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ECAS NEWSLETTER

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ECAS SUCCESSFULLY LAUNCHES CHRIS HANI AND O.R TAMBO DISTRICT ACADEMIES OF SPORT

Provincial Member of the Executive Council (MEC) for Sport, Recreation, Arts and Culture, Honorable. Fezeka Bayeni officially launched the ECAS Chris Hani and O.R Tambo district Academies of Sport.

The district Academies will run various programs in conjunction with provincial and national federations and will focus on talent identification, coaches' education, sport science and medical support services for selected athletes.

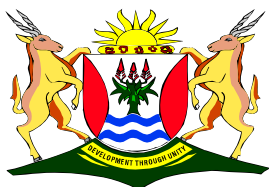
On 13 February 2020, The O. R Tambo district Academy of Sport was launched at Umtata High School in Mthatha. Umtata High School will serve as the Host Institution for the Academy and will mainly focus on rowing and athletics (sprinting). The Chris Hani district Academy of Sport was launched on 14 February 2020 at Queens College in Komani and it will also serve as the Academy's Host Institution.

State of the art gym equipment was donated to both Academies with funding made available from the Department of Sports Arts and Culture (DSRAC). The gym equipment is made available to serve selected elite level athletes in the districts.



Both events were attended by numerous dignitaries and stakeholders including, Mr. B. Makubalo (Department of Sport, Recreation Arts, and Culture - General Manager), Mr. M. Magada (Eastern Cape Sports Confederation - President), School Governing Body (SGB) members and various sporting structures.

Queens College and Umtata High School are also part of the Sports Focus Schools Program selected by Sport and Recreation South Africa (SRSA).





ATHLETE ACHIEVEMENTS/HIGHLIGHTS

CREDIBLE 5TH PLACE FOR NDYEBO LAMANI AT GERMAN PARA JUDO CHAMPIONSHIPS



ECAS athlete Ndyebo Lamani attended the international German Para Judo Championships for the Physically Disabled held in Germany on 08 February 2020.

Ndyebo competed in the U/66kg division (B2 category – partially sighted) and finished in 5th position overall.

Lamani also attended a four day international judo training camp held in Germany from 9-12 February 2020.

The training camp was in preparation for the Tokyo International Blind Judo Championships which was held on 06 March 2020. Ndyebo's main goal is to gather ranking points to qualify to compete at the 2020 Paralympic Games in Tokyo.

Ndyebo is currently being coached by Mr Sondisa Magajana. Mr Magajana had the following to say about Ndyebo: "We believe that Ndyebo has the potential, skills and work ethic to compete with the best of the world and we are confident that he will qualify for the 2020 Paralympic Games".

AVIWE HOBOLOSHE EXCELS AT THE 2020 ATHLETICS SOUTH AFRICA (ASA) CROSS COUNTRY TRIALS

The 2020 Athletics South Africa (ASA) Cross Country trials was held in Potchefstroom on 18 January 2020.

ECAS athlete Aviwe Hoboloshe won a bronze medal in the 4km (u/17) race event in the junior girl's division. Aviwe is currently an athlete on the ECAS Individual Assistance Programme (IAP) under the Amatole District Academy. The event was in preparation for the CAA Cross Country Championships to be held in Lome (Togo).

Below is an overview of Aviwe 's sporting achievements for the 2019 athletics season:

Gold Medallist at ATRA Cross Country Championships in the girls (u17) 4km race event in Elliotdale on 03 August 2019.

Gold medallist at the ECSA Cross Country Championships in the girls (u17) 4km race event in Butterworth.

Bronze Medallists at the ASA Cross Country Championships (Federation) in the girls (u17) 4km race event in Pretoria.

Bronze medallists at the ASA Cross Country Championships (Schools) in the girls (u17) 4km race event in Mpumalanga..





SCIENTIFIC INTERVENTIONS

SCIENTIFIC TESTING SESSION FOR BORDER CRICKET ACADEMY

Six-teen (16) cricket players from the Border cricket academy attended a fitness testing session in East London on 17 February.

The purpose of the testing was to assess current fitness levels, develop periodization plans and individualized training programs for each player. ECAS sports scientist, Mr. Jason le Roux conducted the testing session.

According to Mr le Roux, the scientific tests performed included: body composition (skinfolds) test, functional movement screening (rotation and functioning of left/right side hips) and the bridge tests. Mr le Roux had the following to say about the testing: "The Body Compositions tests were to determine the body fat percentages of the players while the Functional Movement Screening tests were to systematically rate and rank movement patterns with the focus on identifying significant limitations in movement patterns to prevent potential injuries which may hinder sporting performance".

After the testing sessions, the player's test results were analyzed and feedback was provided to the group. The player's test result also assisted coaches to select new player intake of the Border cricket academy for the 2020-21 financial year.



The Academy Squad for 2020 includes the following players:

Samkele Mkumbuzi, Delmain Nortie, Siphamanqla Krweqe, Akhanya Rebet, Siphemathi Gqadu, Cameron Huber, Cole Terblanche, Jaques Porter, Long Josneil, Luke Dallas, Attenkosi Mfazwe, Thabani Mguqudo, Brad Mauer, Abanbanle Jakatyama, Jason Raubenheimer, Stuart Else.

JAPANESE COACH SHOGO SAITO ADDS VALUE AND NEW IMPETUS TO ECAS JUDO HUB TRAINING SESSIONS



Judo South Africa, in collaboration with the Japanese Embassy, the Japan International Cooperation Agency (JICA) and The Judo Institute for People with Special Needs, has managed to secure the services of the highly acclaimed judo player and coach SHOGO SAITO.

