



Bashundhara Kings captain Daniel Colindres is maintaining a healthy routine to pass the days at home during these difficult times, allocating time for reading books and sipping coffee, but the Costa Rican World Cupper also takes his fitness quite seriously.

Local forwards lack belief in their qualities: Colindres

ANISUR RAHMAN



World Cupper Daniel Colindres has become a household name in Bangladesh football after he played a key role in Bashundhara Kings' Bangladesh Premier League triumph in his debut appearance last season.

The Costa Rican was in the spotlight right after he landed here in September 2018 as he was came to Bangladesh soon after representing his country in the 2018 FIFA World Cup. The now 35-year-old forward has continued displaying his talent in domestic and international circuit for the Bashundhara Kings.

Since the Bangladesh Premier League has been halted due to the outbreak of coronavirus, Colindres, like other footballers, is staying indoors, at his Bashundhara residence and continuing with a fitness regime.

"I am fine, thank God, I have a daily routine -- I get up, eat breakfast, exercise, bathe, eat lunch, read a little, have coffee in the afternoon, watch TV for a while, talk to my family, have dinner and go to bed," -- this is how Colindres explained his current routine when asked via a team official.

The captain of Bashundhara Kings is following instructions of his team's trainer to stay fit as he works out at the free space of his house. However, he is a bit anxious about his homeland Costa Rica where the number of infections is growing even though none of his family members have yet been infected by the coronavirus.

Last season, Colindres had Marcos Vinicius of Brazil as his strike partner, but this time he is missing a genuine partner upfront at the domestic circuit. At the international circuit, though Colindres found Argentine striker Hernan Barcos as his partner, and the two combined to thrash

Maldivian outfit TC Sports 5-1 in their AFC Cup debut match.

"Barcos is a great player. It is very easy to adapt with his game even for the team because he brings a lot of quality and experience," said Colindres, who was asked whether he is missing Barcos in the league.

"If much, for his qualities and leadership, but we also miss other players like Emon [Babu], Motin [Mia], [Masuk Mia] Zoni," said the 5ft 11inch forward, who scored a brace against Rahmatganj MFS to help Bashundhara Kings clinch the Federation Cup title.

Colindres believes the competition in the Bangladesh Premier League has increase, hence retaining the league title is going to be difficult. He also believes they need to fine-tune things to move up from the sixth position that the team currently lie on the 13-team table.

"We are fighting the top, but we lost last two games, we are three points away from the first-

placed teams and we must improve some details to be on top," said Colindres, who has so far scored four goals in five matches following 11 goals in the league last season.

"I hope I can see Bashundhara Kings as league champions again and fight to win the AFC cup," hoped the Costa Rican, who is happy that the foreign forwards are fulfilling the demand of the club management by scoring goals regularly.

"For foreigners it is good because they [clubs] hire us to give results. As for the local forwards, from my point of view, they lack belief in their qualities," opined the inspiration forward.

"Professionally, it seems to me that I have met expectations, together with the team we have achieved great things and will fight to put Bashundhara Kings in the international eye. Outside of the profession, I have enjoyed my experience in Bangladesh," concluded Colindres.

CORONAVIRUS LOCKDOWN

Mental health risks for athletes, experts warn

AFP, Hong Kong

Fear, stress and money worries: coronavirus lockdown is hard for anyone, but athletes are facing extra mental health risks as they go from highly active lifestyles to isolation and boredom, experts warn.

While some household athletes have posted upbeat videos of themselves, the stress caused by the extreme adjustment and uncertain future looks likely to take its toll.

Long-term effects on athletes after the SARS and swine flu outbreaks included anxiety, obsessive hand-washing and fear of getting close to people, Carolyn Broderick, Tennis Australia's chief medical officer, told AFP. But the impact of the current pandemic is unprecedented, with athletes sidelined worldwide.

Those affected range from well-paid superstars such as tennis's Serena Williams to journeyman pros and Olympic hopefuls whose lives have been thrown into turmoil.

Williams admitted that social distancing because of coronavirus had left her feeling "a ton of stress".

"Every little thing makes me crazy.



