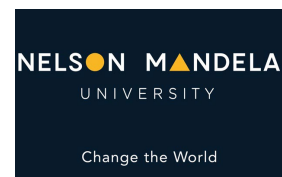




High Performance Complex
Department of Human Movement Science
Nelson Mandela University (South Campus)
P O Box 77000, Port Elizabeth, 6013
Tel: 041 504 4884, Fax: 041 504 2022,
website: www.ecas.co.za

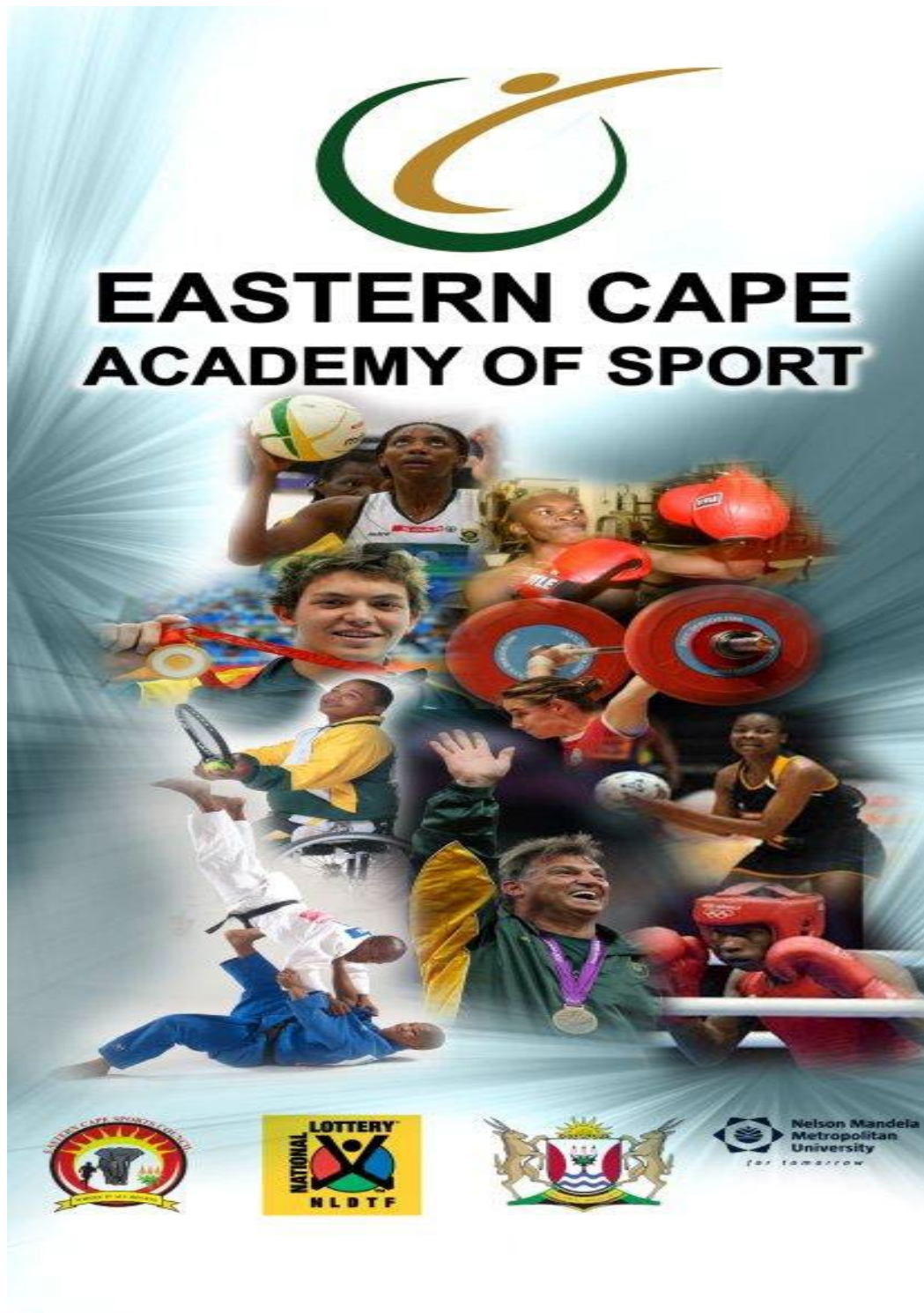
Eastern Cape Academy of Sport 2022 / 2023 Annual Report

