

THE GAMBIA U-20 TOTAL ENERGIES AFCON 2023 REPORT



TABLE OF CONTENT

1. Preface
2. Technical Report
3. Admin Report
4. Medical Report
5. Financial Report
6. Pictorials

1. Preface



This comprehensive report gives a detailed description of The Gambia U-20's journey to becoming silver medalists in Africa having finished second behind eventual champions, Senegal, in the 2023 CAF U-20 Cup of Nations held in Egypt between the February 19 to March 11. The report is segmented into four different categories. Part one deals with the technical aspect which is followed by the administrative part and as well as the medical and financial status.

The report gives a timeline of events for the Young Scorpions beginning with when it started its quest for qualification to the AFCON by finishing second at the WAFU Zone A Cup of Nations in Mauritania as well as the post-qualification training camp and the tournament

in Egypt. It also gives statistical data of the progress made by this team, for both the country and players, which is not compared to any achievement by any of our national teams in a continental final before.

As well as accounting for the funds spent on the team's campaign, the report also expresses appreciation to the leadership of The Gambia Football Federation and its partners (Ministry of Youth & Sports – National Sports Council) for the tremendous support offered to the team. It also highlights some of the salient challenges encountered by the team and coming up with recommendations as possible remedial action ahead of our campaign in the FIFA U-20 World Cup in Argentina slated for May 20 to June 11, 2023.

Bakary K. Jammeh

1st Vice President & Head of Delegation

2.0 THE GAMBIA MEN'S U20 TECHNICAL REPORT

BY: YAYA MANNEH ASST COACH

We are grateful to be privileged to present you the Technical Report of The Gambia U-20's performance in the TotalEnergies AFCON U-20 played in Egypt from the 19th February to 11th March, 2023. The competition also served as the qualification for the FIFA U-20 World Cup 2023 slated for the 20th May to 11th June, 2023.

The report will provide an insight into;

- The introduction
- The preparatory and Training camp phase
- The delegation
- The group stage match scores and MOTM galleries
- Knock out stage matches to the final
- Total stats
- Recommendation
- Appreciation and

THE INTRODUCTION

After the completion of the WAFU Zone A tournament played in Nouakchott, Mauritania, from the 28th August to the 11th September, 2022 which served as the Zone's qualification for AFCON U20, The Gambia finished with a silver medal after losing to Senegal by a goal to nil in the finals but was enough guarantee our qualification to U-20 AFCON.

The AFCON also served as the qualifiers for the FIFA U-20 World Cup which was initially scheduled to be played in Indonesia from the 20th May to 11th June, 2023. The Gambia qualified to the World Cup after the team defeated South Sudan by five (5) goals to nil in the quarterfinal stages. The score line also emerged as the best result in the entire tournament.

The preparatory and Training camp phase

The team regrouped for the preparatory phase for the AFCON U-20 in Egypt 2023 on Monday 12th December, 2022 with the approval of training three (3) days a week.

This approach also gave the players the opportunity to go back to their parent clubs and keep competing in the domestic league so as to keep their match fitness.

From the list of players that travelled to and from Nouakchott for the WAFU Zone A, the technical staff invited new players to encourage competition and also to see suitable / possible inclusions for the AFCON U-20 team from the departmental review of the WAFU and they are;

NO	NAME OF PLAYER	POSITION	CLUB
01	ASSAN BADJIE	MIDFIELDER	TEAM RHINO FC
02	MAMADOU BAH	CENTRE BACK	TEAM RHINO FC
03	EBRIMA JATTA	CENTRE BACK	TALINDING UTD FC
04	SEEDY KINTEH	CENTRE BACK	GREATER TOMORROW FA
05	KEBBA SONKO	GOAL KEEPER	HAWKS
06	ANSUMANA GOMEZ	WING BACK RIGHT	SAMGER FC
07	ANSU JUWARA	WINGBACK RIGHT	BANJUL UTD FC
08	OUSMAN CEESAY	CENTRE FORWARD	FALOCNS FC

The sessions started with some fitness test and all results were compiled and analyzed to help raise and maintain the standards. The fitness tests had helped us to realize how much we need to improve on their fitness which is paramount for the performance of individual players and moreover the success of the team.

The second part of the preparatory phase includes a lot of tactical work before we invited clubs from 1st and 2nd division for test matches and the team lost to only Fortune FC in a very closed and intensify test match and below are the results;

DATE	TEAM A	SCORES	TEAM B
FRI 30/12/2022	GAMBIA U-20	1 1	TMT ACADEMY
WED 11/01/2023	GAMBIA U-20	2 0	GAMBIAN PLAYERS IN SENEGAL
TUE 31/01/2023	GAMBIA U-20	0 1	FORTUNE FC
FRI 10/02/2023	GAMBIA U-20	2 0	MARIMOO FC
MON 13/03/2023	GAMBIA U-20	2 0	BK MILAN FC

The total number of days we trained out camped was twenty-five (25) days and had local camping for five (5) days before our departure to Egypt.

The third part of the preparatory phase included a training camp and international test match.



The team travelled to Egypt on the 14th February, 2023 and get into a training camp that took place in Cairo, where we were lodged at the TOLIP Hotel and we were able to play against Mozambique and the game ended in a one (1) all draw.

The match had absolutely stretched the team and given us a real test and also helped us to learn how to play against teams from their zone, specifically, Zambia whom we later played in the group stage.

