



EASTERN CAPE ACADEMY OF SPORT

NEWSLETTER

- *INSIDE THIS ISSUE:*
- *ATHLETE ACHIEVEMENTS*
- *TRAINING CAMPS*
- *EDUCATION AND TRAINING*
- *SPORT FOCUS SCHOOLS*

Edition:
2nd Quarter
July-Sept 2021

RYAN JORDAN AND AVIWE HOBOLOSHE MAKES WORLD CHAMPIONSHIPS DEBUT

ECAS athletes Ryan Jordan and Aviwe Hoboloshe was part of the South Africa u20 preliminary team which competed at the 2021 World Junior Athletics Championships. Ryan Jordan from Gqeberha competed in the 4 x 400m Relay, and 4 x 400m Mixed Relay race events.

The Pearson High School matric pupil reached the finals of the 4 x 400m mix relay and semi-finals in the 4 x 400m boys events.



Aviwe Hoboloshe finished in 5th place in the girl's 800m Heats. Hoboloshe is currently doing her matric (Grade 12) at Gwebityala Senior Secondary School situated in Elliotdale (Amathole district). Hoboloshe is

The 2021 World Athletics U20 Championships is an international athletics competition for athletes qualifying as juniors (born no earlier than 1 January 2001), which took place from 17 to 22 August 2021 at the Nyayo Sports Complex in Nairobi, Kenya. About 1462 athletes from 156 nations competed across 44 track and field events.



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA





ATHLETE ACHIEVEMENTS

GOLD MEDALS FOR NOSE AND DWATSHELA AT ASA CROSS COUNTRY CHAMPIONSHIPS

ECAS Athletes Cwenga Nose (Chris Hani District) and Abulele Dwatshela (OR Tambo District) were the stars for the Eastern Cape Team at the first cross country championship since 2019. The event took place on 17 and 18 September in Amanzimtoti.

Nose won gold in the 4 km u 23 Men race and Dwatshela in the 4 km u 15 Girls event. Congratulations on your achievements. All your hard work has paid off. The national event attracted athletes from all provinces in various age categories. 14 ECAS Athletes took part in the event and we are sure the experience will contribute to their future success.



District: ALFRED NZO

- Luthando Ndonyela
- Aphelele Nkonyeni
- Mongezi Ngobe
- Amanda Detshe
- Indiphile Dlesi
- Sinoyolo Mayela

District: AMATHOLE

- Amanda Tshoyo
- Lwando Lwabhomba
- Vuyiswa Mofi

District: JOE GOABI

- Thapelo Mdala

District: OR TAMBO

- Awethu Ntsotho
- Monde Somdizela (Hub)

SILVER MEDAL JOY FOR NITAYA McCUUR AT SA NATIONAL TABLE TENNIS CHAMPIONSHIPS

The Eastern Cape Academy of Sport is super proud of Nitaya who won a silver medal in the junior girls' division of the SA National Table Tennis Champs, held in Mangaung from 17 to 19 September.

She qualified for the event when she secured a gold medal in the junior girl's division at the ISF Elimination trials (National Tournament) held in Bloemfontein in April 2021.

With her achievement at the national competition, Nitaya has qualified to participate in the 18th International School Sport Federation (ISF) World Schools Summer Games, to be held in Jinjian, China from 16-23 October 2021.

Sixteen-year-old McCuur, who resides in Komani, is a grade 10 pupil at the Maria Louw High School. She is currently on the ECAS - IAP Athlete Programme in the Chris Hani District





3 ECAS GYMNASTS TO COMPETE AT GYMNASTICS WORLD CHAMPIONSHIPS



35th FIG TRAMPOLINE GYMNASTICS WORLD CHAMPIONSHIPS

**Baku (AZE)
18 - 21 November 2021**



ECAS congratulates gymnasts Khanyile Mbolekwa, 17, Liyema Nxobo, 20, and Siyabulela Siwa, 17, for being selected to represent South Africa at the 35th Fédération Internationale de Gymnastique (FIG) Trampoline Gymnastics World Championships.

The event will take place from 18-21 November 2021 in the town of Baku, Azerbaijan. They will compete in the Trampoline (Senior), Tumbling (Senior) and Double-Mini (Senior) disciplines categories. Mbolekwa, Nxobo and Siwa are from the Nemato gymnastics club, a programme of the Nemato Change A Life empowerment organization in Nelson Mandela Township in Port Alfred. They are also on the ECAS Individual Assistance Programme (IAP).