**A program funded by Sport and Recreation (SA), the Department of Sport,
Recreation, Arts and Culture (Eastern Cape), and National Lottery
Distribution Trust Fund**





The Home Of Legends



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***ECAS Commission Chairperson
Mr Chumani Gqeke***



National Perspective - SASCOC Strategic Framework

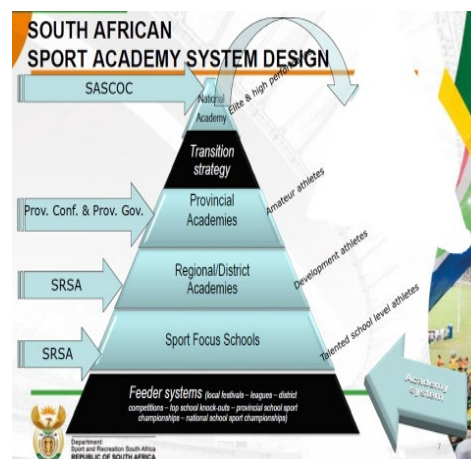
Background

The concept of Academies of Sport was the product of a feasibility study and fact-finding missions undertaken by the former National Sports Council, Department of Sport and Recreation, sport scientists and sports managers to Australia in 1995. This emanated from the NSC's Vision for Sport, which recommended the creation of an academy of sports system as part of the total development strategy for South Africa.

Due to the vastness of South Africa and the feedback from the visit undertaken in 1995, South Africa had to adopt a decentralized academy support system. This led to the establishment of the nine Provincial Sports Academies (PAS) operating under the auspices of the National Sports Council (NSC). In 2000, the NSC was disbanded and the South African Sports Commission (SASC) formed. The academies' function was then transferred to the SASC under the People Development Unit. The SASC Blueprint on PAS (21 February 2002) stipulated the concept of PAS. The Blueprint states that although the focus of the PAS will primarily be on provincial athletes, the infrastructure developed should be able to support athletes at a national level. The PAS should, therefore, be empowered to become the hub of sports development in the country - from talent identification to elite level. The blueprint also emphasized that satellites or regional academies (supporting the main PAS) should be functional in the Provinces in order to ensure that support services are easily accessible to athletes residing in rural areas (SASC, 2002).

On 27 November 2004, the South African Sports Confederation and Olympic Committee (SASCOC) was formed after the report of the Ministerial Task Team recommended the need for a single non-government macro- body to co-ordinate and control sport in South Africa.

In recent years, the National Department of Sport and Recreation has been instrumental in terms of funding of Provincial Academy programmes through the Division of Revenue Act (DORA) Grant. Specialised Sport Science Units within the Department has been at the forefront of providing strategic direction through the initiation of various national programmes and projects. Attempts to standardise and streamline Academy initiatives with the aim to create a unified Academy approach, has been on-going.



Eastern Cape Academy of Sport - Background

The Eastern Cape Academy of Sport (ECAS) is a cooperative programme of the South African Sports Confederation and Olympic Committee (SASCOC) that is funded by the National Lottery Distribution Trust Fund (NLDTF) as well as the Department of Sport, Recreation, Arts and Culture (DSRAC) - Eastern Cape. The Academy has been operational since March 1997. The Academy system in the province have been transformed in 2010, with the formal establishment of 8 District Academy Programmes.