THE DELEGATION

STAFF



No.	NAME	POSITION
01.	MR. BAKARY K. JAMMEH	HEAD OF DELEGATION
02.	MR. ABDOULIE BOJANG	HEAD COACH
03.	MR. YAHYA MANNEH	ASSISTANT HEAD COACH
04.	MR. GEORGE LOBBA	GOAL KEEPER'S TRAINER
05.	MR. ALFUSAINEY SISE	FITNESS TRAINER
06.	MR. PA SUWAREH FAYE	TEAM MANAGER
07.	MR. MODOU JAGNE	TEAM ADMINISTRATOR
08.	MR. EBRIMA SAINE	TEAM PHYSIOTHERAPIST
09.	MR. KARAMBA SUWAREH	TEAM DOCTOR
10.	MR. AMADOU O. BAH	MEDIA OFFICER
11.	MR. OMAR K.I PHATTY	EQUIPMENTS MANAGER



PLAYERS

No.	GOAL KEPPERS		13.	MUHAMMED SAWANEH
01.	PA EBOU	DAMPHA	14.	MOMODOU SALIEU JALLOW
02.	EBRIMA	JAITEH	15.	BAILO BAH
03.	YOUKASSEH	SANYANG	16.	MUHAMMED JOBE
DEFENDERS			FORWARDERS	
04.	ALAGIE	SAINE	17.	ADAMA BOJANG
05.	MOSES	JARJU	18.	EBRIMA SINGHATEH
06.	DEMBO	SAIDYKHAN	19.	KAJALLY DRAMMEH
07.	MAMADOU	BAH	20.	MANSOUR MBYE
08.	SAINEY	SANYANG	21.	MODOU MARONG
09.	BAKARY	JAWARA	22.	ISMAILA MANNEH
MIDFIELDERS			23.	MAMIN SANYANG
10.	MAHMUDOU	BAJO	24.	BA LAMIN SOWE
11.	HARUNA RASHID	NJIE	25.	SALIFU COLLEY
12.	ALIEU	GIBBA		

THE GROUP STAGE MATCHES

From the training camp, the team traveled to Alexandria on the 18th February, 2023 where it was identified as our base for the group stage and Quarter final matches for group winners which happened to be us.

The team was lodged at the Africana Hotel and held our training sessions at the Annex Borg El Arab Military Stadium Annex Borg El Arab Military Stadium training pitch

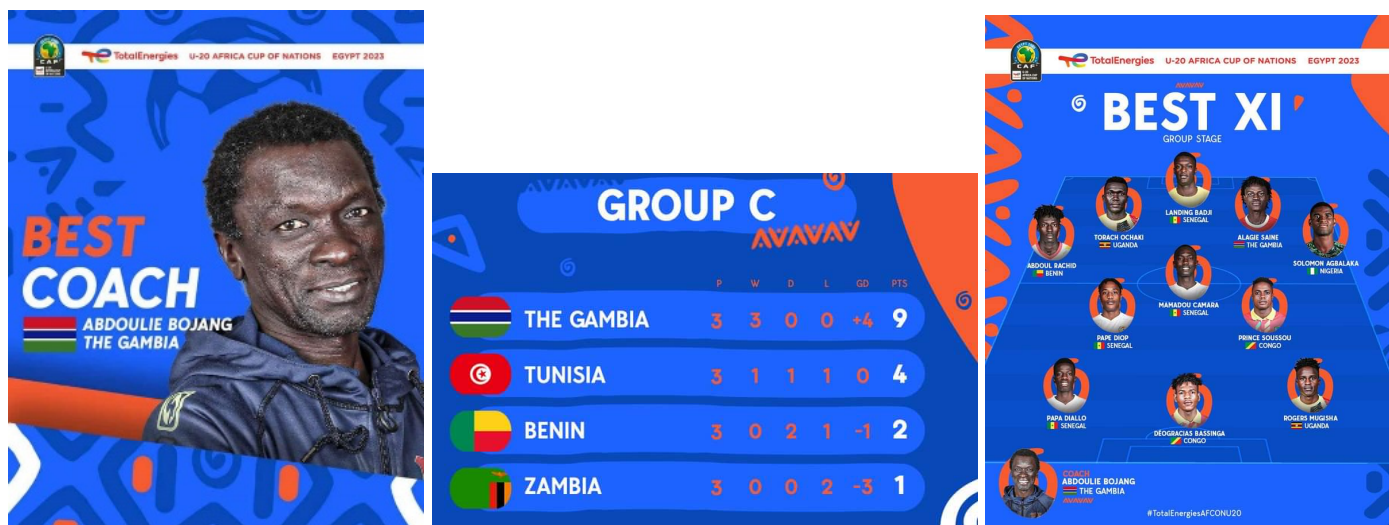


Below are the results of all our group stage matches and MOTM awards;



The team won all group stage matches with clean sheets in each three of them and moreover won a MOTM Awards from the first three (3) matches.

To conclude on the group stage matches, our head coach, Mr. Abdoulie Bojang also won 'THE BEST COACH OF THE GROUP STAGE' combined with the captain, Alagie Saine who made it into the team of the first round.



After all the group matches statistics, it was confirmed that the U-20 of 2023 batch has equaled the highest records set by the 2007 badge in the AFCON stage;

KNOCK OUT STAGE MATCHES TO THE FINAL

TOTAL STATS

On the pitch, the team achieved the below stats from the total number of six (6) matches played throughout the tournament.

TOTAL GP	WON	DREW	LOST	GF	GA	GD	CS	CAU.	EXP
6	5	0	1	10	2	+8	5	5	1









From the above stats, it was also unearthed that this Gambia U-20 of 2023 have broken any records set before by any previous Gambia U-20 team but not withstanding setting the bar and challenge higher for the next badge.

From the records, no other Gambian U-20 team has played the AFCON U-20 final or finished second in the whole Africa.

Also, the team Captain, Alagie Saine and Adama Bojang made it to the team of AFCON tournament.

Adama Bojang is also the highest Gambian goal scorer in AFCON U-20 with four (4) goals and emerged as the second top scorer of the tournament.

