



ECAS NEWSLETTER

4th Quarter
Jan-Mar
2019

Inside this issue:

- SB Academy Launch
- Mbasa Qilingele
- Sport Focus Schools
- Coaches Education
- Training Camps

SARAH BAARTMAN DISTRICT ACADEMY OF SPORT SUCCESSFULLY LAUNCHED:

On Tuesday 26 February 2019, Provincial MEC for Sport, Recreation, Arts and Culture, Hon. Bulelwa Tunyiswa officially launched the Sarah Baartman District Academy of Sport and Makana Indoor Sports Centre (Gym Facility) in Makhanda (Grahamstown).

Makana Municipality in collaboration with Rhodes University will serve as the host institution of the ECAS Sarah Baartman District Academy.

The facility will be used in a collaborative approach with role-players such as the Makana Municipality, Rhodes University, Department of S&R as well as local community federation structures. Other than being the host institution, the purpose of the facility is to provide high end gym access for selected high-performance athletes and groups. As part of the launch, the MEC unveiled the newly established Academy Gym situated at the Makana Indoor Sports Centre.

The ECAS Sarah Baartman District Academy will run various programmes in conjunction with Rhodes University, provincial and national federations. Majority of the programmes will focus on athlete support, talent identification, coaches' education, sport science and medical support services.

Rhodes University Human Kinetics and Ergonomics Department will assist in the daily operation of the Gym and will provide scientific and logistical support to the academy.

The event was attended by numerous dignitaries including, Mr Mzukisi Mpahlwa (Makana Municipality Mayor), Mr Bafundi Makubalo (DSRAC Senior Manager), Mr M. Magada (ECSC president), Miss Jean Miggels (ECAS Commission chair-person), Dr. S. Zschoernack (HOD Dept of Human Kinetics and Ergonomics at Rhodes University).

Sport administrators in the Eastern Cape are hopeful that the newly-launched Sarah Baartman District Academy of Sport will be an incentive and keep the local talent in the region. The academy will act as a feeder to the provincial academy programmes. ECAS Coaches, with assistance from Rhodes University, will provide selected and qualifying athletes from different sporting codes specialized training and sport science support services..





ECAS FACILITATED HIGH PERFORMANCE ATHLETICS SPRINTING COACHES SEMINAR

ECAS facilitated an **ATHLETICS HIGH PERFORMANCE SPRINTING COACHES SEMINAR** at the Nelson Mandela University on Friday 08 February 2019.

The SEMINAR was part of the Provincial ECAS Sprinting training Camp and was attended by about 50 coaches from the NM Metro and other districts. High performance coach **MR HENNIE KRIEL**, (SA National Athletics Coach and qualified IAAF Level 4 coach) was the main speaker addressing the coaches on the importance of **HOW TO UNDERSTAND SUPER COMPENSATION**.



Mr Kriel highlighted the dangers of over-training and the value of recovery. He emphasized the importance of getting to know the body systems and that differentiation was key to working with different athletes. He provided statistical data and presented examples of training programs.

Attending coaches were very appreciative of his passion and knowledge of sprinting. One of his take home message points was that the lack of recovery was the number one culprit in inconsistent performance.

The second speaker was **Ms RIKENETTE STEENKAMP**, SA 100 m Hurdles Champion, Gold and Silver Medalist at the African Athletics Championships (2014,2018).

Her topic, of **STUMBLING ACROSS YOUR STRENGTH**, was well received by the attending coaches. She was small and a late developer with enormous willpower and commitment to training and becoming the best. At age 16 she started believing that she could be a champion. Over-training and injury resulted in a foot scan showing a bone abnormality.

Forced rest, a re evaluation of goals and adjusted training programs resulted in PB's and world class results. She encouraged coaches and athletes to learn from hard times and to find compatible coaches to carefully assist you to be the best you can be. ECAS expressed appreciation to the coaches that attended the **ATHLETICS SPRINTING COACHES SEMINAR** and committed to future high-performance coaches' seminars of this nature.

MBASA QILINGELE QUALIFIES FOR POWERLIFTING WORLD CHAMPS IN JAPAN

ECAS athlete **Mbasa Qilingele** has qualified to represent South Africa at the World Open, Sub Junior, Junior & Master Classic & Equipped Bench Press Championships in Tokyo, Japan from 13-19 May 2019.

Mbasa's gold medal performance at the recent South African Bench Press Championships held at Cape Recife School in Port Elizabeth on 23 February 2019, resulted in her inclusion in the team to represent SA at the Bench Press Championships in Japan.