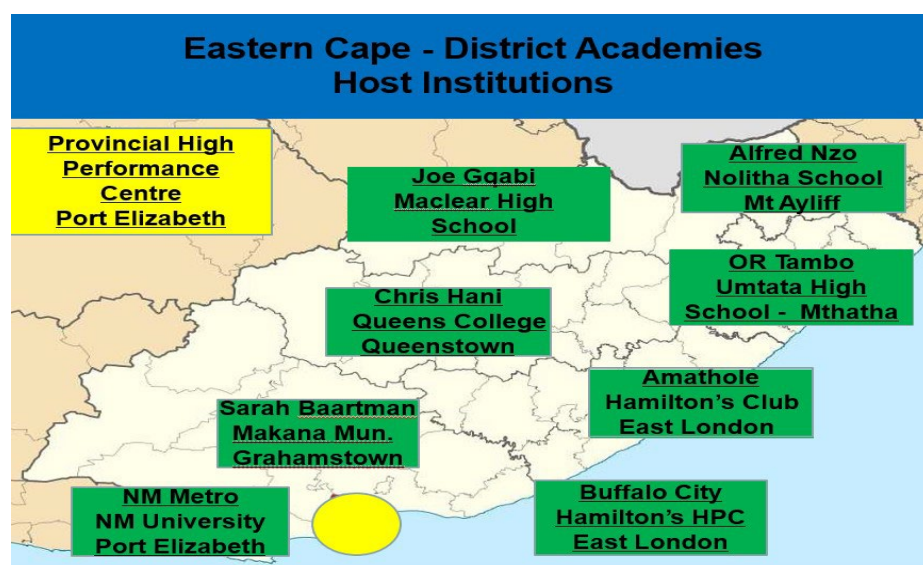
The mission of ECAS is to develop excellence in sport through the coordination and facilitation of sport science and logistical services to assist athletes, coaches, officials and administrators in performing optimally at national and international level.

In order to achieve its aims, the Academy provides the following services on an on-going basis: Coaching support to athletes, training support to coaches, officials, administrators, scientific and medical support to athletes, coaches and officials.

The Provincial Office of the Academy is hosted at the High Performance Complex of the Nelson Mandela University in Port Elizabeth (Human Movement Science Department). The *High Performance Complex* was officially launched in September 2015, enabling ECAS and associated stakeholders to provide a world-class sport scientific support service to athletes from the province.

The Eastern Cape Academy of Sport has eight satellite Academy programmes, based in each of the Districts in the Eastern Cape. Academies are based and hosted by:

- Alfred Nzo (Nolitha Special School - Mt Ayliff)
- Amathole (Hamilton's HP Centre - East London)
- Buffalo City (Hamilton's HP Centre - East London)
- Chris Hani (Queens College - Queenstown)
- Joe Gqabi (Maclear High School - Maclear)
- Nelson Mandela Metro (NMU - Port Elizabeth)
- OR Tambo (Umtata high School - Mthatha)
- Sarah Baartman (Makana Municipality - Grahamstown)



Provincial Academy Commission

The ECAS Provincial Academy Commission is responsible for setting the policies and overall governance of the Academy on a day-to-day basis, in accordance with the national Framework for Academies as determined by SASCOC and SRSA.

A 10-member Provincial Academy Commission is in place, which guides and manage the operations of the Academy as per the SASCOC Academy Framework as well as the ECAS Constitution and the Internal Control Systems of ECAS.

The ECAS Commission is constituted as follows:

- Provincial Sports Confederation: PSC nomination
- Athletes Representative: PSC nomination
- Coaches Commission representative: PSC nomination
- Provincial Federation representative: PSC nomination
- Medical Commission representative: PSC nomination

- School sport structure representative: Government nomination
- SALGA representative: Government nomination
- Provincial Department representative - Government nomination
- The remaining two members is appointed at the discretion of the provincial MEC

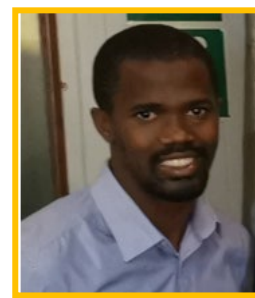
- SASCOC - Manager Team Preparation and Academies - Ex Officio
- SRSA Representative - Ex Officio
- The ECAS Academy Manager - Ex Officio



