



# ECAS NEWSLETTER

## Gouveris secures Daily Dispatch Cycle Tour title

*3rd Quarter  
Oct-Dec 2016*

The Daily Despatch Cycle Tour took place from 05-06 November 2016 at the Buffs Club in East London.



ECAS athlete, Bradley Gouveris's participated in the Open Men division where he finished in 1st place. The win has boosted his confidence as he looks ahead to the 2017 season.

The Port Elizabeth matriculant made a move on the final climb to pull clear of the field in the closing stretch of the 102km classic. It was the first major win of the 18-year-old's young career, but something he had targeted from the start of the year. Bradley had the following to say about the event, "It was one of three races I'd identified to do well in this year," "I was not sure how I will perform at the race, but everything went right for me, so I'm happy to have pulled it off." Despite still being at school. Gouveris has excelled for NMMU's Best-med-Shukuma-Madibaz Cycling Club and says the experience has improved his cycling.

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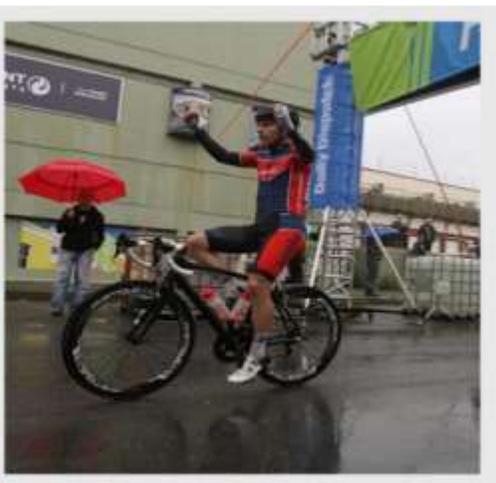
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## *REPORT ON ECAS-CHRIS HANI DISTRICT ACADEMY COACHES EDUCATION WORKSHOP FOR BOXING*

The ECAS Chris Hani District Academy hosted a Boxing Coaches Education Workshop for 26 boxing Eastern Cape in Queenstown. The workshop was held from 26-27 November 2016.

The aim of the project was to enhance coaches' education and improve the knowledge of boxing coaches of the area. The participants were from the following towns: Dordrecht, Cala, Ngcobo, Llinge, Queenstown and Whittlesea.

ECAS partnered with the Eastern Cape Amateur Boxing Organisation (ECABO) and used expert boxing coaches such as Mr Khangelani Jack (East London) and Mr Fuzile Mapeyi (Queenstown) to facilitate sessions of the course.

Components covered at the camp included an introduction to coaching methods, technical and tactical aspects of boxing, anti-doping, injury prevention, competition rules, regulations etc. The Chris Hani district Coordinator, Miss Dolly Sigwili, informed us that the participants valued the informative workshop presentations. They were also appreciative of the coaching manuals they received as part of the course documentation.





*ECAS HOST TRAINING CAMP FOR EC SENIOR ELITE NETBALL SQUAD*

Twenty six EC Senior Elite Netball squad players attended a testing and training session/camp at the NMMU High Performance Complex in Port Elizabeth. The training camp took place from 18-20 November 2016. T

The purpose of the camp was to evaluate the players and select a smaller group of 18 players which will participate in the Brutal Fruit Premiere Netball League.

The league was played by SA netball provinces brutal Fruit selected teams. The league will take place from April to May 2017 at various venues in South Africa.

The training camp program was done in conjunction with the EC Netball Association under the guidance of the high performance coordinator Denise Grootboom. Aspects covered at the camp included: Life- Skills, Fitness Testing, Nutrition, Video Analysis, Physical and Mental aspects of the Game.

During the camp testing of the players was done by Mrs Sue-Anne Kock (Biokineticist). The athletes performed a number of tests which included: Broad Jump, Chest-Put, 505 Agility, Yo-Yo and Push up test. According to Mrs Kock the players' tests results proved to be satisfactory with opportunities for improvement. Participants in the training camp received an individualized training program based on their tests results.

On court sessions was headed by experienced Netball Coach Desiree Neville. It covered the technical and tactical aspects of the Netball. Desiree had the following to say about the camp," I am very pleased with the performance of the players who showed great dedication and commitment at the camp. I thank ECAS for their continued support and holistic approach to athlete development". Desiree was assisted by district netball coaches.

