

# Use technology to train Sabah athletes — UMS

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By Jenne Lajjun

**KOTA KINABALU:** Universiti Malaysia Sabah (UMS) can help Sabah regain its former glory in sports back in the 1980s.

UMS Deputy Vice Chancellor (Research and Innovation) Professor Dr Shahril Yusof said that with the launch of the Physical Fitness Rehab Centre at UMS which is supported by experts in the field of sports and modern facilities, he believed that UMS could help develop the athletes in Sabah.

“UMS can help Sabah excel in sports ... we need to bring back the glory to Sabah,” he said.

He reminded that in the 1980s, Sabahan athletes were feared by athletes from other states.

“UMS will contribute (towards this). I believe this can be achieved,” he said.

Dr Shahril also stressed the importance of adopting the latest technologies in training athletes in Sabah, citing that the methods used in yesteryears were no longer



Shahril (fourth from left) at the launch of the centre yesterday.

suitable for athletes who want to compete in the international arena.

He added that athletes' training must be done with the help of technology.

“Our athletes must be trained, rehabilitated and strengthened,” he said.