Mr Chumani Gqeke
Chairperson/Federations
Representative



Ms Sanelisiwe Sobahle
MEC Representative



Dr Simthandile Toni
MEC Representative



Mr Bafundi Makubalo
DSRAC



Mrs Khosi Msimka
SALGA



Mr Anga Ngcebetsha
School Sport Representative



Mr Mteteleli Biko
Medical Representative



Mr Sibongile Mfondini
Sports Confederation Representative



Ms Douleen Whitebooi
Coaches Representative



Mr Jaco Smit
Athletes Representative



Mr Goodman Ndaba
SRSA Representative



Mr Leo Fleisher
SASCOC



ACADEMY STAFF - PROVINCIAL OFFICE



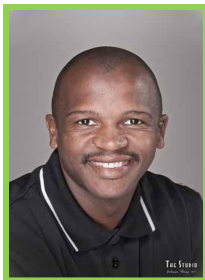
Mr Hermann Terblanche
Academy Manager



Mrs Bongisa Osawe
Financial Officer



Ms Amanda Matsheku
Administrative Assistant



Mr Loyiso Ntombana
General Assistant



Ms Neliswa Njani
Assistant: East London

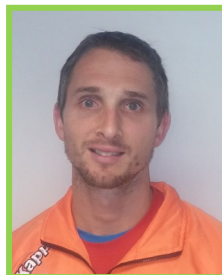


Ms Busisiwe Mdabula
Office & Gym
Cleaning Assistant



Siphesihle Jobo
Data Management
Coordinator

SPORT SCIENCE STAFF - HIGH PERFORMANCE UNITS



Mr Jason Le Roux
Sport Scientist
Gqeberha

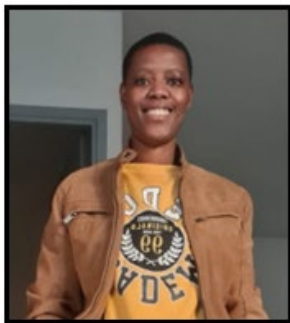


Mr Pravesh Naidoo
Conditioning Specialist
East London

DISTRICT ACADEMY COORDINATORS



**Mr Clinton Gunkel
Alfred Nzo**



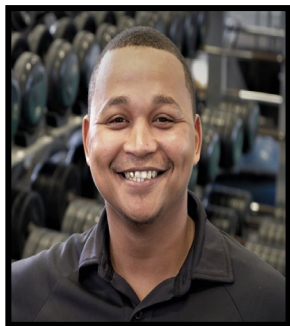
**Ms Sibulele Tuswa
Amathole/Buffalo City Metro**



**Mr Quintin Madadasane
Chris Hani**



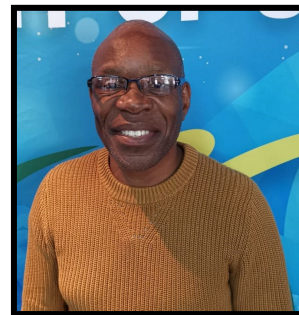
**Mr Godfrey Leeu
Joe Gqabi**



**Mr Marshal Marsh
Nelson Mandela Metro**



**Mr Zukisani Mashalaba
O.R. Tambo**



**Mr Thabang Hlalele
Sarah Baartman**

Programme Structure

Athletes are accepted onto the programmes of the Academy through the following different systems:

Individual Athlete Program (IAP):

This program provides scientific, life skills and athlete support to nominated elite athletes. The criteria for acceptance onto the programme are at least provincial colours, with the prospect of a medal at national/international level. Based on the participation and achievement level of the athlete, athletes are categorised in 2 different levels (Categories A and B). Different funding allocations are applicable for all levels.

High Performance Hubs:

ECAS established High performance hubs in all eight districts of the EC. The Hubs assist to identify, nurture and fast-track local talented athletes across all sporting codes providing them with athlete support services. The hubs systems are to ensure that our athletes, coaches and officials are kept abreast with the latest technology, research, techniques and developments to provide the competitive edge. Continued professional development is therefore essential at hub level.

The objective: To Improve preparation of coaches and athletes in order to assist in the transition to high performance sport.

Athlete Selection Criteria

Athletes are nominated by Provincial Federations and all applications are evaluated according to the criteria below.

A short-list of athletes are considered and approved by the Academy Commission prior to the financial year.