PLAYING TIME RECORDS OF AFCON U20 EGYPT 2023

NO.	NAME OF PLAYER							TMP	GOALS	CAUTIONS & EXPISSION
		TUNIS	ZAM	BEN	S. SU	NIG.	SEN			
01	ALAGIE SAINE	90	90	90	90	90	90	540	2	
02	SAINEY SANYANG	90	90	34	90	90	90	484		
03	HARUNA RASHID NJIE	90	90	34	61	90	89	454		1 1
04	MOSES JARJU	90	90	-	90	90	90	450	1	
05	MAHMUDOU BAJO	90	90	-	90	90	90	450	1	1
06	PA EBOU DAMPHA	90	90	-	90	90	90	450		
07	BAKARY JAWARA	90	90	-	90	90	75	435		
08	ADAMA BOJANG	85	64	17	74	88	90	418	4	
09	KAJALLY DRAMMEH	85	64	-	66	88	75	378	1	
10	MUHAMMED SAWANEH	26	39	86	24	66	33	274		1
11	MODOU MARONG	05	39	17	61	24	57	269		
12	ALIEU GIBBA	64	51	04	29	24	90	262		
13	EBRIMA SINGHATEH	64	51	00	00	66	10	191		1
14	MAMIN SANYANG	00	26	90	29	00	15	160		
15	BA LAMIN SOWE	26	26	73	24	00	06	155		
16	MANSOUR MBYE	05	00	90	16	02	33	146	1	
17	SALIFU COLLEY	00	00	73	66	00	00	139		
18	BAILO BAH	00	00	90	00	02	33	125		
19	DEMBO SAIDYKHAN	00	00	90	00	03	00	93		
20	YOUKASSEH SANYANG	00	00	90	00	00	00	90		
21	MOMODOU S. JALLOW	00	03	56	00	00	00	59		1
22	ISMAILA MANNEH	00	00	56	00	00	00	56		
23	MAMADOU BAH	00	00	00	00	00	00	00		
24	EBRIMA JAITEH	00	00	00	00	00	00	00		
25	MUHAMMED JOBE	00	00	00	00	00	00	00		

Regrets

- Amongst the regrets we had was the untimely injury of Muhammed Jobe who suffered a twist on his knee during our test match against Marimor FC and had to be sidelined for the rest of the tournament. He, Muhammed, played a very integral part in our WAFU campaign and won the MOTM against Liberia.

RECOMMENDATIONS

1- Motivation

The motivational package provided during the tournament came as a surprise and was absolutely very much appreciated and we urged the authorities to make it a continuity as it makes massive difference as to the fight the players put up on the match.

The motivation really impacted positively on the performance of the team in getting the desired results

2- Resumption of training

We would like to resume training by the 10TH of April, 2023 for only three (3) days a week in the Ramadan before we intensify our sessions after the Holy month.

3- Training Camp and International test matches

By the 1st of May, 2023, we would like to go into international training camp and be able to have a minimum of five (5) test matches that we believe will stretch the team compared to the local test matches we have.

The location of the training camp will be determined by the outcome of the balloting so as to make justice towards the aims of the camp

4- About the staff

We appeal for the continuity of the staff engagement monthly allowances and with improved enumerations as we head to the World Cup

5- Reinforcement

After all departmental analysis / evaluation, we recommend to embark on reinforcing the midfield and offensive department

6- Rehab for injured player (s)

We appeal to recommend that; Muhammed Jobe to get great rehab attention as we prepare for the World Cup

Appreciation

Finally, we take this moment to thank the following individuals and institutions for the support rendered to the team;

- I. The foundation of our appreciation goes to The Gambia Football Federation Executive Committee for creating the enabling environment and having the trust in us to lead the Gambia U-20 despite the challenge posed by the bar raised in previous tournaments.
Also, for coming up with;
 - a. the unexpected match bonuses
 - b. Massive increment of travelling allowances
 - c. The training camp and others we can't mention
- II. The Technical Directorate of the Federation for availing an environment that enable us to take responsibility of our technical circle
- III. Members of the MC Sports Agency for facilitating the training camp and being there with us for the entirety of the tournament and
- IV. Mr. Muhammed Jah of the Q Group for the motivational package during the final
- V. Finally, to the Government of The Gambia through the National Sports Council and the Ministry of Youth & Sports as the architect of the conducive environment

Moreover, the achievements on this report wouldn't have been this healthy without the effective participation and teamwork of the members of the Technical Staff and the adherence of the players in maintaining a very disciplined atmosphere.

3.0 ADMINISTRATIVE REPORT

BY: MODOU JAGNE TEAM ADMINISTRATOR

Overview

The tournament featured 12 nations who were divided into 3 groups of 4 teams. The two best teams of each group automatically qualified for the quarterfinals, plus the 2 best third placed teams from the 3 groups. The Gambia played as the number one seed in Group C, which also included Benin, Tunisia, and Zambia. All opponents were defeated without conceding, amassing the maximum points available (9 points). As group winners, the reward was a favorable quarter final draw against newcomers South Sudan, who qualified as one of the two 3rd best teams. The quarterfinal match was lopsided in our favor as a 5-0 score line tells the whole story. The semifinal game was against the AFCON record champions Nigeria (7-time winners). The fiercest opponent up to this point in the tournament. The match ended 1-0 in our favor, a result that made history in Gambian football as we reach the first ever continental final in any category in the nations footballing history.

“A true achievement indeed “For the Gambia, Our Homeland”



TEAM ADMIN AND TECHNICAL PERSONNEL

NAME	DESIGNATION	ROLE
Bakary K. Jammeh	1 st Vice President	Head of delegation
Abdoulie Bojang	U20 Coach	Head Coach
Pa Suwareh Faye		Team Manager
Yaya Manager		Assistant Coach
Gibril George Lobba		Goal Keeper Coach
Modou Jagne	Competition Manager	Team Administrator
Alfusainey Sise		Trainer
Dr Karamba Suwareh		Team Doctor
Ebrima Saine		Physiotherapist

Omar K. Phatty		Kits Manager
Amadou O. Bah	Media Assistant	Media Officer

The following GFF Personnel were in attendance in Egypt to support as part of the delegation:

- 1. Mustapha Jallow - Exco Member
- 2. Modou Musa Njie - Exco Member
- 3. Chumban Faye - Exco Member
- 4. Kemo Ceesay - Finance Director
- 5. Kebba Touray - Technical & Development Committee Member

Mr. Sulayman Kongira represented the National Sports Council and Mr. Sang J. Ndong, GFF Technical Director who was working with CAF as a member of the Technical Study Group also advises the team during 1st and 2nd round of matches.



