







ECAS NEWSLETTER

ECAS SWIMMERS AWARDED AT THE NELSON MANDELA BAY AQUATICS ANNUAL PRIZE GIVING

1st Quarter April-June 2016

FutureLife Smart Energy BARS



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The annual Nelson Mandela May Aquatics (NMBA) swimming prize giving was held on 04 June 2016 In Port Elizabeth.

Jessica Beukes stole the show walking away with a total of 5 awards. Jessica won the Champion of Champion Trophy for top female swimmer at (Level 3), the Ponsaby Trophy age group trophy (14yrs), the Brian Elliott Trophy Springbok series (13-14yrs), the Freda Barnard Junior Victrix Ludorum Trophy as well as the NMBA Junior Swimmer of the Year award. Alard and Alaric Basson were re-awarded their Honours badges for South African representation at the Swimming World Cup in Doha and Dubai as well as the 11th African Games in Brazzaville. Alaric also won the Senior Victor Ludorum trophy.











SUCCESS FOR WHEELCHAIR TENNIS STAR MARSHALL MARSH AT INTERNATIONAL WHEELCHAIR TENNIS TOURNAMENTS



EC and SA Wheelchair Tennis star player, Marshall Marsh, competed in 2 International Tennis Federation (ITF) wheelchair tennis tournaments in June 2016.

The 2 ITF Futures Series tournaments carry valuable ranking points and attracted players for a number of countries including France, Reunion Nigeria and Kenya.

The Airports Company SA (ACSA) Polokwane Open was held at the Polokwane Tennis Club from 25 June - 28 June 2016. Marsh received the finalists trophy for singles losing to world number 36 Leon Els in a well contested match 5-7 6-1 6-2. Marshall and partner Alwande Skhosana narrowly lost the doubles final to Els and Thato Tsomole in a 3rd set tie breaker.

The Soweto Open tournament (ITF Futures series event) was held the Arthur Ashe stadium in Soweto from 30 June - 03 July 2016. Marshall and doubles partner, Leon Els, claimed the doubles finals trophy with a 6-2, 6-0 win over Alwande Skhosana and Thato Tsomole. In the singles event Marshall lost to Leon Els (event winner) in the semifinals.

ECAS ASSISTED WITH TESTING AND TRAINING OF PROFESSIONAL BOXERS ZOLANI TETE AND LUSANDA KOMANISI

Zolani "Lastborn" Tete (current IBF International bantamweight champion) and Lusanda "The Mexican" Komanisi (current IBO World Featherweight champion) visited ECAS and the NMMU High Performance Centre on 04 to 05 July 2016 for fitness evaluations and related training in preparation for their forthcoming international fights.

Both Tete and Komanisi are from Mdantsane, near East London under the management of Mr. Mla Tengimfene. Both boxers are scheduled to fight in mid-September, with Zolani fighting in Liverpool, England, while Lusanda will be fighting in the United States of America. Testing took place over two days and the test battery included all major components of fitness. The 1st day was done by Biokineticist Mteteleli Biko and included the initial consultation followed by an injury screening, anthropometric assessment, flexibility, muscular strength and endurance testing. The second day was managed by The Department of HMS' Sport Scientist Jarred Salzwedel and Matthew Bonnesse. Their assessments included power, speed, aerobic capacity as well as reaction time testing.





ECAS IN COLLABORATION WITH SANABO HOSTS SUCCESSFUL 2 WEEK TRAINING CAMP IN PE

ECAS in collaboration with the South African National Boxing Organization (SANABO) hosted a successful 2 week boxing training camp at the High Performance Complex in Port Elizabeth from 24 May to 12 June 2016. The camp served as preparations for the Olympic Qualification Event that was held in Baku, Azerbaijan from 14-26 June 2016.

Below are the names of the seven boxers who attended the training camp: Arnold Phuzi(Limpopo), Luvuyo Sizani(EC), Sibusiso Bandla(KZN), Asanda Gingqi(EC), Ayabonga Sonjica(EC), Sibusiso Malinga(EC) and Siko Nqothole(EC).

The main components covered at the camp included fitness testing, video analysis, sports psychology, nutrition, and life skills sessions. Mr.Mtetileli Biko (Biokineticist) assigned to work with the boxers led the testing and conditioning sessions. The Afternoon boxing sessions were run by the expert national boxing coach Mr. Nkosinathi Hlatywayo.

During the camp, a nutritional session was presented by Angela Leach a registered dietician from Futurelife, to educate the boxers on the importance of proper nutrition and the benefits thereof. ECAS Nelson Mandela district coordinator Mr. Hennie de Klerk delivered an educational lecture on life skills and team building. Sport Psychologist Dr. Lynn Slogrove from the HMS Department at NMMU presented a sport psychology session\lecture to the group.