SERENA WILLIAMS

And by anxiety I mean I'm just on edge. Any time anyone sneezes around me or coughs I get crazy," she said on TikTok.

Concerns have been raised about Australia's swimmers and cricketers, after athletes in both sports suffered well-documented psychological problems in the past.

"The mental health thing, we talked about it in a conference call this week," said Australian men's cricket coach Justin Langer. "Particularly for any of our staff or players who are home alone basically. We have to keep an eye on those guys and girls to make sure they're OK."

Bundesliga eyes May restart

AFP, Berlin

German Bundesliga clubs on Tuesday approved measures to suspend the season for a further four weeks due to the coronavirus crisis, amid reports that games would resume from the first weekend in May.

German Football League (DFL) directors announced plans last week to extend the current two-week suspension until April 30, a decision approved by Germany's 36 professional clubs in a video conference on Tuesday.

"The board felt a lot of support (from the clubs)," said DFL president Christian Seifert, adding that league was "sticking together".

Games had been halted since mid-March, but hopes are growing that they might resume a month from now.

Earlier Tuesday, Kicker weekly had reported that the DFL now planned to resume the season from the first weekend of May, with games to be played behind closed doors.

Reminescence: My first match

In these times of social distancing, we must be safe while remembering that we do not get too used to the world being at a standstill. We were meant to go watch matches together, agree with a few of our neighbours and disagree with the rest. So, we are taking turns at The Daily Star Sport talking about our first live experience at a sports venue. AL-Amin from Madras, 1995

For a working journalist who has been in the profession for 30 years, it is very hard to vividly recall his first assignment on a sporting event. It was in December 1995 when I was assigned by The Daily Star to cover the South Asian Federation (SAF) Games, staged in the Indian city of Madras.

It was the first overseas assignment for a TDS reporter and considering the communication and information technology available at that time -- a typewriter was the most prized possession of a reporter and the fax machine was the tool through which to transmit reports at that time -- a journey from Dhaka to the South Indian city was itself an arduous three-day venture with Coromandel Express providing

all their World Cup heroes, including stick-wizards Shabaz Khan and Tahir Zaman.

But from the start to the final whistle it was the vibrant Bangladesh players who captivated the audience with a high-octane brand of hockey that almost stunned the world champions. The match eventually ended at 3-3 thanks to a controversial ruling from Indian umpire Shakil.

Shakil awarded a penalty stroke at the fag end of the game with Bangladesh leading 3-2. The umpire later acknowledged to the devastated Bangladesh players that it was a mistake on his part, which eventually cost Bangladesh a dream final against India.

Twenty-five years have passed since then and I have witnessed some of the finest sporting moments and a few heart-stopping defeats in other fields,

Paine backs Smith for captaincy

AGENCIES, Sydney



A rising crop of young talent will compete with Steve Smith to be Australia's next captain, current skipper Tim Paine said on Tuesday.

Smith captained the side before Paine but was slapped with a two-year leadership ban over his part in the ball tampering scandal during a Test in Cape Town in 2018.

The ban expired this week, prompting renewed speculation that Smith could soon resume the leadership duties.

While 35-year-old Paine has acknowledged he is in the twilight of his career, the wicketkeeper said he was not yet ready to walk away from the game.

He refused to lay out a timetable for his departure, particularly with the uncertainty created by the COVID-19 shutdown, saying only that coach Justin Langer and selectors knew of his plans.

"I know what I'm thinking, in terms of how far I can play on and we're on the same page," he told reporters via video conference.

Paine said he had not spoken with Smith about the captaincy but the 30-year-old batsman would not be the only candidate for the role.

"I haven't had that conversation with Steve, I probably will at some stage no doubt," Paine said.

"It's obviously something that he loves doing ... so if Steve Smith decides that's the way he wants to go, then I will fully support him in trying to do it again."

"We've got a number of guys to choose from who can put their hand up," he added.

"There's Steve Smith, who's done it before, or the people who are developing underneath like a Travis Head or an Alex



Obviously I've had a few conversations with people. You don't have to be Einstein to realise that it's probably unlikely, particularly in June Australia's tour of Bangladesh. Whether it's cancelled completely or it's pushed back we're not quite sure at the moment.