Planning and Preparations

Success was not achieved without proper planning, recruiting, coaching, and mentoring amongst others, by the technical staff led by Head Coach Abdoulie Bojang, and the stewardship and experience of team Manager, Mr. Pa Suwareh Faye, Assistant Coach Yahya Manneh, and Goal Keeper Coach George Lobba to name a few.

Preparations for the tournament began in December 2022 mainly with the local based players who actually make up to 85 percent of the squad. With 2 to 3 training sessions per week (depending on availability due to GFF National League commitments). A series of practice

matches were also organized against local clubs.

The preparations intensified with a local camp at the GFF Technical Training Center in Yundum for 5 days, and by this time the squad was already decided. Only 2 players were joining the team in Cairo.

In Cairo, a mini camp was already organized including 2 international friendlies for a 5-day program. However, after a change in the flight arrangements resulted in a 2-day postponement of our travel date. This led to the shortening of the camp and a rushed approach in our friendly match against Mozambique



Tournament Phase and Training Camp

A 3-day camp was held in the Egyptian capital where the final preparations were made before entering into the team's tournament base in Alexandria. Africana hotel was our base and home for all our group matches and the extra incentive was that the group winner will play its quarter final match at the same venue which was seen as a considerable advantage, having played 3 matches there. The hospitality accorded to our delegation by the staff must be commended. There were fitness centers, saunas, massage parlors as well as cryogenic therapy chamber (custom made for our needs).



Performance

By the time we left the city of Alexandria for our semifinal match against Nigeria in Cairo, we had already booked our ticket to the FIFA U-20 World Cup 2023. But the level of achievement didn't fill their desire to reach the nation's 1st ever continental final in any recognized category.

Not only a great team achievement, the Player of the Match award, which is an individual accolade, was won by Gambian players in 5 of the 6 matches played. Alagie Saine, twice; Adama Bojang, once; Pa Ebou Dampha, once; and Salifu Colley, once.



Not to be outdone, Head Coach Abdoulie Bojang was awarded the BEST Coach of the group stages for his high energy, fast paced, passing moves, and defensive dominance by not conceding a goal in all matches scoring 4.

CAF COMMITMENTS FOR GAMBIA DELEGATION

During the tournament, different members of staff had to partake in certain CAF activities and meetings to achieve a world class showpiece, they include Match Coordination Meetings (MCMs) always held in the morning of the eve of the match at the CAF base in the Sheraton Hotel in Alexandria except for the semifinal and final, which were held in Cairo. The usual attendees for the Gambia U-20 were Momodou Musa Njai, GFF Executive member (Co-opted), Pa Suwareh Faye Team Manager, Dr Karamba Suwareh Team Doctor, Omar K Phatty Kitman, and Modou Jagne Team Administrator.

Media commitments were ably manned by the GFF Media Officer Amadou O Bah. From press conferences to photo shoots, from team trainings to team meetings, every episode of this mission has been catalogued and documented. Media rights and sponsorship agreement guidelines were also transmitted to the players and coaching staff by the Media officer.

Medical and Doping Control protocols were supervised by Dr Karamba Suwareh, he also aided in first aid assistance for players during matches and physical and oral therapy for players and officials.



Ebrima Saine the team Physio ensured the wellbeing of players in terms of physiotherapy (massage and stretching), recovery (cryogenic therapy) and regeneration, nutrition, and even curfews were observed.

The physical trainer for the team is Alfusainey Sise. The physical preparations of the players before and after training and before and after matches is supervised with energy and enthusiasm by the physical trainer.

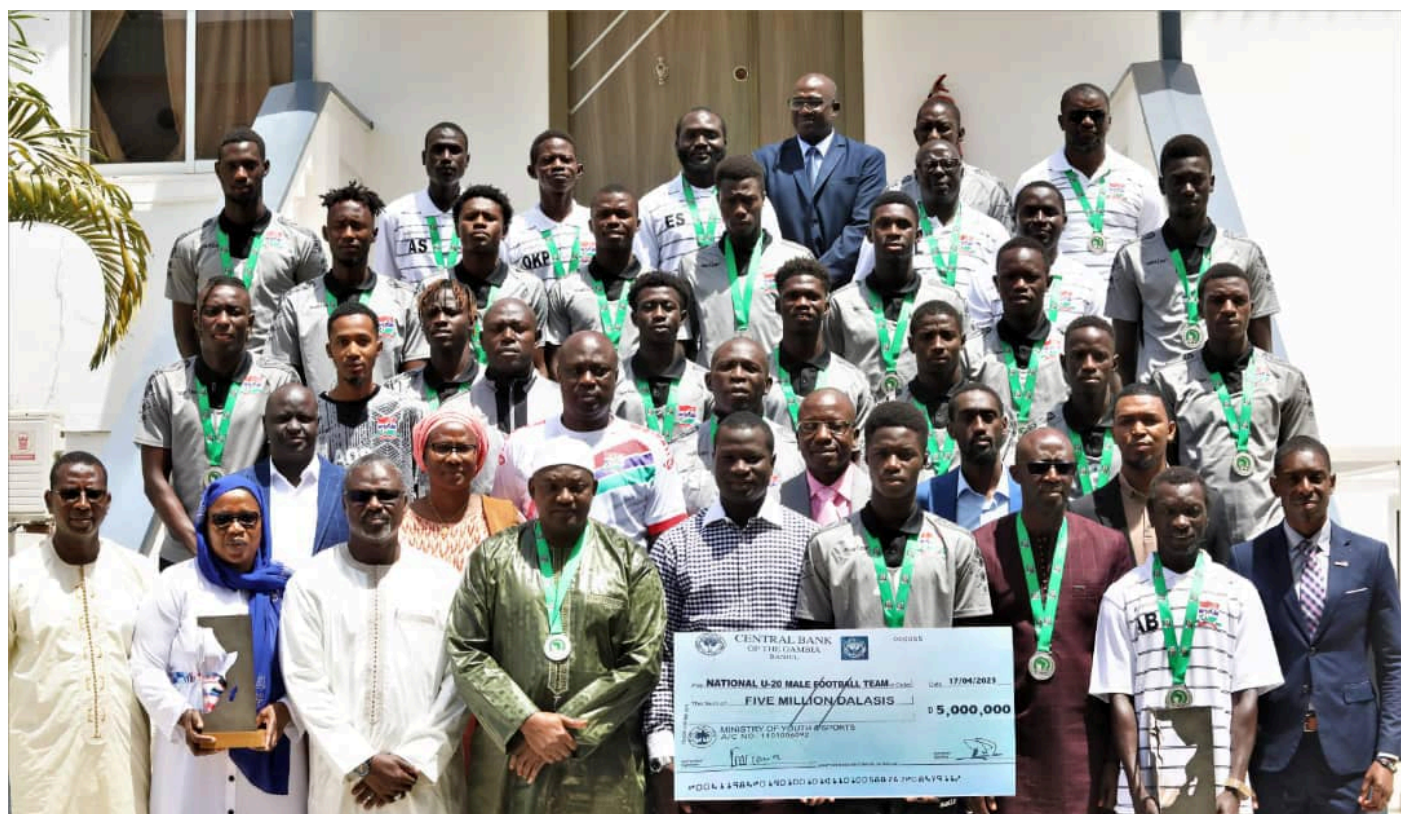
The team kitman oozes experience and passion. Omar K Phatty is always switched on and very

