



Isolated booters working to stay fit

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National booter Bishwanath Ghosh may think himself lucky, especially when compared to his other national teammates, as unlike them the promising right-back is regularly availing gym facilities in the midst of the national shutdown caused by the coronavirus outbreak.

With uncertainty looming over when footballing action will resume, top footballers have been trying to maintain their fitness by doing prescribed exercise routines at home with national coach Jamie Day overseeing their home workouts over video messages and calls from England.

"They are all fine, staying fit and healthy," Jamie Day told The Daily Star, adding that the players have been sending videos of their individual workouts on their Whatsapp group, which was created last month to keep up virtual communication while physically isolating.

The likes of Bishwanath, Rahmat Mia, Yeasin Khan, Bipul Ahmed, Mohammad Ibrahim, Sohel Rana, Mahbubur Rahman Sufil, and Ashrafal Islam Rana are ahead of their teammates as far as sending video footage to the British coach, who is in touch with each and every player.

"I am getting instructions from



Bangladesh and Bashundhara Kings player Bishwanath Ghosh (R) can consider himself one of the lucky few as he still has access to his club gym, which is just a 10-minute walk away from his home. National teammates have no such luxury and Tapu Barman had to rely on honing his skills in an open space in front of his home in Narayanganj.

PHOTO: COLLECTED

two sides -- Bashundhara Kings' trainer and Jamie Day. I have been regularly training for nearly two hours at the club gym, which is just a 10-minute walk from my house," Bishwanath told The Daily Star. "I have sent footage twice or thrice so far to the group from where I can also see the home workouts of other players."

"On Tuesday, I had a chat with Jamie. I let him know what I was doing and he told me to keep it up," said national centre-back Tapu Barman from Narayanganj,

the city hit hardest by the virus after Dhaka. The severity in Narayanganj has forced him to limit running exercises to an open space beside his house.

"I used to run six days a week, but I go outside only three days a week now," he said.

Tapu added that BFF president Kazi Salahuddin called him to enquire about family members and provided some tips on how to hone his skills and fitness while social distancing.

Striker Nabib Newaj Jibon has

been away at his home district of Bogura for nearly a month.

"There is equipment at my Dhaka house but there is nothing here. So, I try to do free-hand core strengthening and weight training with the help of five-litre bottles of water," said Jibon.

All of them were disappointed as most clubs want the BFF to cancel the rest of the season, including the incomplete BPL. The booters believe cancellation would have a negative impact on players' performance ahead of

the World Cup Qualifiers and the AFC Cup.

However, Jamie was looking forward to the training sessions of the national team if the rest of the season is cancelled.

"I am hoping we will get to play some football towards the end of this year and if there is no league, we may have to look at doing a training camp to get their fitness to where it needs to be," said the 40-year-old coach, who is discussing a renewal of his two-year contract with the BFF.

Lazio cling to Serie A dream

AFP, Rome



Italy's sports minister has cast doubt on the resumption of Serie A leaving title-chasing Lazio fearing that history could repeat itself and deny them the Scudetto for the second time.

But with its president Claudio Lotito as the main driving force, the Roman club are determined that the Italian football league will resume despite the pandemic of the new coronavirus.

At stake, a Scudetto that Lazio see as being at their fingertips and the fear of reliving a nightmare going back 105 years.

Lazio missed out on the title the only previous time that football was suspended in Italy after the country's entry into the First World War in May 1915. Genoa were controversially awarded the title. Lazio still claim it should have been shared.

This season Lazio were second in Serie A, just one point behind Juventus when the games were suspended on March 10. The club are chasing a third league crown in their 120-year history after 2000 and 1974, the latter a season which had been threatened by a cholera epidemic.

No wonder Lazio are hell bent on resuming this season's championship despite the coronavirus crisis which has killed over 27,000 in Italy. Lotito insists it's in the interests of football, to avoid "the irreparable damage" and risk of bankruptcy to clubs in all leagues.

"If we stop, it suits me. I'm in the Champions League and I'm saving four months' salary," the 62-year-old said ahead of Friday's Lega Serie A emergency general assembly where the fate of the championship could be decided.

Simone Inzaghi's side had been on an unbeaten run in the league since September. They twice beat Juventus 3-1 in December, including the Italian Super Cup final. And Lazio take little solace in the fact that they are certain to go to the Champions League whether the season resumes or not.

Government of the People's Republic of Bangladesh
Office of the Executive Engineer, DPHE
Bagerhat District, Bagerhat

Memo No. 46.03.0100.061.07.032.15-427
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e-GP Tender Notice No. 18 (2019-20)

e-Tender is invited in the National e-GP System Portal (<http://www.eprocure.gov.bd>) for the procurement of the following works. Details are given below:

Sl No.	Package No.	Tender ID & Ref. No.	Description of works	Tender closing date & time	Tender opening date & time
1	1786	456023 46.03.0100.061.07.032.16 MEMO-380, DATED-19/04/2020	Installation of 50 Nos. DTW With 6 No. Hand Pump under Village Water Supply Project of Department of Public Health Engineering. (FY: 2019-2020)	12/05/2020 14:00pm	12/05/2020 14:00pm

The interested persons/firm may visit the website www.eprocure.gov.bd to get the details of the tender.

This is an online tender, where only e-Tender will be accepted in the National e-GP Portal and no offline/hard copy will be accepted. To submit e-Tender, registration in the National e-GP System Portal is required.

Further information and guidelines are available in the National e-GP System Portal and e-GP help desk (helpdesk@eprocure.gov.bd).

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Executive Engineer

GD-783

I deserve to be at Barca: Braithwaite

AFP, Madrid



Martin Braithwaite was Barcelona's emergency signing in February, a quick-fix to replace the injured Ousmane Dembele, but for him the move goes back 10 years to a broken leg and a notebook.

