



ECAS NEWSLETTER

GOLD FOR ONKE MANGELE AT THE 2016 AFRICA GAMES GYMNASTICS CHAMPS

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ECAS Gymnast Onke Mangele continues to impress after winning gold in the double mini trampoline event in the u/18 division for the 2016 African Championships. The 2016 African Championships for Rhythmic Gymnastics and Trampoline (which includes Tumbling) took place in Walvis Bay, Namibia from 28 August – 03 September 2016

Onke, the 14 year Port Alfred gymnast, defied the odds and hardship of township life to become the African Junior Champion in double trampoline event. Onke also won the gold team medal on double mini trampoline and the bronze team medal on trampoline.

What makes his achievement even more remarkable is that he does not have access to a double trampoline during the week and has to travel over 300km (Port Alfred to PE) on some weekend to be able to practice. Onke (orphan) believes that he can become one of the world's best gymnasts and has goals of Olympic participation. The gymnast is part of the award-winning Nemato Change-a-life (NCAL) youth development project that is based in Port Alfred. Jan Blom, a former top-flight rowing coach in Holland is the founder of the (NCAL) youth development project. Jan believes in the abilities of Onke and other such talented athletes and is hard at work to secure improved gymnastics facilities for the Port Alfred township project





WORLD CLASS PERFORMANCE FOR KAYLENE CORBETT TO QUALIFY FOR WORLD SHORT COURSE GALA IN CANADA



Kaylene Corbett competed at the Swimming SA Short Course Gala that was held in Pietermaritzburg from 25-28 August 2016.

Kaylene recorded a time of 2:24:34 for the 200m Breaststroke women open category.

The world class time of 2:24:34 for the 200m Breaststroke women open category qualified Kaylene for the World Short Course Gala will take place in Windsor, Canada 6-11 December 2016.

Kaylene's recorded winning time (2:24:34) is considerably better than the international qualifying time of 2:25:37.

Apart from gold medal and qualifying time she also secured gold medals in the 50m, 100m breaststroke for women (total of 3 gold medals).

Only 13 South Africans swimmers qualified for the World Short Course and included names such as Chad and Cameron. Only 3 girls, - Kaylene Corbett (200m breaststroke), Mariella Venter (100m backstroke) and Taylor Lovemore (50m fly) qualified for the World Short Course Gala.

ECAS ATHLETES EXCEL AT THE 2016 SA CROSS COUNTRY CHAMPIONSHIPS

ECAS athletes excel at the 2016 SA Cross Country Championships.

The 2016 National Cross Country Championships (Senior Men/Woman, Junior Men/Woman and Relay Team events) was held in Pacaltsdorp in George, in the Western Cape on Saturday 10 September 2016.

The national event attracted 2 700 athletes that competing in age groups from 8 to 89. ECAS was well represented at the event with 22 athletes from different district (Alfred Nzo, Buffalo City Metro, Joe Gqabi, Amathole and Chris Hani) forming part of the EC team.

Avela Nazo (ECAS athlete) from Chris Hani District finished in first position (Gold Medal) in the 6km race event in the junior Boys division with a time of 18:21s. Awethu Ntsotho competed in the 8km race and finished in a credible 11 position. In the Junior Boys division (Relay Team race event), Awethu, Aphele and Yanga managed to finished in 3rd position securing a Bronze Medal.

FutureLife contributed to the nutritional needs of the athletes. All ECAS athletes who competed at the event competed in Future Life branded clothing.





ECAS SPORT SCIENCE MOBILE UNIT VISITS MACLEAR HIGH SCHOOL IN MALCEAR

ECAS Sport Science Mobile Unit visited Maclear High School in Maclear (Joe Gqabi District) on Tuesday 23rd August 2016.

A total of 16 Coaches from three neighbouring schools attended the project. Project Leader and ECAS Sport Scientist, Mr Wayde Douglas presented a PowerPoint Presentation to the Coaches which were followed by a practical demonstration by ECAS Athlete Mentor Mr Loyiso Ntombana. Mr Douglas had the following to say about the Project, "All the Coaches as well as the pupils were eager to learn and enthusiastically participated during the theoretical and practical sessions. The project was a huge success as the target population (both athletes and coaches) was perfect". Maclear High School's rugby team also participated in the project. Thanks to FutureLife all participating athletes now receive a FutureLife Crunch High Protein Bar and a sachet of Smart Food at the conclusion of each project. Nutrition plays a pivotal role in an athlete's development.



LUSAPHO APRIL FINISHED IN COMMENDABLE 24TH PLACE AT THE 2016 OLYMPIC MARATHON IN RIO



EC and SA marathon star, Lusapho April, who came 24th in the Rio Olympic marathon event that was held in Rio on Sunday 21 August 2016.

One hundred and fifty five (155) runners from 80 countries competed in the race. April fished the race in a time of 2hr 15min 24sec.

The race was run under difficult wet conditions that did not allow an attempt on the World record of 2h02m57s or the Olympic record of 2h06m32s.

The halfway point was reached in 1:05:55 and 25km in 1:18:12 with 37 men still within 10 seconds of the lead at this point.