JESSE FEBRUARY WINS THE 2016 AFRICAN ZONE 4.3 WOMAN'S CHESS CHAMPIONSHIP IN MAURITIUS



ECAS Chess Star, Jesse February is at the top of her game.

The 2016 Africa Zone 4.3 Individual Chess Championships tournament was held at Hotels RIU Le Morne and RIU Creole in Le Morne, Mauritius from 23rd April to 1st May.

The event was organized by Mauritius Chess Federation under the auspices of African Chess Confederation and FIDE.

The tournament attracted a total of 26 players from 5 federations (Angola, Botswana, Madagascar, Mauritius and South Africa). Jesse was one of 5 South Africans playing in the tournament. The women's section of the tournament was played over 9 rounds. Jesse drew 2 of her contests and by winning 7 rounds, earning the title of 2016 African Zone 4.3 Woman's Chess Champion. The win also earned Jesse and upgraded title of Woman International Master (WIM) for her efforts.

ECABO Boxers Shines at SANABO ELITE Boxing Championships

.The 2016 South African Boxing Organization (SANABO) Elite Championships took place over 29 June – 2 June 2016, at the Durban University of Technology, Durban.

All 9 provinces took part and each province was allowed an entry of 16 male boxers and 10 female boxers. The Eastern Cape Amateur Boxing Organization (ECABO) team won the competition in 2014 and 2015 and was looking to successfully defend their title. The Eastern Cape (EC) team successfully defended their title as they once again finished in first place with 8 gold medals, 6 silver medals and 3 bronze medals. In second place were ECABO's biggest rivals, KwaZulu-Natal with 7 gold medals and 3 silver medals.

Team ECABO also won the best male and female boxer of the tournament awards; with Siya Mpongoshe (NMBM) and Bongiwe Colani(Sarah Baartman) doing the honors.







2016 COMMONWEALTH MEDALS FOR JUDO SUPER STARS MABULU, BIKO AND ZIWA

The 2016 Commonwealth Judo Championships was hosted by the city of Port Elizabeth from 23-28 April. The event held at the NMMU South Campus attracted around 500 athletes from 15 Commonwealth nations. It was the first time the judo games were hosted on the African Continent. Some of the world's best judo athletes contested for medals at the Nelson Mandela Bay Commonwealth Judo Games.

Siyabulela Mabulu, Luthando Biko and Luzuko Ziwa competed in the senior's event of the 2016 Commonwealth Judo Games and secured the following medals:

Siyabulela Mabulu GOLD medal 66Kg, Luthando Biko GOLD medal 63Kg ,Luzuko Ziwa BRONZ medal 73Kg



PIETERSE AND SEDDON INCLUDED IN ASA SQUAD FOR 2016 IAAF WORLD UNDER 20 (JUNIOR) CHAMPIONSHIPS.

ECAS athletics sprinters Levert Pieterse and Cayla Seddon was included in the Athletics South Africa (ASA) squad for 2016 IAAF WORLD UNDER 20 (JUNIOR) CHAMPIONSHIPS.

The World Championships was held in Bydgoszcz in POLAND form 19 – 26 July 2016. Seddon and Pieterse will contest for the 100 and 110 meter hurdles respectively at the 2016 IAAF WORLD UNDER 20 (JUNIOR) CHAMPIONSHIPS Levert Pieterse and Cayla Seddon also attended a training camp in Stellenbosch where they had an opportunity to make their mark at ASA Senior Championships.







NATIONAL MEDALS FOR ISCHKE SENEKAL, GARTH ELLIS, AND LUXOLO ADAMS

The Athletics South Africa (ASA) Senior Championships (Track and Field and Combined Events) took place in the Coetzenburg Stadium in Stellenbosch from 15 to 16 April 2016.ISCHKE SENEKAL showed her class by winning 2 gold medals at the event. 1 GOLD MEDAL for discuss (56.86m) and 1 GOLD MEDAL for shot put (15.28m). Ischke is also the 2015 All Africa silver medalist in discuss.

GARTTH ELLIS impressed in the HIGH JUMP by winning a SILVER MEDAL with a height of 2.10m.

LUXOLO ADAMS secured a team medal for EP in the 4 X 100M RELAY with the help of team mates Casper Lotter, Aidan Tuohy, Johan Steyn.





Eastern Cape Academy of Sport P.O. Box 77000 NMMU Port Elizabeth 6013 Tel: 041 504 4884 Fax: 041 504 2022 Website: www.ecas.co.za

Physical address:
Human Movement Science
Department
NMMU South Campus
University way
Summerstrand
Port Elizabeth



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