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NEWSLETTER: Second Quarter: July to September 2022

SIMNIKIWE BONGCO WINS BRONZE AT THE 2022 COMMONWEALTH GAMES, IN BIRMINGHAM



Buffalo City Districts, Simnikiwe Bongco has had an amazing year in the ring this year, as he won medals on all the international competitions he has been part of, with the major one being at the recent Commonwealth Games, held in August in Birmingham. The reigning middleweight African Zone 4 Champion, managed to secure a spot in the semi-final after winning by unanimous decision to sink Kemrond Moses of Grenada and was warrantied an automatic Bronze Medal. He unfortunately lost his bout against Callum Peters of Australia in the semi-final, but sealed South Africa's first boxing

medal at the Games.





ATHLETE ACHIEVEMENTS



Tisetso Matikinca of the Buffalo City District became the first South African Continental Champion after Daniel Venter win in 2001. The electrifying young boxer striking blows took him into the lead after just three minutes and thereafter enjoyed a massive advantage after the second round, to claim a gold medal at the AFBC African Men and Women Elite Boxing Championships.



O.R. Tambo District Flyweight boxer Vuyolwethu Dila, sealed her place on the podium when she took a bronze medal in the women U/50kg division at the FISU University World Cup Combat Sports, held in Turkey. Dila, faced Erivan Barut of Turkey in the semi-final, and was bursting with pride after a hard-fought bout to claim an automatic bronze medal.



Nelson Mandela Metro District Hub judoka, Singobile Shongwe win two medals at the Africa Cadet and Junior Championships held in Kenya. Singobile, claimed a silver medal in the U/60kg and a team bronze medal. It was also his first time competing outside the Nation.

Chris Hani District's long jumper, Nikithemba Hani showed his true potential when he finished in second place at the Confederation of University and Colleges Sports Associations (CUCSA) Games, held in Malawi. Hani claimed a silver medal, after **leaping a personal best of 7.55m in senior men's** long jump event, two centimeters behind the winner, indicating how tough the competition was. This was also the first time Nikithemba, competed outside the borders of South Africa as well as representing his nation at this high level of competition.



ATHLETE ACHIEVEMENTS



Former Eastern Cape Academy of Sport and Pearson High School remarkable swimmer, Kaylene Corbett shared the podium with compatriot Tatjana Schoenmaker, when she finished in third place in the 200m breaststroke at the Commonwealth Games. Kaylene touched the wall in 2:23.67 after injecting power in the last 50m of the race to capture her first **medal at the Games.** **“I think I turned on the last 50 and I literally was like – God, please take the wheel,”** said Corbett, after the race. The future looks bright for Corbett as she built up from her strong performance in the Olympics, last year.

Cwenga Nose (Chris Hani District) successfully defended his title at the Athletics South Africa (ASA) National Cross Country Championships when he cruised to victory in dominant fashion in the Senior Men 4km event, while Bongile Mbuweni (Joe Gqabi District) crossed the finish line in first position in the Boys U/15 4km event.

O.R. Tambo District Hub athlete Sigcobile Lubuzo, finished in second place, with Silindokuhle Mbhobhana of Amathole District claiming the final spot on the podium in the Boys U/14 4km event. Paballo Dlothi (Amathole District) hub athlete put in a definitive surge to cross the line in third place in the Girls U/14 4km event to earn a well deserved bronze medal.



Amathole and O.R. Tambo District athletes set the scene at the Schools Cross Country Championships held in East London. The course was fantastic but also challenging by biting winds and changeable weather throughout the day. Sigcobile Lubuzo, of Gxulu Hub (O.R. Tambo district) cruised to victory in the boys U/14 4km event with Abulele Dwatshela also from O.R. Tambo claiming a silver medal in the girls U/16 4km event. Silindokuhle Mbhobhana, boys U/14 of Amathole District added another national bronze medal to her collection in the 4km event with his fellow district athlete, Paballo Dlothi proving to be strong on the day, when she crossed the line in first position, to claim the top spot on the podium.



TRAINING CAMPS & FITNESS TESTING



Joe Gqabi District held a high-performance sprinting hub pre-season training camp at Maruping Primary School. Facilitated by coach, Bongani Mthwa the one-day training camp was affected by unpleasant weather conditions, which forced the coach to minimize the programme and focus on strength, power and flexibility to develop the speed of athletes, preparing for the upcoming season.