April was well place and in the leading pack at the 35km mark, but then favorite, Eliud Kipchoge (Kenyan) broke away and stormed to a runaway gold medal win in a time of two hours, eight minutes, 44 seconds - well over a minute quicker than Ethiopia's Feyisa Lilesa, who took silver. American Galen Rupp claimed bronze in 2:10:05

Lusapho April was was the first South African over the line and ran a brave race under difficult conditions .



ECAS Boxers wins Gold at Nelson Mandela Cup-Boxing Tournament in PE



The Nelson Mandela Cup Boxing tournament took place in KwaNoxolo, Bethelsdorp in Port Elizabeth from 12-16 July 2016.

The event hosted by SANABO and the Nelson Mandela Bay Municipality attracted athletes from South Africa, Germany and the Seychelles. Buffalo City Metro and Amathole district boxers Sibusiso Bandla, Asanda Gingqi, Mandisile Xhayimpi and Luvuyo Sizani all on the ECAS program contested for medals at the event. The boxers secured the following medals in their respective weight categories:

Asanda Gingqi-(60kg)-Gold Medal
Mandisile Xhayimpi-(69kg)-Gold Medal
Luvuyo Sizani -(81kg)-Gold Medal
Sibusiso Bandla-(49kg)-Gold Medal

ECAS Sprinting Elite Squad attends High Performance Training Camp in PE

Twenty top young athletes attended the High Performance sprinting training camp held at the Nelson Mandela Metro University High Performance Complex in Port Elizabeth.

The training camp took place from 06-09 July 2016 which included athletes from all districts in the Eastern Cape. The purpose of the training camp was to expose the athletes to advance scientific methods of training and prepare them for the upcoming 2016 athletics season. Mr. Thobela Thoba, sprinting mentor coach lead a number of sessions which included , fitness testing ,injury rehabilitation and management, nutrition guidance, mental preparation and goal setting sessions. The HMS Department under the guidance of Mr. Mark Kramer(expert in Biokinetics, Biomechanics and Exercise Physiology) concluded the tests on the athletes followed by specific feedback and provisioning of training programs. Miss Nerine Looock presented a talk to the group on Sports Psychology and Mental Preparation. Mr. Bradley Agnew addressed the athletes on preparation for national and international competitions.





Amathole District Academy in Collaboration with SARU Hosts Successful Training/Team Building Camp for Border Rugby Academy players.

ECAS (Amathole District) hosted a rugby training/team building camp for about 25 u21 rugby players from Border Rugby Academy. The training camp was held from 19-21 August 2016 in Hogsback (Qabimbola), Eastern Cape.

Components covered at the camp included: Sport Psychology, Strength and Conditioning and Life-skills sessions. A Life skills session was presented by Life Skills Coach Mr. Mandisi Tshoti from South African Rugby Players Association. Professor Leon Van Niekerk (Psychologist) (HOD from HMS department at Fort Hare) presented a sport psychology session to the group. On field practical sessions was run under the guidance of rugby coaches Mr. Lumumba Currie and Mr. Carlos Katywa.

According to Amathole district Coordinator Mr. Monwabisi Mbane the training and team building camp was a huge success. Presentations were of good quality and very informative and appreciated by the participants. The aim of the project was to prepare players for participation in first class rugby divisions in the near future.



Picture to the Left: Members of the Border Rugby Academy during a Life Skills Session.

Middleburg (Stormers) Rugby Players attends Training Camp in Middleburg

ECAS (Chris Hani District Academy) hosted a successful training camp for 30 female rugby players. The camp took place from 19-21 August 2016 at Midros Township in Middleburg. Most of the players attending the camp were members of the Middleburg Ladies Rugby team. The Middleburg Ladies Rugby (Stormers) team forms part of the ECAS High Performance Hub programs. Components covered at the camp included: Fitness and Speed testing, Field sessions and Video analysis. Training was done under the guidance of Mr. Jonny Padda (Coach Middleburg Stormers). Testing was done on the following components: Speed, Endurance, Agility and Skills. The purpose of the camp was to prepare the team for the Geneva Scholtz Memorial Women's Rugby Club





ECAS launches Dan's Tennis Academy High Performance Hub in O.R. Tambo District

Dan's Tennis Academy is situated 22 km outside Mthatha on N2 highway road to Durban.

The Academy has 2 all-weather courts that are part of Dan's Country Lodge.

Dan's Tennis Academy was started on 12 July 2011 and officially opened by Minister Fikile Mbalula on 16 June 2012.

The project initiator and coordinator is the well-known tennis enthusiast colonel Marshall. The program runs year round from Monday to Friday with about 20 players aged 8 to 20 attending the sessions starting after school. The Academy also runs holiday programs for the enthusiastic players.

Players are selected by colonel Marshall from schools (Lurasini SPS, Mngceleni SPS, Mcasa SSS and Mangala SSS) in the vicinity of the academy.

Dan's Tennis Academy forms part of the ECAS High Performance Hub programs.



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We would like to extend a warm Thank you for the support from our stakeholders...