TIM PAINE
AUSTRALIA CAPTAIN

Carey -- Marnus Labuschagne and Pat Cummins are other ones.

"We're starting to build some real depth so that when my time's up we've got a number of options."

International cricket, like most other sports, has been shut down while the world battles the pandemic and Paine said it did not take "Einstein" to conclude that Australia's tour of Bangladesh would probably not go ahead in June.

SHORT CORNER

Wimbledon to be cancelled, claims German tennis official

The vice-president of the German tennis federation has predicted that Wimbledon will be cancelled on Wednesday and slammed the French Tennis Federation for moving the French Open.

Dirk Hordorff told French sports daily L'Equipe that he expects Wimbledon, scheduled for June 29-July 12, to be scrapped due to the coronavirus pandemic.

"This is not a rumour, they will announce that they are cancelling Wimbledon," he said.

In a move that surprised the tennis world, French Open organisers postponed their tournament and moved it to September 20.

"You could reorganise Roland Garros for September or October, but not Wimbledon, the grass would be too damp," Hordorff said.

Hordorff hit out at FFT president Bernard Giudicelli for his handling of the rescheduling of Roland Garros, the claycourt Grand Slam.

"What president Bernard Giudicelli did is a disgrace, for tennis and for France," Hordorff said.

The controversial switch leaves the French Open starting a week after the US Open finishes, if that event retains its original slot in New York. --AFP

Ajax cancel Nouri's contract

Ajax Amsterdam have cancelled the contract of Abdelhak Nouri, who suffered serious and permanent brain damage after a heart attack playing for the Dutch club in a pre-season friendly in mid-2017.

Ajax continued to pay his salary but have now formally cancelled the contract, which was due to automatically renew on July 1, the Dutch media reported on Tuesday. The club are in talks with Nouri's family about a future solution for the player, who has been moved to a specially adapted room at his home after years in hospital, the daily De Telegraaf added.

There has been a lengthy dispute between Ajax and Nouri's family, who are looking for a settlement after Ajax admitted providing "inadequate" on-field medical treatment for Nouri after the midfielder collapsed during a friendly against Werder Bremen in July 2017. --REUTERS



PHOTO COURTESY: MAHABUB HARUN

In that game Bangladesh's two centre-forwards, Mohammad Sadek and Mahabub Harun, were simply unstoppable. Sadek was mesmerising, his stick-work was breathtaking and his telepathic communication with Harun was amazingly precise.

the fastest train journey from the then Calcutta to now Chennai. It was the small matter of a 32-hour trip.

The seventh edition of South Asia's biggest sporting jamboree took place from December 18-27, and it was not at all a happy harvest as far as Bangladesh's ambition for gold was concerned. Football was one of the events that Bangladesh wished to win but eventually failed. At that time Bangladesh were fiercely competitive in the track and field events as well as in swimming.

But one particular game that I have watched from the stands etched a lasting memory in my mind. It was a field hockey game involving Bangladesh and Pakistan at the brand new Radhakrishnan Stadium. It was a league game and Bangladesh were out to make an impression after conceding a big defeat against hosts India.

It may be mentioned here that Pakistan appeared in the tournament as defending world champions and hockey has been introduced in the SAF Games for the first time.

The Pakistan team included almost

but that was a game still remains the most fulfilling for me, considering the context and the opposition.

In that game Bangladesh's two centre-forwards, Mohammad Sadek and Mahabub Harun, were simply unstoppable. Sadek was mesmerising, his stick-work was breathtaking and his telepathic communication with Harun was amazingly precise.

Sadek scored a beautiful field goal and set-up the other for Mus Miah to score from a penalty stroke. Rabiuddin probably scored the other goal from a penalty corner. It may be mentioned here that Pakistan scored all their goals from penalty strokes.

It was a game every Bangladeshi would probably love to watch again and again, especially at a time when they are confined to their homes in the wake of the coronavirus outbreak. But unfortunately, the SAF Games has never been considered a lucrative tournament and the game has not been recorded for posterity. Still, it will remain a treasure trove in the minds of those players and officials and some Bangladeshi reporters lucky enough to be there.