thorough in his approach. This is even commended by the CAF General Coordinator during the group stages in Alexandria in an MCM.

Pa Suwareh Faye, the Team Manager is full of wisdom, patience, and experience. A motivator per excellence. The general coordinator of the group. He ensures all players and coaches needs are met and is constantly mentoring the group including the technical team. His presence is immense.

BONUS SCHEME

The GFF Executive Committee and the Gambia Government, through the National Sports Council have been fully committed to the task at hand by making sure that a satisfactory platform was created to nurture and mold a squad capable of competing and defeating African heavyweights such as Tunisia, Zambia, and Nigeria on its charge to the finals. The players and coaching staff have benefitted from a bonus scheme carved out by the GFF Executive Committee, and approved by the Gambia Government, through the National Sports Council. This incentive served as extra motivation for the whole team and had a profound impact on performance. H. E the President of the Republic of The Gambia, invited the U20 Delegation to the State House on Wednesday 19th April 2022. The President on behalf of Government presented a token of appreciation to the team at the tune of D5,000,000.00 (Five Million Dalasis).





GFF Executive and Government Impact

The Gambian contingent was headed by the ever present and diligent first Vice President of the Gambia Football Federation, Mr. Bakary K Jammeh. He arrived in our tournament camp in Alexandria at the Africana Hotel. He was flanked by Co-Opted Executive Committee member Momodou Musa Njai, Executive Committee members Mustapha Jallow, and Chumbane Faye, Acting President of the Gambia Coaches Association Mr. Kebba Touray, the GFF Director of Finance Mr. Kemo Ceesay, and the Gambia Government representative from the National Sports Council, Finance Director Mr. Kongira.



In the latter stages of the tournament, the Deputy Ambassador of the Gambia in Turkey Hon Cherno Marenah also joined the group to add moral support. The CEO of Qgroup, Mr. Muhammed Jah, who was in town for other businesses, extended his stay to be with the team and even went further to make a handsome cash donation to the players and coaching staff. The GFF President Hon Lamin Kabba Bajo also made a surprise visit on the eve of the finals whilst the team was in the dining hall, his entrance was met with a loud roar of celebration.



All these little episodes only added to the level of motivation and concentration and drove the team to achieve beyond expectation. A real team effort with decentralization of unit making for a formidable team that has earned itself a place at the world stage in the summer U20 FIFA World Cup.

Problems and Solutions

Even with all the successes registered, the organization surrounding the preparations and the logistical arrangements can be improved upon.

For starters, the team trained early morning in the GFF Technical Training Center 2 to 3 times a week but the players were not provided with meals pre or post training throughout this period. It may seem harmless but quite the contrary. Usually, a small meal is required before and after a training session and this has to be within 2 hours before for digestion and 1 hour after completion to help with the regeneration process.



The team was camped in the second week of February 2023 at the Football Hotel with a handful of professional players joining the

squad. This local camp lasted for 5 days (instead of 3) due to late change in our flight schedule.

After departing for Cairo via Istanbul on the 14th February 2023, we arrived the 15th of February in the afternoon at the Tulip Garden Hotel, a 5-star establishment. Definitely jetlagged, but having already committed to playing an international friendly against Mozambique on that same evening through a contract signed with a match agent. With hesitation, due to fear

of muscle injuries that may occur from long hours of flight and a sleepless night. Luckily, our fears never come to being, and the match was played with competitive spirit and ended 1-1. A sigh of relief ran through the camp after the final whistle with only one player suffering laceration above the right eye due to a head clash in an aerial duel.



The three-day mini-camp in Cairo was massively relevant in the team's final preparations. Even with the high risk of muscular injuries that may have been sustained due to jetlag and fatigue, the one international friendly against Mozambique was also essential. It gave the team a good feel of the atmosphere, as well as a level of competition that lay ahead. Another advantage was that foreign based players who were not part of the preparations at home and they were integrated into the squad during the camp. It will serve us well if the logistical arrangements are better coordinated and players are not risked in order to fulfill a "contractual agreement" between the federation and a match agent. Also, the length of the camp may be extended to a week to ten days for the upcoming World Cup.



The match bonus scheme was also very motivating for the boys and boosted performances and morale. This scheme has to be continued and improved upon when and where possible.

Our journey back after the tournament was straightforward. We flew from Cairo International Airport to Banjul via Istanbul, and a pit stop in Dakar. The only discomfort came from the long layover (12hrs) that we had to endure in Istanbul. A shorter layover will be helpful in subsequent arrangements if and when

possible. The airline company did afford us meal coupons for the whole delegation. We found space within the airport where we turned seats into makeshift beds, and some players and officials stretched out on the floors (carpeted) to rest up overnight.



