

# CLUBE NAVAL

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## THE COMMODORE'S OFFICE PREPARES THE CENTENARY



The commodore's office is the key piece of a nautical club, in charge of everything to do with the sea, from the nautical activities and the boats themselves to maritime safety. Its mission is to guarantee the nautical philosophy of the Club.

João Cardoso, Commodore

Currently, in order to ensure that the tradition and personality of the Club are not lost, the major project is focused on preparation for celebrating the Club's centenary (1913-2013).

We are inviting all the members to participate in this project. We have had weekly meetings every Tuesday at 18h00, in the meeting room of the Naval Club.

In order to organise ourselves better, five commissions have been set up:

- History: charged with surveying the entire history of the Club: photos, witnesses and documents, with the purpose of creating a historical museum and writing a brochure.
- Recreation and culture: preparation of the gala dinner to be held on 13 February 2013 and various events such as parties, entertainment, games and carnivals throughout 2013.
- Sport: all forms of sport will be involved. Each sport will present its programme of inter-club and international competition over the year.
- Infrastructure and rehabilitation/Building work.
- Communication and marketing/Events.

We urge the members to participate so as to make the Centenary an unforgettable event.

More information on this matter can be found on the Facebook page of the Naval Club.

A further matter to be dealt with now is cleaning the dock. Several notices have been issued in order to remove the old boats. Those interested can express their wishes, up until 12 October, by contacting the following e-mail address: [comodorianaval@yahoo.com.br](mailto:comodorianaval@yahoo.com.br)

# SWIMMING

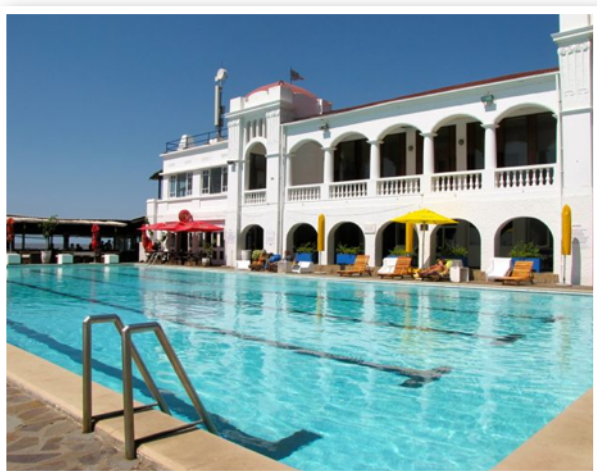
## SWIMMING LESSONS

After the rehabilitation of the swimming pools undertaken in September, and a short time before summer, the Naval Club is ready to begin the swimming season.

The Club intends to set up a solid sports structure so that in the short term it can join the National Swimming Federation.

The new swimming programme adopted by the Club envisages sharpening the competitive factor of this sport. The purpose is to evolve gradually from a swimming school to a competition club.

Registration is open, exclusively for members, for the swimming lessons, which will begin shortly.



### USEFUL INFORMATIONS

#### FOR WHOM?

*Children and Adults*

#### TIMETABLES

##### *Children:*

*Monday/Wednesday/Friday:*

*10h00 - 10h45*

*10h45-11h30*

*14h30-15h15*

*15h15-16h00*

*16h00-16h45*

##### *Adults:*

*Monday/Wednesday/Friday:*

*05h30 - 06h15*

*06h15-07h00*

*11h30-12h15*

*12h15-13h30*

*13h30-14h15*

*The timetables are subject to alteration.*

*In December, we may be able to open the 17h00 to 18h00 period for adults.*

#### PRICE

*1400 Mtn/month - 3 lessons per week*

#### CONTACTS

*+ 258 82 89 45 000 (Janete Antunes)*

*+ 258 84 80 64 603 (Patricio Vera)*

# SWIMMING

## SWIMMING INSTRUCTORS



### Janete de Sousa Antunes

Janete began swimming when she was six years old, and entered competitions at the age of eight. She was a breaststroke record holder and took part in several top level competitions recognised by the International Swimming Federation (FINA). Of particular importance for her sporting career were the All-Africa Games of 2003 and the World Games of 2009. She also won the first Maputo-Catembe crossing race in 2003.

