of Education, Tertiary Education, Science and Technology

Wednesday, September 20 - 23, 2023

Seminar - Mauritian Members of Japan Karate Association

Sunday, September 24, 2023

Football match - Huawei Logistics Ltd

Tuesday, September 26, 2023

Mauritius vs Guinea CAF Women Cup (Morroco Qualifier) - Mauritius Football Association

Wednesday, September 25, 27 & 29, 2023

Annual Police Athletic Meeting - Mauritius Police Force

LIST OF UPCOMING EVENTS NEXT 3 MONTHS

Wednesday, October 04-08, 2023

Votre Salon - Yanros Ltd

Friday, 20 October, 2023

Sports Day - Brightkids Ltd

Saturday, 21-22 October, 2023

Swimming Competition - Mauritius Swimming Federation

Wednesday, October 25, 2023

Sports Day - Bright Kids Ltd

Thursday, 26 October, 2023

31st CNSF Anniversary - Commission Nationale du Sport Féminin

Sunday, 29 October, 2023

Arijit Singh - Spel Trading Ltd

Thursday, 02 November, 2023

Football Match - Police Veterans Football Club

Sunday, 05 November, 2023

50th Anniversary Family Fun Day - Innodis Ltd

Wednesday, 08-11 November, 2023

Summer Championships - Mauritius Swimming Federation

Thursday, 09 November, 2023

Sports Day - Donald Duck Pre-Primary School

Thursday, 09 & 20 - 22 November, 2023

Duke of Edinburgh's International Award - MYESR

Saturday, 11 November 2023

Cop 28 Student Summit - MYESR

Tuesday, 14, 16 & 18 November, 2023

Police Swimming Gala - Mauritius Police Force

Saturday, 18 November, 2023

Open Africa Jiu Jitsu Championships 2023 - Mauritius Brazilian Jiu Jitsu Federation

Wednesday, 22 November, 2023

Teachers' Day Celebrations - Education Officer Union

Friday, 24 November, 2023

End of Year Party - Bluebird Nursery and Pre Primary School

Saturday, 25 November, 2023

Carnageville Music Festival - Klexus Ltd

Sunday, 26 November, 2023

12-Hour Run - MYESR

Sunday, 26 November, 2023

Demonstration and Gathering - MKA Karate Association

Sunday, 26 November, 2023

Powerlifting Competition - Eternal Ltd

Saturday, 02 December, 2023

Award Ceremony - Ecole d'Arts Martiaux de l'Est

Saturday, 02 December, 2023

Football Match - MCB Forward Foundation

Sunday, 03 December, 2023

Intervillage Petanque Tournament 2023 - District Council of Moka

Wednesday, 06 December, 2023

Annual show - Brightkids Ltd

Wednesday, 06-09 December, 2023

African Junior Championships - Mauritius Swimming Federation

Friday, 08 December, 2023

Award Ceremony - Reef Consersation

Sunday, 10 December, 2023

2nd Traditional Martial Arts Festival - JKA Shotokan Association

Tuesday, 12 December, 2023

KFC: Kids Future Camps - Circus

Wednesday, 13 December, 2023

Christmas Sports Day - Mauritius Sports Council

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