In his first meeting with the club's president Josep Maria Bartomeu and technical secretary Eric Abidal, Braithwaite was told one of the main reasons Barca were buying him was his mentality.

"I felt like they really knew me," Braithwaite says in an interview with AFP. "They knew how strong I am mentally and they said that was one of the things that made them go for me. They thought I was up for the test."

The toughness they saw owes much to when Braithwaite was 18 and playing for Esbjerg FB in Denmark. A broken leg prompted him to transform his attitude and start writing objectives down.

"I was a professional footballer but I wasn't respecting the job and I wasn't respecting the boy that had a dream to be here," Braithwaite says. "I took it for granted."

A year later, Braithwaite was in a hotel after joining Toulouse when he took out his notebook again.

"I came to a page of some objectives, maybe three or four years earlier, and I saw I had written Toulouse," Braithwaite says. "When I saw that, I thought, 'Wow, the power of the mind is really strong.'"

"And when I was 27 or 28, I wrote I would play for one of the biggest clubs. Now I'm here."



Braithwaite draws upon his childhood too, when a hip condition called Legg-Calve-Perthes left him in a wheelchair between the age of five and seven.

"I remember I felt sad. I felt embarrassed," he says. "I was just a kid who wanted to play. I remember the look people would give me, like I was different. Of course, I came through that and look where I am today but at the same time it makes me humble and grateful for the things I have."

For some, Barcelona buying Braithwaite was a result of

opportunism, through the use of an obscure rule, and caused by bad planning, after a chaotic transfer window left the squad short.

But Braithwaite sees it as hard work paying off. Even during lockdown, he adds extra training to the club programme and watches videos of his teammates, to speed up his adaptation.

"People see me as the emergency signing because that was how I got here," he says. "What people don't know is that for so many years I've put in my mind that I want to be here. It's not a coincidence."

"I'm at Barca, I signed for four years and I see my future here."

But his departure from Leganes left a bitter taste, even if few blamed Braithwaite for completing a dream move, not even Leganes, who were "fantastic, they understood".

Braithwaite played three games for his new team before the coronavirus caused La Liga to be suspended and his strike combinations with Lionel Messi quickly earning him praise.

"It's not difficult when you play with Messi. You just have to run and the ball is at your feet," he says.

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e-Tender Notice

e-Tender has been invited in the National e-GP System Portal (<http://www.eprocure.gov.bd>) for the following packages under Road Division, Chandpur during the fiscal year 2019-2020 (Budget Head: Revenue):

Name of the works	Package No.	Tender ID	Tender document last selling / downloading date and time	Last date and time for tender security submission	Tender closing date and time
Supplying of 1st class brick stone chips 25mm LAA 25 12mm LAA 12 sand FM 2.50 & 0.80 & fire wood at Hajigonj Stackyard for maintenance works in different Roads of Chandpur Road Division during the year 2019-2020	egp/CRD/EE/23/2019-2020	456397	17-May-2020 11.30am	17-May-2020 11.50am	17-May-2020 12.00 Noon

This is an online tender, where only e-Tender will be accepted in the National e-GP Portal and no offline/hard copies will be accepted.

To submit e-Tender, registration in the National e-GP System Portal (<http://www.eprocure.gov.bd>) is required.

For further information and guidelines are available in the National e-GP System Portal and also from e-GP help desk (helpdesk@eprocure.gov.bd) or eechan@rhd.gov.bd.

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From scoring crucial runs for Bangladesh to baking pizza for his family, Mahmudullah Riyad is always dependable. With cricket in the country being postponed for a while now, Mahmudullah removed his helmet and put on a chef's hat as the all-rounder enjoys some family time during this nationwide lockdown.

PHOTO: COLLECTED

Khawaja and Marsh out of contract list

AFP, Sydney

All-rounder Mitchell Marsh returned to Cricket Australia's list of 20 nationally contracted players Thursday, but there was no room for his brother Shaun or struggling batsman Usman Khawaja.

The duo were among six players axed from a group that selectors loaded with limited-overs talent to reflect Australia's upcoming schedule, particularly the T20 World Cup in October-November.

Others dropped from the list -- were Peter Handscomb, Marcus Stoinis, Nathan Coulter-Nile and Marcus Harris.

"As is always the case there are unlucky omissions but, because you are not on the list does not mean you cannot be selected to represent Australia," chief selector Trevor Hohns said.

Swimming with turtles to stay fit

AFP, New Delhi

From swimming in a makeshift farm pool with turtles and fish to fencing with a dummy on a terrace, India's locked down athletes are finding novel ways to stay fit.

The postponement of the 2020 Olympics by a year has given SP Likith, India's top breaststroke swimmer, extra time to make the 59.93sec qualifying time for the 100 metres. He has been stuck at his coach's farm in Karnataka since February and now swims in a tank already inhabited by wildlife that normally supplies the water for crops.

The 21-year-old, who still has to shave two seconds off his personal best to qualify, told AFP he was "lucky" to have the 20-metre long tank where coach Partha Varanashi drills 15 swimmers in all.

"The only difference (from a pool) is .. the water is not clear at all, there are fish and turtles and we don't have lanes," Likith said with a laugh. "It is not boring, it is fun."

Fencer Bhavani Devi has been in quarantine and training alone at home in Chennai since returning from Italy on March 15. The 26-year-old trains with a dummy on the terrace of her house.

"This is not a new idea for me, when I started fencing we used to play with sticks and do target training by placing a mask or target pad on the wall," said Devi, who in 2017 became the first Indian to win a fencing World Cup event.

Devi, who is more used to the plush facilities of leading Italian coach Nicola Zanotti in Livorno, said it was imperative to keep a positive mind through the crisis.