Wheelchair bound Mbasa Qilingele competed with abled-bodied lifters and claimed the gold medal in the U72kg sub-junior division with a lift of 67.5 kg. She also won the award for the best lifter in the overall sub-junior division. Mbasa was also the 2018 EC Sport and Recreation Achievers Awards winner in the category Sportswoman of the year for a person with a disability.





A YEAR OF STEADY PROGRESS FOR THE EC SPORT FOCUS SCHOOLS (SFS) PROJECT



The Sport Focus Schools (SFS) is a program of the National Department of Sport and Recreation (SRSA). It is funded by Treasury through SRSA, with a DIVISION OF REVENUE ACT (DORA) funds.

The Sport Focus Schools (SFS) aim is to provide systems, support and resources to selected schools to ensure long term best practice in holistic athlete development for schools in the EC. It will include aspects such as talent identification and nurturing of learners, capacity development of staff and volunteers, as well as establishing support programs for surrounding schools.

The program is holistic in nature and includes learners academic and social development. The Eastern Cape Department of Sport Recreation Arts and Culture (DSRAC) provided the Eastern Cape Academy of Sport (ECAS) with the names of Sport Focus Schools (selected by the districts) in the Eastern Cape Province.

Below is the list of the selected Schools:

1. Graeme College, Sarah Baartman district (Grahamstown) Rugby
2. AW Barnes, BCM/Amathole district (East London) Swimming
3. Cambridge High, BCM/Amathole district (East London) Netball
4. Queens College Boys High, Chris Hani district (Queenstown) Rugby
5. Cathcart High, Chris Hani district (Cathcart) Netball
6. Lady Grey Arts Academy, Joe Gqabi district (Lady Grey) Netball
7. Upper Cabazana Primary, Alfred Nzo district (Mount Ayliff) Soccer
8. Njiveni Junior Secondary, OR Tambo district (Mthatha) Netball
9. Dale College Boys High, BCM district (King Williams Town) Rugby
10. Astra Primary, NMM district, (Port Elizabeth) Hockey
11. Victoria Park High, NMM district (Port Elizabeth) Soccer

Success of the programs at the various schools will be dependent on the cohesive cooperation of the various role players such as Federation/Education Department/ Municipality involvement in the management of the SFS project. The mentioned entities should ensure that the sport development objectives are considered during planning and implementation of projects at the designated schools.

SRSA Visit to the EC SFS (4-6 March 2019): SRSA sent a delegation from Pretoria to visit and verify the SFS of the Eastern Cape. The delegation was led by Mr G Ndaba and included a visit to each of the listed school where presentations were done and a schools audit document was completed.

EC SFS Meeting held in East London on Wednesday 6 March 2019: A SFS meeting was held in East London that included principals and code promoting teachers of each of the listed SFS. Confederation executive members, SRSA personnel as well as district and HO senior sport representatives (DSRAC) attended the meeting that was held at the East London golf club.

The meeting was chaired by Mr Bafundi Makubalo (Senior Manager DSRAC). Mr Goodman Ndaba of SRSA provided an overview of the SFS project as well as give insight into the Ministerial bursary project. SFS schools made presentations of their progress regards the objectives and projects presented in the 2018/19 financial year. Mr Terblanche (ECAS Manager) highlighted the importance of policy guidelines, MOU's, operational plans as well as administrative and financial protocols. Delegates that attended the meeting expressed their appreciation for the benefit provided via the SFS program.



MACLEAR RUGBY ACADEMY SQUAD MEMBERS FOR 2019 FINALISED

The Maclear Rugby Academy (Hub/Squad) is hosted at the Maclear High school in the Joe Gqabi district. The cooperative program is a partnership program with the ECAS Provincial Academy of Sport, the Department of Sport and Recreation, the EC Sport Confederation and Border Rugby Union.

The aim of the rugby academy is to identify and develop talented young players to feed into the ranks of the Border Rugby Union and the Eastern Cape representative teams.

On 5 February 2019, The Maclear Rugby Academy held a talent identification (trials) and testing session for about 50 players from invited from 7 schools in the Maclear area.

The main objective of the project was to select the Maclear Rugby Hub Squad for the 2019. Mr Mark Prinsloo, Maclear Rugby Hub/Team head coach and group manager, was responsible for logistical arrangements.