Miss Nerine Loock presented a talk to the group on sports psychology and mental preparation. Mr. Wayde Douglas(ECAS Sport Scientist) presented a PowerPoint presentation on the benefits/uses of Video Analysis in Netball to the group. Registered Dietician Riana Greyvenstein (BSc. Dietetics) spoke to the group about the importance of proper Nutritional care to train and participate at a high level.



*MORE TROPHIES FOR WHEELCHAIR TENNIS ACE MARSHALL MARSH AT THE ACSA INTERNATIONAL TENNIS FEDERATION (ITF) BLOEMFONTEIN OPEN WHEELCHAIR TENNIS TOURNAMENT*



ECAS athlete and SA Wheelchair Tennis ace, Marshall Marsh, competed in the ACSA Bloemfontein Open International Tennis Federation (ITF) wheelchair tennis tournament at the Bloemfontein from 02-05 October 2016. The event was held at the Oudstudente Tennis Club in Mangaung.

The ITF Futures Series is an international tournament that carried valuable ranking points and attracted players from Zimbabwe and Tanzania and South Africa.

To advance to the Men's Open final Marsh beat fourth-seeded Donald Ramphadi 6-7(4) 6-4 6-0 in a grueling three-set match that lasted for 3 hours. In the finals, Marsh received the finalist's trophy for singles losing to good friend and longtime rival, world number 36 Leon Els. In the doubles final Marsh and Els won the title securing their second doubles title in Bloemfontein. In the final they beat Gift Lekhanyane and Alwande Skhosana 6-3 6-1.

Marshall had the following to say about his experience at the tournament: "I am disappointed about my loss in the finals, an injury sustained to my left hand in the semi-finals affected my mobility and I could not play to the best of my ability in the final. Leon played an unbelievable match and he deserves to be the winner. I am very pleased with my overall performance during the event".

Marshall was one spot away from making the wheelchair tennis team that represented SA at the Rio at the Paralympic Games in September 2016. The disappointment of not making the Olympic squad did not discourage the 27 year old from Uitenhage who continued his practice regime and with his recent achievements at the ACSA Bloem Open; Marsh proved that he is still a force to be reckon with on the wheelchair tennis circuit.

## *Training camp for NMB Boxing Organization cadets in preparation for ECABO Championships*

The Nelson Mandela Bay Boxing Organization (NMBBO) with assistance from Eastern Cape Academy of Sport (ECAS) held a successful boxing training camp at the Uitenhage Multipurpose Sports Centre in Uitenhage.

The camp was held from 9 -11 September 2016 and attracted the best male and female boxers (12-14 years old) and coaches.

The purpose of the training camp was to prepare the selected young cadets to represent NMBBO at the 2016 Eastern Cape Boxing Organization (ECABO) Championships which took place in Stutterheim at the end of September 2016.

A total of 41 boxers, 11 Coaches/Managers from Nelson Mandela Bay attended the training camp. The main components covered at the camp included strength and conditioning, video analysis, technical and tactical sessions.

ECAS Biokineticist Mr. Mtetileli Biko, led the strength and conditioning and video analysis sessions. Mr Biko also presented a workshop on nutrition to the group.



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## REINHARD ZELHUBER TAKES SANI DRAGON TITLE

The Fedauto Sani Dragon 2-day MTB stage race took place from 30th September to 01 October 2016 in the Underberg area of Southern KZN.

ECAS athlete and Mountain Bike Rider, Reinhard Zellhuber excelled at the recent Fedauto Sani Dragon MTB Stage Race. The 19 year old from Kokstad won the King of the Mountain (KOM) (race up the Sani Pass) when he finished in 1st position in the junior division. Reinhard finished in a time of 1h53 beating the previous record held by Tyronne White. Zellhuber who teamed up with Marc Fourie also claimed victory in the team event and was crowned the 2016 Fedauto Sani Dragon in association with Mortimer Toyota champions.

The win comes as a maiden stage race success for Kokstad's Zellhuber and Bloemfontein's Fourie both individually and as a combination – a partnership the Fedauto duo hope will continue to blossom after such a positive beginning.



*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](http://www.ecas.co.za)*

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



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