The group qualified to represent South Africa after beating all other entrants during a virtual trial hosted by Gymnastics SA. Experienced gymnastics coach Mr Lee Budler coaches all the three gymnasts, He will accompany the group to Azerbaijan.

TRAINING CAMPS : ALFRED NZO DISTRICT ELITE BOXERS PREPARE FOR PROVINCIAL CHAMPIONSHIPS

Alfred Nzo District Academy hosted two boxing training camps on 11-12 September and 18-19 September, to prepare boxers from the High-Performance Hub for the upcoming District and Provincial Olympic style Championships later in the fourth quarter. Nineteen (19) boxers (male and female) from Cabazana Boxing Hub attended the training camps at Noliitha Special School, home of the Alfred Nzo District (Residential) Academy

The main focus of the camps was to prepare the Junior and Cadets age group boxers for the upcoming District Champs which will take place from 14-15 October at Ntabankulu Indoor Centre situated in the Alfred Nzo District.

Both training camps were facilitated by Cabazana Boxing Hub - Coach, Mr Nkofentsha Ntintili. He headed both theoretical and practical sessions with assistance from other boxing coaches present at the camps. The training camps comprised of sparring sessions, gym work, road running, and practice boxing matches.





TRAINING CAMPS

ECAS IN COLLABORATION WITH EC NETBALL HOSTS SUCCESSFUL NETBALL TRAINING CAMPS

ECAS, in conjunction with the Eastern Cape Netball Association, have resumed their partnership to assist the Eastern Cape Aloes Netball team in their preparation for the upcoming Telkom Netball League.

The 2021 Telkom Netball League will be played over two leg's, with the first being held in Pretoria from 5th September – 12th September, and the second in Rustenburg between the 9th and 17th October.

The 2021 event is the eighth edition of the Telkom Netball League (TNL). In efforts to prepare the EC Aloes Netball team, ECAS in collaboration with EC Netball Association held a series of training camps for the group. The three training camps took place in Makhanda on 31 July, 08 August and 15 August respectively. Aspects covered at the camps included fitness testing, tactical, and technical sessions. The Aloes team competes in the second division and trains and plays under the guidance of head coach and team manager Erica Niemand. The EC Aloes finished in second place in the B-division on the log table.

Aloes match results:

- Aloes VS EC Comets (44-11) 9 September
- Aloes VS Baobabs (40-43) 7 September
- Aloes VS Tornadoes (42-36) 7 September
- Aloes VS Diamonds (56-47) 6 September
- Aloes VS Sunbirds (40-30) 5 September
- Aloes VS Queens (47-38) 11 September
- Aloes VS Queens (40-45) 12 September

#TelkomNL



#TNLisBack

5-12 September & 9-17 October 2021





EDUCATION AND TRAINING

REPORT ON ECAS AND NMU HPC SHORT LEARNING PROGRAMME



A total number of 28 elite coaches from the Eastern Cape, representing various sporting codes attended the second Short Learning Programme (SLP) presented by Eastern Cape Academy of Sport (ECAS) in collaboration with the Nelson Mandela University High-Performance Complex (HPC) staff. The one-day short learning programme (SLP) took place on 28 August at the NMU High-Performance Complex in Gqeberha.

The topic of the short learning program was “Physiological principles to optimize training” and consisted of three, one-hour theory slots focusing on the following physiological training principles: energy systems; pacing strategies; warm-up; aerobic and anaerobic training techniques; cool-down; fatigue; and recovery techniques. Each session was presented with a slide show and participating coaches received a participant’s guide with all of the necessary content.

In addition to the three theory sessions, there was also a practical session that included various activation, mobilization, foam rolling and stretching techniques. The practical was interactive and took place in the HPC facilities. After the programme, each participant received an assignment to complete. On completion of the assignment, each participant will get a certificate of completion, which is accredited by Nelson Mandela University.