ECAS Sport Scientist, Mr. Jason Le-Roux was responsible for sport science testing, physical evaluations and on field sessions. Physical evaluations (skin folds), muscle endurance test, yo-yo test and sprint test were done with the players. The test results were analysed and compared to SA Rugby Union Norms.

Based on the test results and practice game analyses, a group of 40 rugby players were selected to be part of the Maclear Rugby Squad/Hub for 2019.

ECAS SARAH BAARTMAN DISTRICT ACADEMY HOSTS BOXING TRAINING CAMP

About 12 young boxers (male and female) from Makana Boxing Hub attended a 3-day boxing training camp. The training camp was held at the Indoor Sports Centre (Joza Location in Grahamstown) from 01-03 February 2019.

The main objective of this camp was to expose the young cadets and coaches to advance boxing training methodology. Registered Biokineticist Mr. Lungelo Ndaba, facilitated the camp and headed the theoretical and practical sessions. Mr. Lungelo Ndaba is a registered Biokineticist and holds a Masters Degree in Human Movement Science from the University of Fort Hare.



The training camp comprised of three training sessions per day which included: physical conditioning, nutrition, injury prevention, and basic first aid training.

Mr. Thabang Hlalele (ECAS Sarah Baartman District Coordinator), expressed his appreciation for the camp, indicating that everyone present was very appreciative of the input made by Mr. Lungelo Ndaba.



ECAS-CHRIS HANI AND ALFRED NZO DISTRICT ACADEMIES HOSTS SUCCESSFUL PERIODIZATION COACHES EDUCATION WORKSHOPS



The ECAS Chris Hani and Alfred Nzo District Academies hosted successful Coaches Education Workshops.

The workshops were held from 6 –14 February 2019 in Cradock and Mount Frere for about 38 Coaches, representing athletics, rugby, netball, and football. Mr. Wayde Douglas (ECAS Sports Scientist and Coaches Education Project Coordinator) facilitated the workshops with the main focus of improved understanding of periodization for athletes and teams.

After the lectures coaches/participants developed their own periodization plans and presented that to the group for discussions.

Mr. Douglas had the following to say about the workshop, "The workshop is designed to test the coaches' knowledge base pertaining to their current

planning processes and how they address the needs of their sport as well as the athlete. Many coaches fail to adequately plan for their season and this is something we need to rectify in an effort to consistently achieve better results" Overall, the workshop was well accepted".

A 52-page Basic Sports Science Fitness Manual was handed to teachers/coaches that participated in the program . FUTURELIFE® provided all participating Coaches with FUTURELIFE® Smart Food™ sachets and FUTURELIFE® SmartBars

FEEDBACK ON FEDERATION ACCREDITED NETBALL LEVEL 1 COACHES COURSE

ECAS assisted NETBALL SA with logistics in presenting a FEDERATION ACCREDITED NETBALL LEVEL 1 COACHES COURSE. The course was held at Young Park from 25 to 27 January 2019 and attended by about 20 coaches for the Nelson Mandela Metro area.

The course presenter was Mr Reg Sharp with course material and course guidelines provided by Netball South Africa. ECAS provided lunches and water for the course participants.

Day 1 dealt mainly with theory with day 2 focused on court practical work and various examinations. Mr Sharp indicated that he was very impressed with the coaches commitment to the sport and it was reflected in the group achieving outstanding results in the theory and practical assessments.



Quality coach's education programs are essential for the growth in the sport and can lead to improved high-performance results.



ECAS AMATHOLE AND BUFFALO CITY DISTRICT ACADEMIES HOSTS PRE-SEASON MIDDLE - DISTANCE ATHLETICS TRAINING CAMP



ECAS, Amathole and Buffalo district academies hosted a successful pre-season Middle-Distance training camp for eight-teen middle distance athletes. The camp was held from 18-20 January 2019 in Elliotdale. Athletes who attended the camp were mainly from the Elliotdale Athletics High Performance Hub.

The purpose of the two-day camp was to prepare the athletes for the upcoming athletics season and also upcoming competition in 2019. During the camp, athletes were monitored and evaluated on their current performances and fitness level.

Training was done under the guidance of expert Middle-Distance Coach, Mr. Zolile Makhwayiba and was assisted by ECAS Amathole and Buffalo City Metro district Coordinator Mr Monwabisi Mbane.

Mr Zolile Makhwayiba is also assigned the role of Head Coach for the Elliotdale High Performance Hub in the Amathole District.

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