By the time we reached home after another long flight from Turkey to Banjul, the whole crew was exhausted. Nonetheless we were aroused by the on waiting Gambians with a ruckus welcome. A convoy was formed and drove slowly towards the GFF football secretariat with well-wishers and fans, old and young, male and female littering into the streets to catch a glimpse of the return of the heroes and next generation of Gambian footballers. Those who will take on the mantle from the current generation with more belief and experience, better organization and support, the potential for Gambian football is limitless.



4.0 REPORTS ON MEDICAL MATTERS OF GAMBIA U20 MALE FOOTBALL TEAM TOURNAMENT IN EGYPT AND PREPARATION FOR THE WORLD CUP IN INDONESIA

BY: DR. KARAMBA SUWAREH TEAM DOCTOR

TABLE OF CONTENT

- INTRODUCTION AND COMPOSITION OF THE MEDICAL TEAM
- MEDICAL ITEMS AND MEDICINES LIST
- PRECOMPETITION MEDICAL ASSESSMENT (PCMA)
- MEDICAL CONDITIONS AND INJURIES DURING THE PERIOD OF COMPETITION
- DOPING CONTROLS
- MEDICAL PROGRAMS DURING THE COMPETITION
- PREPARATION FOR THE WORLD CUP
- RECOMMENDATIONS

The medical team of the U-20 male team comprises of a team doctor; Dr. Karamba Suwareh and a team physiotherapist; Mr. Ebrima Saine, the team are also part of the technical staff responsible for the day-to-day management of medical matters of both the players and the entire delegations during the course of the engagement period.

MEDICAL ITEMS AND MEDICINES LIST

NO.	ITEM	QTY purchased	QTY used	QTY in stock
1	Examination Gloves	2 packets	1 packet	1 packet
2	Heat spray	6 bottles	6 bottles	0
3	Crepes bandages	3 packets	3 packets	0
4	Gauze bandage	3 packets	3 packets	0
5	Pain gels/ creams	3 packets	3 packets	0
6	Massaging oil	4 bottles	4 bottles	0
7	Adhesive tapes 2.5cm	3 packets	3 packets	0
8	Adhesive tapes 5cm	1 packet	1 packet	0
9	Bandages 5cm	1 packet	1 packet	0
10	Pain plaster	2 packets	2 packets	0
11	Ibuprofen 200mg	2 packets	1.5 packet	0.5
12	Arthemeter + lumefantrine (coartem)	1 packet	Only 1 dose of 24 tablets	
13	Amoxicillin 250mg	2 packets	2 packets	0
14	Amoxicillin 500mg	1 packet	0.5 packet	0.5
15	Co-trimaxazole tablets 480mg	1 packet	none	1 packet
16	Lubricating jelly (KY)	2 bottles	2 bottles	0
17	Omeprazole 20mg	3 packets	2 packets	1
18	Lactulose syrup	3 bottles	none	3
19	Cotton wools	1 roll	Partially used	
20	Face mask	1 packet	0	1 packet

21	Wound dressing plaster	3 rolls	3 rolls	0
22	Hand sanitizer	1 bottle	1 partially used	
23	Povidine iodine	3 bottles	2 used	1
24	Surgical spirite	2 bottles	1 used	1
25	Ketoconazole cream	1 packet	1 packet	0

The following medical items and medicines were purchased by the Gambia Football Federation through recommendation of the medical team to be exclusively used to take care of all medical matters during the preparatory phase of the tournament and during the course of the tournament.

THE TABLE BELOW SHOWS THE LIST OF MEDICAL ITEMS AND MEDICINES PURCHASED BY THE GFF FOR THE MEDICAL TEAM

PRE -COMPETITION MEDICAL ASSESSMENT (PCMA)

As part of requirements by CAF, all players that are to be registered for the tournament should undergo a mandatory pre-competition medical assessment to ascertain medical fitness during the course of the tournament, a series of medical assessments tools from the CAF medical protocols and format was used to asses 30 players, of which 25 were registered to the tournament

The medical assessments tools used were as follows:

- Detailed personal medical history
- Detailed family medical history
- Medication and food allergy history
- Number of games played in the last 12 months
- General and specific physical examination
- Vital signs check-up (temperature, blood pressure, pulse rate, heart rate)
- Anthropometrics measurements (weight and height)
- Laboratory investigations such as (complete blood count, biochemistry test including blood sugar and serum electrolytes)
- Echocardiography and electrocardiography
- Final conclusions and recommendations

On Tuesday 31st January 2023, a laboratory technician and a nurse from JOLOFARA OUTPATIENT CLINIC visited the team at the training ground of the Football Hotel (NTTC) in Yundum to collect blood samples from the players for analysis at the lab, after the laboratory analysis the results were delivered to the team doctor on 3rd February 2023 for review.

On Sunday 5th February 2023 a total of 30 players accompanied by the team physiotherapist Ebrima Saine and team doctor Karamba Suwareh presented at Vertex Diagnostics Centre in Fajara to undergo echocardiography scan and electrocardiography testing, the results of the investigations and scan were delivered to the team doctor on Monday 6th February 2023.

Two Gambian foreign based players Kajally Drammeh and Mamin Sanyang were not available for medical

testing in the Gambia, the team doctor contacted them and the format of the medical assessment were sent to them for delivery to their respective club doctors for medical assessment, after consultation with their respective club doctors, the assessment was done in South Africa for Kajally Drammeh and in Germany for Mamin Sanyang. The results of the assessment, conclusions and recommendations were sent to us via email.

On 8th February 2023, after reviewing all the medical assessment tools used, a medical certificate showing medical fitness to competitive sport was issued to 25 players, and declaration of completion of pre-competition medical assessments, declaration of doping control, and declaration of consent to PCR testing for Covid 19 was signed and sent to CAF medical and competition department through Omar Touray of GFF IT department.