Joe Gqabi District also had its first netball and rugby training camp, in Maclear with all the players working very hard during the one-day camp. The players showed that they can cope with the workload as the main focus of both training camps was to improve the player's fitness, skills and techniques.



ECAS Sport Scientist, Mr. Jason Le Roux visited both the Amathole and Buffalo City Metro District IAP athletes to administer fitness tests in order to determine the levels of fitness of the athletes.

Valuable feedback that will lead to more effective training programmes was given to the athletes and they are looking forward to receive their final results.



EDUCATION AND TRAINING



Eastern Cape Academy of Sport athletes attended the one-day provincial seminar for artists and athletes held at the East London International Convention Centre. Titled Silapha Activation

Outreach, the programme is focused on offering the Arts, Sports and Cultural fraternities counselling and educational support services and these services are covered through the following pillars: Financial Management - Lifestyle Management - Legal Advise - Mental Health Management & Substance Abuse Management.



Nelson Mandela Metro District hosted an educational life skills seminar for its athletes, on the topic Anti-doping, Injury Prevention and Management. The seminar was held at the Nelson Mandela University, High Performance Complex, facilitated by Senior Biokineticist and Drug free Sport Facilitator at the university Mr Mteteleli Biko. The main objective of the presentation was to ensure that the athletes had clear understanding of the Anti-Doping rules violations, the prohibited list, consequences of doping and the rights and responsibilities.

The Eastern Cape Academy of Sport organised and hosted a sport psychology talk facilitated by High Performance Mind-set Coach and Speaker, **Kyle Daniels** who's made it his life's mission to share performance techniques and insight that help top athletes achieve their goals. The aspects covered in the presentation were visualization and imagery, relaxation techniques, self-talk, performance pressure and mental toughness, which would benefit all the athletes in the district.





EDUCATION AND TRAINING



The Nelson Mandela Bay Sports Confederation in partnership with the Eastern Cape Academy of Sport hosted a Woman Empowerment Seminar at the Kelway Hotel in Gqeberha. The seminar focused on empowering Woman Leaders in Sport within the context of Players, Coaches and Administrators as well as to address the diverse challenges woman in sport face in their daily lives.



Federation of International Basketball Association (FIBA) presented Basketball South Africa with an opportunity to improve the skillset of their coaches and earn their level one coaching certificate through three training courses of which one would be held in Gqeberha. FIBA instructor, Mr. Cheikh Sarr facilitated the five-day course, with coaches from the Eastern Cape, KwaZulu-Natal and Western Cape selected by their respective province to attend the course, which capacitate them to train coaches in their provinces to obtain the national licensing certificate.

ONLINE EDUCATION & TRAINING WEBINAR
Brought to you by ECAS in association with Madibaz HPC

SPECIAL GUEST SPEAKER:

Dr Jonathan Davy

- Senior Lecturer- Dept of HKE (Rhodes)
- Vice Chancellor's Distinguished Community Engagement award in 2019
- President of the Ergonomics Society of South Africa
- Editor for Ergonomics SA Journal
- Chair for Communications and Public Relations for the International Ergonomics Association
- Event coordinator for SA society for Sleep and Health (SASSH)

TOPIC:
"Why sleep is key to athletic performance"

Date: 29 Sept 2022
Time: 16:00
Venue: MS Teams

HPC
High Performance Complex

Last month the Eastern Cape Academy of Sport with Nelson Mandela University High Performance Centre hosted an Online Education and Training Webinar presented by the Senior Lecturer in the Department of Human Kinetics and Ergonomics at Rhodes University, Dr Jonathan Davy, **on the topic "Why Sleep is Key to Athletic Performance"**.



SPORT FOCUS SCHOOLS

Chris Hani Districts focus school **Queen's College Boys High School**, took part in the annual Hirschfield Athletics Competition held on the 24th of **September**. **The Queen's** athletics team competed amongst other top schools in the province which also included their fierce rivals Dale College and the likes of Selbourne College, Kingswood College, Graeme College, **St Andrew's College and Hudson Park**. **The boy's from Komani**, went on to win this prestigious school event, with their sprinters, jumpers and throwers dominating on the day to ensure that the Hirschfield Trophy stays where it belongs.



Queen's College Boys High School (Chris Hani Districted), hosted a very successful U/13 Development Rugby Day, and with ten surrounding schools invited to take part in this festival.



Alfred Nzo District King Edward High School (KEHS) were hosts to the U/7 – U/13 Boys Hockey Festival at King Edward Park in the last weekend of August.

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