Janete has been a swimming instructor at the Naval Club since 2007. She has more than ten years of professional experience.



### Patricio Vera

Patricio began swimming in 1988 and became a federate swimmer in 1990. He trained in several clubs: Maxaquene, Naval Club, Costa do Sol and Golfinhos. Characterised by his speed, he was the record holder in the 100 metres freestyle, and held several records.

In 2003, he won the first Maputo-Catembe crossing race. He took part in the World Cup in 2004 and 2005, in freestyle and butterfly, in the short swimming pool category. In 2009, he took part in the 50 metres freestyle in the world swimming championships in Rome, Italy.

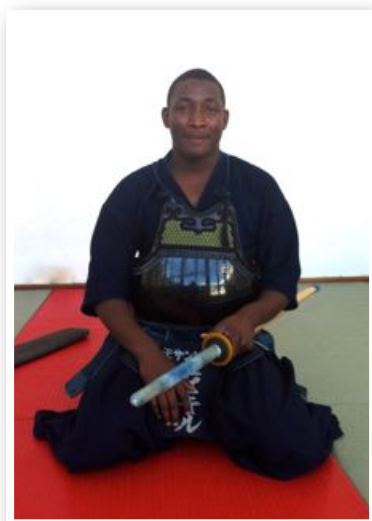
Patricio has rich professional experience as a swimming instructor, an activity he has undertaken since 2000, with two years of international experience in Cape Town, South Africa.

Since 2010, he has trained the junior and senior teams of the Maputo Golfinhos Club, where the majority of the athletes are record holders and one is an All-Africa Games finalist.

Patricio intends to train athletes with high level technical capacities. He also believes in the social character of sport. Swimming makes it possible to increase concentration, channel energy and develop self-confidence.

# KENDO

## THE NAVAL CLUB HAS SUPPORTED THE TRAINING OF A KENDO INSTRUCTOR IN JAPAN



### Ezequiel Matavele

Ezequiel, a kendo athlete, and a member of the Kendo and Iaido Association of Mozambique (AKIMO), had the great opportunity of undergoing this training thanks to the sponsorship of the Naval Club which financed his journey to Tokyo, and the Japanese Kendo Federation which accommodated him in Japan.

Thus, from 27 July to 3 August, Ezequiel participated in a training course to become an instructor, given by the best teachers of this Samurai art to 39 selected participants from across the globe.

The manner of fighting and of scoring points was what most awoke the attention of this young athlete, as well as the respect and courtesy with which he was greeting in Japan.

From Africa, only Mozambique and South Africa were represented. The Japanese athletes were impressed with the level of this Mozambican athlete.

From April 2011 to April 2013, Sensei Suenaga, master of kendo 7 dan, has been monitoring and teaching kendo at the Maputo Naval Club, with the unconditional support of the Japanese embassy.

His rich knowledge (7 dan) has shown and continues to demonstrate, with no margin for doubt, the high level of kendo practiced in Mozambique.

Ezequiel has now become an instructor in this sport in the country. In line with the vision of AKIMO which wishes to publicise and popularise kendo and iaido, he will shortly teach this sport in the Francisco Manyanga and Josina Machel Secondary Schools, as well as at the American School of Mozambique, which has already included kendo on its physical education curriculum.

# KENDO

## THE SAMURAI EQUIPMENT



### USEFUL INFORMATIONS

**FOR WHOM?**  
Kids and adults

**TIMETABLES**  
Thursday: 18h00 - 20h00  
Saturday: 9h00 - 13h00

**PRICE**  
950 Mtn/Month

**CONTACT**  
+ 258 84 32 46 100

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### THE LEVELS

- KYU - First level of training -  
from 9 to 1

- DAN from 1 to 9

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## NEWSLETTER SUBSCRIPTION

To receive the newsletter, send your email to [clubenaival@yahoo.com](mailto:clubenaival@yahoo.com) and indicate your preferred language: English or Portuguese