DETAILED LIST OF MEDICAL CONDITIONS AND INJURIES

NO.	DATE	NAME	MEDICAL CONDITION	ACTION	STATUS
1.	10 TH FEBRUARY /2023	MUHAMMED JOBE	BONE MARROW CONTUSION/ MICRO TRABECULAR FRACTURE OF THE MEDIAL TIBIA PLATEAU MCL GRADE 1 INJURY	MRI SCAN DONE AT MISR RADIOLOGY CENTRE IN CAIRO, EGYPT, CONSERVATIVE MANAGEMENT WITH ORAL ANALGESICS, TOPICAL ANTI-INFLAMMATORY CREAMS, AND CONTINUOUS PHYSIOTHERAPY	NOT RECOVERED, RECOVERY PROGNOSIS 10 TH APRIL 2023
2	16 TH FEBRUARY, 2023.	ALIGE SAINÉ	DEEP FRONTAL LACERATION	EMERGENCY BRAIN CT SCAN WHICH REPORTED NORMAL WAS DONE AT EGYPTIAN ELECTRICITY HOLDING COMPANY HOSPITAL IN CAIRO, EGYPT, LACERATION SUTURED, ANTIBIOTICS AND ANALGESICS TREATMENT WITH WOUND CARE	RECOVERED
3	02/03/2023	ALIEU GIBBA	LACERATION AND MINOR BRUISES ON SHIN EXTENDING TO THE KNEE OF THE RIGHT LEG	WOUND CARE WITH ANTISEPTIC SOLUTIONS + ANTIBIOTICS AND ANALGESICS	RECOVERED
4	03/03/2023	KAJALLY DRAMMEH	PERIORBITAL CELLULITIS WITH CONJUNCTIVITIS OF THE LEFT EYE	ANTIBIOTICS AND ANALGESICS TREATMENT	RECOVERING, TO CONTINUE TREATMENT AND OPHTHALMOLOGY REVIEW IN SOUTH AFRICA
5	07/03/2023	MAHMUD BAJO	UNILATERAL PAROTID GLAND SWELLING WITH SUSPECTED MAXILLARY LYMPHADENOPATHY SECONDARY TO ODONTOGENIC INFECTIONS	ANTIBIOTICS AND ANALGESICS, ENT REVIEW WAS DONE AT DAR AL FAUOUD HOSPITAL, CAIRO, EGYPT, ULTRASOUND OF THE NECK WAS REQUESTED, HOWEVER COULD NOT BE DONE BECAUSE	RECOVERED, HOWEVER, NEED FOLLOWUP FOR THE EXTRACTION OF THE AFFECTED TOOTH

				MAHMUD BAJO RETURNED BACK TO SPAIN BEFORE WE COULD GET APPOINTMENT AT THE RADIOLOGY CLINIC	
6	06/03/2023	MAMADOU BAH	GASTROENTERITIS	ANTIBIOTICS, ANALESICS AND MULTIVITAMINS SUPPLEMENTATION	RECOVERED
8	26/02/2023	EBRIMA JAITEH	CLINICAL MALARIA	ANTIOBIOTICS, COARTEM DOSE FOR 3 DAYS, ANALGESICS AND MULTIVITAMIN	RECOVERED
10	03/03/2023	ALFUSAINEY SISE	GENERAL MALAISE	MULTIVITAMIN AND ANALGESICS	RECOVERED
11	11/03/2023	EBRIMA SINGHATEH	BROKEN MOLAR TEETH WITH NASAL TRAUMA	EMERGENCY MANAGEMENT DONE TO STOP THE BLEEDING, ANALGESICS AND ANTIBIOTICS THERAPY	RECOVERED, NEEDS DENTAL REVIEW
12	N/A	MOSES JARJUE	MINOR KNEE PAIN	CONSERVATIVE MANAGEMENT INCLUDING PHYSIOTHERAPY	RECOVERED
13	N/A	ADAMA BOJANG	MINOR ANKLE PAIN	CONSERVATIVE MANAGEMENT INCLUDING PHYSIOTHERAPY	RECOVERED
14	N/A	MODOU LAMIN MARONG	MINOR ANKLE PAIN	CONSERVATIVE MANAGEMENT INCLUDING PHYSIOTHERAPY	RECOVERED
15	N/A	HARUNA RASHID NJIE	MINOR ABRASION ON THE FOOT AND MILD FOOT PAIN	CONSERVATIVE MANAGEMENT INCLUDING PHYSIOTHERAPY	RECOVERED

NOTE:

- There was no major injury or medical condition that requires hospitalization.
- There was no suspected case of COVID 19.

DOPING CONTROLS

A total of 20 doping control testing was conducted on the Gambian players, 2 players are selected at the end of each game played for in-competition testing with a total of 12 testing in 6 games played. Furthermore, a total of 8 testing was done out of competition, 4 testing in Africana hotel in Alexandria and 4 testing in the Guard hotel in Cairo.

On 14th February 2023, at the football hotel in Yundum conference hall, the team doctor made a sensitization and educational presentation of the process of doping control for both team staffs and players. The presentation in a form of power point were the players were informed the concept of doping in sport, the rules and regulations of doping, substances that are prohibited in sport, doping violations and sanctions among others were explained in details.

The following players were tested for doping controls:

NO.	DATE	NAME	PLACE OF DOPING CONTROL	PURPOSE
1	19 TH FEBRUARY, 2023	MAHMUD BAJO	HOTEL ALEXANDRIA	OUT OF COMPETITION TEST
2	19 TH FEBRUARY, 2023	MAMIN SNAYANG	HOTEL ALEXANDRIA	OUT OF COMPETITION TEST
3	19 TH FEBRUARY, 2023	BA LAMIN SOWE	HOTEL ALEXANDRIA	OUT OF COMPETITION TEST
4	19 TH FEBRUARY, 2023	EBRIMA SINGHATEH	HOTEL ALEXANDRIA	OUT OF COMPETITION TEST
5	21 ST FEBRUARY, 2023	MODOU MARONG	ALEXANDRIA STADIUM	IN COMPETITION TEST
6	21 ST FEBRUARY, 2023	KAJALLY DRAMMEH	ALEXANDRIA STADIUM	IN COMPETITION TEST
7	24 TH FEBRUARY, 2023	ALAGIE SAINE	HARRAS EL- HEDOUD STADIUM	IN COMPETITION TEST
8	24 TH FEBRUARY, 2023	MUHAMMED SAWANEH	HARRAS EL- HEDOUD STADIUM	IN COMPETITION TEST
9	27 TH FEBRUARY, 2023	YOUKASSEH SANYANG	HARRAS EL- HEDOUD STADIUM	IN COMPETITION TEST
10	27 TH FEBRUARY, 2023	SAINEY SANYANG	HARRAS EL- HEDOUD STADIUM	IN COMPETITION TEST
11	3 RD MARCH, 2023	MOSES JARJUE	HARRAS EL- HEDOUD STADIUM	IN COMPETITION TEST
12	3 RD MARCH, 2023	EBRIMA SINGHATEH	HARRAS EL- HEDOUD STADIUM	IN COMPETITION TEST
13	5 TH MARCH, 2023	SALIFU COLLEY	GUARD HOTEL	OUT OF COMPETITION TEST
14	5 TH MARCH, 2023	HARUNA RASHID NJIE	GUARD HOTEL	OUT OF COMPETITION TEST
15	5 TH MARCH, 2023	MUHAMMED JOBE	GUARD HOTEL	OUT OF COMPETITION TEST
16	5 TH MARCH, 2023	PA EBOU DAMPHA	GUARD HOTEL	OUT OF COMPETITION TEST
17	6 TH MARCH, 2023	MANSOUR MBAYE	CAIRO INTERNATIONAL STADIUM	IN COMPETITION TEST
18	6 TH MARCH, 2023	ADAMA BOJANG	CAIRO INTERNATIONAL STADIUM	IN COMPETITION TEST
19	11 TH MARCH, 2023	ALIEU GIBBA	CAIRO INTERNATIONAL STADIUM	IN COMPETITION TEST
20	11 TH MARCH, 2023	BAKERY JAWARA	CAIRO INTERNATIONAL STADIUM	IN COMPETITION TEST

MEDICAL PROGRAMS DURING THE TOURNAMENT

On 15th February 2023, the team doctor attended a virtual workshop through ZOOM organized by CAF medical department.

At the end of every game played, ice bath is organized for all the players that played in the that game to enable them for good recovery

The medical team inspect and controls all food and waters that are to be served for the delegation to enable to us to meet the required standard of hygiene, health and nutritional values during the camping periods.

FIFA U-20 WORLD CUP INDONESIA 2023: MEDICAL AND DOPING CONTROL MATTERS

On 21st march, 2023, circular no. 4 from FIFA, the following are recommended on medical and doping control matters

VACCINATION RECOMMENDATIONS AND DISEASE PREVENTION

- It is recommended that all delegation members' basic immunizations (diphtheria/tetanus/polio, measles/mumps/rubella and varicella) are up to date
- a full primary COVID-19 vaccination course is required for adults to enter Indonesia

PRE-COMPETITION MEDICAL ASSESSMENT

The pre-competition medical assessment (PCMA) is mandatory for participating teams at FIFA competitions. In order to protect players' health, each participating member association is required to ensure that all its players have undergone a PCMA

participating teams should complete the declaration of agreement to the PCMA, this declaration must be signed by the team doctor and the participating member association's president and general secretary, these documents must be sent to FIFA by 12th may, 2023.

IMPORTATION OF MEDICATION AND MEDICAL EQUIPMENT AND TEMPORARY PRACTICE IN INDONESIA

Team doctors can take medication and medical equipment for exclusive use by their teams during the tournament with them. The nature and quantity of this medication and medical equipment must, however, be submitted to Indonesian customs prior to travel in a written declaration by 28th April, 2023.

Team doctors current medical practice license must be sent to FIFA medical by 28th April, 2023.

HEALTH INSURANCE INFORMATION

In order to facilitate medical service delivery and payment at the designated hospitals in advance and guarantee smooth handling, teams should provide the LOC with details of their health insurance. The name of the policy, coverage plan and contact to should be sent

fu20wcteamservices@fifa.org by 31 March 2023.

RECOMMENDATIONS ON MEDICAL MATTERS

- medical items and medicines list to be updated and purchase all medications and equipment that are out of stock for the list to be sent to FIFA medical by 28th April, 2023.
- pre -competition medical assessment (PCMA) for a provisional list of 30 players to be completed according to FIFA medical format by 12th may, 2023.
- GFF to write to the expanded program on immunization (EPI) under the ministry of health, the Gambia to facilitate vaccination against Covid 19 and basic immunizations in the yellow card (diphtheria/tetanus/polio, measles/mumps/rubella and varicella for the all-delegation members.

- In order to facilitate medical service delivery and payment at the designated hospitals in the host country, we recommend for a health insurance coverage for the entire delegation.

5.0 FINANCIAL REPORT

BY: KEMO CEESAY FINANCE DIRECTOR

GAMBIA FOOTBALL FEDERATION

FINANCIAL REPORT OF THE U20 PARTICIPATION IN EGYPT

INCOME	GMD		GMD
	ACTUAL	GFF	NSC
REVENUE	19,835,000.00	8,335,000.00	11,500,000.00
TOTAL ALLOCATION FOR U20 PARTICIPATION			
EXPENDITURE			
Accommodation during training camp Expenses	3,740,000.00	3,740,000.00	-
Return Air Tickets paid from Govt. support	5,359,200.00	-	5,359,200.00
Camping allowance for the U20 Delegation	1,336,200.00	195,400.00	1,140,800.00
Match Bonus paid for 3 matches	2,101,200.00	2,101,200.00	-
Match Bonus paid for 2 matches Benin and Nigeria	1,421,200.00		1,421,200.00
Special Government gift for reaching the U20 AFCON	3,578,800.00		3,578,800.00
Logistics for the Team Manager during the tournament	244,800.00	244,800.00	-
Accommodation for extra delegation with allowances	2,053,600.00	2,053,600.00	-
TOTAL EXPENDITURE FOR U20 AFCON PARTICIPATION	19,835,000.00	8,335,000.00	11,500,000.00
SURPLUS OR (DEFICIT)	-	-	-

PICTORIALS