ONLINE COACHES EDUCATION SESSIONS

ECAS in collaboration with the High-Performance Complex at Nelson Mandela University facilitated 2 on-line interactive sessions. Identified ECAS High-Performance Coaches and Administrators had access to the Interactive sessions with included interactive Q&A sessions. The sessions was hosted online via Microsoft-Teams and lasted between 1 to 2 hours,. Some of the topics presented included the following:

1. Online Coaches Education Session 1

Topic: Sports Nutrition

Presenter: Mr Michelle Galloway
BA (Human Movement Science), BSc (Dietetics)

Date: 21 September 2021

Venue: Microsoft Teams

2. Online Coaches Education Session 2

Topic: The Coach– introspective, relationships and psychological safety

Presenter: Mr Tim Shaw
BA Ed (Hons)
Leadership facilitator
Author

Date: 7 September 2021

Venue: Microsoft Teams

ONLINE COACHES' EDUCATION

GUEST SPEAKER:
Ms Michelle Galloway

BA (Human Movement Science)
BSc (Dietetics)

Date: 21 September 2021
Time: 16:00
Venue: MS Teams

TOPIC:
Sports Nutrition

Brought to you by ECAS in association with Madibaz HPC

HPC
High Performance Complex

ONLINE COACHES' EDUCATION

Brought to you by ECAS in association with Madibaz HPC

SPECIAL GUEST SPEAKER:

Mr Tim Shaw
People Development Practitioner
BA Ed (Hons) at NMU
Ex-Proteas Cricket Player
Leadership facilitator
Author of two books:
"Leading self & others"
"Teaming with Ideas"

TOPIC:
"THE COACH - Introspection, relationships and psychological safety"

Date: 7 September 2021
Time: 16:00-17:00
Venue: MS Teams

HPC
High Performance Complex



SPORT FOCUS SCHOOLS

MEDALS FOR UMTATA HIGH SCHOOL ROWING SQUAD AT NATIONAL INDOOR ROWING CHAMPIONSHIPS



The South African Indoor Rowing Championships have been held Polokwane, Limpopo on the 10th of September 2021.

The ECAS, Sport Focus School in the OR Tambo District, Umtata High School, set the bar very high when they claimed 4 medals in total.

The School was represented by 7 athletes, winning 3 Gold and 1 Silver Medal. Rowing coach, Mr Swai Sithole, were full of praise towards his team "All our Elite Rowers had performed excellent and was overwhelming favorites with the crowd. I am glad that the hard work we have put in after the recent lockdown has paid off, and our success in this Championship will lay the foundation in preparing for the upcoming National Schools Boat Races in December."

Congratulations to the 6 Elite Crew members with their excellent performance:

From L to R : KamvaPoswa, Sakhe Mtamalala, Buchulebenkosi Toni, Layla Dlulane, Nkumbu Sinkala, Mzuvelile Mboxo, Mhlali Phika

PEARSON HIGH SCHOOL HOSTS NETBALL UMPIRING COURSES

Pearson High School in collaboration with ECAS held two Netball South Africa (NSA) endorsed Netball Umpires Courses (Level 1 &2) at Pearson High School in Gqeberha.

The Level 2 course took place from 6-8 August and the Level 1 course took place from 16-18 August. Thirty-three (33) netball players attended the Level 1 and Level 2 courses respectively.

The course material was provided by Netball South Africa. Mr Reg Sharp (Pearson High School Netball Head Coach and Sports Focus School Coordinator) presented both courses. The courses consisted of theory sessions that dealt with basic netball umpiring which included basic knowledge on the rules of the game and the interpretation of the rules.



Participants were required to write an examination on the course content. All successful candidates received a certificate of completion endorsed by Netball South Africa.



SPORT FOCUS SCHOOLS

REPORT ON PEARSON HIGH SCHOOL NUTRITIONAL TALKS



ECAS in collaboration with Pearson High School presented two Nutritional Talk sessions to a Hi-Performance group of Netball players, comprised of the following Age Groups (1st teams, u17 A, u16 A & B, u15 A and the u14 A/B) The sessions took place at Pearson High School in Gqeberha from 28 July to 30 July 2021.

Ms Jesse Fourie; a 4th-year Dietetics Student at Nelson Mandela University (NMU) and former Pearson High School Netball first team captain facilitated the sessions. She presented a power-point presentation to the group of players that focused on nutritional guidelines for players and the importance of adequate nutritional care to train and participate at the highest level.

This includes proper nutrition on the day of competitive matches (pre and post-match) as well as supplementation to aid in recovery.

Her presentation was well received by the participants of both sessions. All participants received a well-designed single A5 handout to use as an everyday useful guide. Pearson High School Sports Focus School coordinator and netball head coach, Mr Reg Sharp expressed his appreciation for the project and indicated that the project exceeded all expectations.

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

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



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