Coach SHOGO SAITO arrived in Port Elizabeth in early February and will be in South Africa till 18 July 2020. He will be hosted in Port Elizabeth by the Judo Institute and work mainly with a High-Performance group of athletes at the High-Performance complex in conjunction with Academy specialists service providers.

Coach Saito Saito is from the world-famous KODOKAN Judo Institute in Tokyo, Japan. Some of his accolades are that he is a silver medalist in the 57 Kg category at the Borsa Open Judo Championships (European top Judo Tournament).

Coach Saito Saito works mainly with the selected group of judo players. Their program includes conditioning sessions, technical and tactical sessions at the dojo, beach fitness sessions and well as aspects such as mental conditioning and attitudes. Discussions with some of the group members are that they highly value his example, expertise, and general attitude and judo knowledge. "We have never worked this hard and learned this much in such a short time" was some of the general feedback received.



TRAINING CAMPS/TALENT IDENTIFICATION:

PRE-SEASON TRAINING CAMP FOR MIDDELBURG WOMEN RUGBY TEAM

ECAS Chris Hani district academy hosted a pre-season training camp for 28 female rugby players from the Middelburg Women Rugby Hub. The training camp was held from 14-16 February 2020 in Midros Township situated in Middelburg (Eastern Cape).



The training camp focused on the physical and psychological aspects of rugby. Components covered at the camp included fitness and physical assessment tests and match-drills. Players also had the opportunity to play friendly matches against each other to assess their skill level.

The camp also served as an opportunity to assess the current fitness levels of the athletes and to prepare them for upcoming competitions. The training was done under the guidance of Mr. Jonny Padda (Coach Middelburg Women Rugby team). Mr. Johnny Padda was assisted by Ms. Dolly Sigwili (Chris Hani District Academy Coordinator).

JOE GQABI DISTRICT ACADEMY HOSTS NETBALL HUB TALENT IDENTIFICATION TRAINING CAMP

Seventy-Five (75) netball players attended talent identification training camp and trials on 19 February at Maclear High School in Maclear.

The players came from neighboring schools in the Joe Gqabi district which included the following Schools: Maclear High School, Umthawelanga High, Maclear Methodist Senior Primary School and Maclear Public Senior Primary School.

The aim of the camp was to identify talented players to form part of the ECAS Maclear High Performance Netball Hub intake for 2020-21 financial year. Ten (10) Netball Selectors and Coaches headed the training sessions which included: fitness and physical assessment tests, technical and tactical aspects of netball and match-drills.



Mr Godfrey Leeu, (ECAS Joe Gqabi district Coordinator) indicated that Selectors were very impressed with the group of players' commitment and efforts displayed during the camp. At the conclusion of the event, a total of 18 players was selected to form part of the Maclear Netball High Performance Hub.



COACHES EDUCATION

PARA-ATHLETICS TECHNICAL OFFICIATING WORKSHOP HELD IN PORT ELIZABETH

ECAS Provincial Academy in collaboration with South African Sports Association for the Physically Disabled (SASAPD) hosted a Para-Athletics Technical Officiating workshop in Port Elizabeth from 8-9 March 2020.

The workshop was facilitated by Ms Ernesta Strydom and Mr Neels Matthyser. About 65 coaches/officials from various provinces and districts attended the two-day workshop. Components covered at the workshop comprised of theory and practical sessions led by Ms Ernesta Strydom.

The workshop was to prepare the officials and coaches for the 2020 Toyota National Championships for the Physically Disabled and Visually Impaired Championships which was to be held in Port Elizabeth from 21-26 March 2020.

The 2020 Toyota National Championships was cancelled due to the Coronavirus Pandemic.

The annual SASAPD National Championships is the main event for the athletes to compete and qualify for international participation which includes World Championships and the Paralympic Games. This championship brings together athletes from throughout South Africa and other Southern African countries to create a platform where athletes can compete against their peers.

The National Championships is organized by the South African Sports Association for the Physically Disabled (SASAPD).

As a multi-sport federation, SASAPD currently caters for 9 sporting codes in 9 provinces throughout South Africa and for 5 different disability groups: spinal cord injuries, amputations, cerebral palsy, visual impairments & blind and les autres (others with Paralympic-eligible impairments).





SPORT FOCUS SCHOOLS PROGRAMME

ANNUAL SPORT FOCUS SCHOOLS STRATEGIC PLANNING WORKSHOP HELD IN EAST LONDON

The Eastern Cape Academy of Sport hosted its annual Sports Focus Schools workshop was held at the East London Golf Club in East London on 18 February. The workshop was well attended and included the Department of Sport, Recreation Arts and Culture (DSRAC) senior managers, officials, coordinators, school principals, school governing body members and code promoting teachers.

The purpose of the workshop was to:

- Reflect on the status of existing Sport Focus Schools in the province.
- Confirm National Guidelines and criteria as per the National Concept Document.
- Provide an overview of planning and establish time-frames for the 2020-21 financial year.
- Confirm administrative and financial procedures.

Sport Focus Schools coordinators made presentations on how to align the focus schools program with the High-Performance needs of the athletes. Workshop topics included: talent identification, video analyses, conditioning and life skills training. Mr. Reg Sharp from Pearson High School presented on Talent Identification and provided the guests' insight on how Pearson High School conduct their netball recruitment strategies to ensure continuity of the athletes from junior to senior teams. A Video Analysis presentation was done by Jonty van der Meulen from Graeme College.

Mr van der Meulen outlined in his presentation the importance of video analyses and how it can be utilized as a cost-effective tool to improve sporting performance. Mrs. Melonie Gobel (life skills mentor) presented a presentation on Coach and Athlete relationship and how it affects the psychological and emotional development of the athlete.



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