- Selection of Codes and Athletes according to SASCOC guidelines
- Codes / Athletes to be categorized into the following programmes :
 - Individual Athlete Programme (IAP) : Categories A, B
 - High Performance Hubs
- Evaluation of previous programmes to determine success factor
- Age-group of between 14 and 23, depending on the sport concerned (Not to exclude current medal winners older than 23)
- Participation at national and provincial level
- Applications in consultation with Provincial Federations
- Membership - full year with a possible extension thereafter
- Federations to be pro-active in coordination of sport specific High Performance programme

Academy Services

Services to be rendered by academies

Experience from dealing with athletes has shown that understanding of the athletes' background and economic and psychosocial status is critical. This assists in recommending of appropriate support services for the specific athlete or official. The following are the services rendered by the ECAS, however, will vary based on the need's assessment conducted for each athlete:

- Living expenses (transport to training sessions, meals)
- Coaching
- Medical assessments, screening and interventions
- Scientific support and interventions
- Technological support and interventions
- Life-skills and career counselling and guidance
- Information services
- Education and Training
- International exposure (training camps, competitions, exchange programmes)
- Talent identification, development and nurturing

Sport Science Services:

The scientific support to the Eastern Cape Academy of Sport is the responsibility of the Department of Human Movement Science, Nelson Mandela University. The following services are delivered on an on-going basis:

The services rendered by the Academy are:

Sport science and medical support to enhance performance, which includes:

- * Physical and medical testing
- * Fitness and conditioning programmes
- * Medical interventions, Injury and Rehabilitation Management
- * Sport Psychology services
- * Sports nutrition
- * Sports vision
- * Video analysis

Coaching:

The Academy has a responsibility to assist in the provision of coaching opportunities for teams, squads and individuals. In this regard, coaches are consulted with to ensure that athletes receive the best in terms of coaching possibilities and methods available. This process is always done in full collaboration and support from respective sporting federations.

Life Skills and Athlete Mentoring:

The Academy fulfils a vital role in offering a comprehensive life-skills and education programme to its athletes. The Life Skills programme identify the unique challenges of athletes in terms of educational and social and needs, and address these challenges, contributing to the holistic development of the athlete.

Athlete Support:

This important component is to provide historically disadvantaged athletes with the following support elements:

- * Transportation
- * Training kit
- * Sports equipment
- * Accommodation and Nutritional support (Residential Programmes)



Statistical Analysis Summary - Athlete Segregation Representation 2022-23

Individual Assistance Programme (IAP - Districts)

Code	Number of Athletes
Athletics	11
Archery	1
Boxing	23
DISSA	3
Gymnastics	2
Judo	2
Table Tennis	1
Swimming	2
Total	45

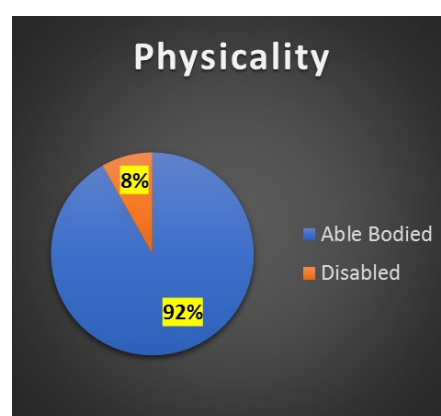
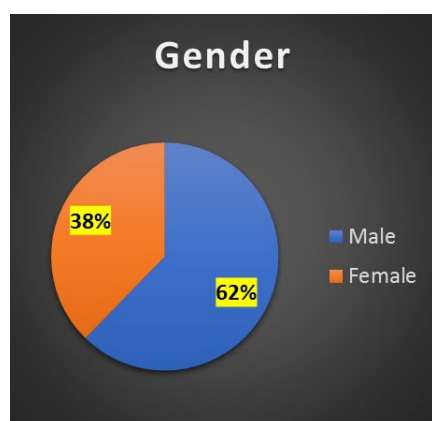
Individual Assistance Programme (IAP - Residential)

Code	Number of Athletes
Athletics	12
Cycling	1
DISSA	2
Judo	1
Total	16

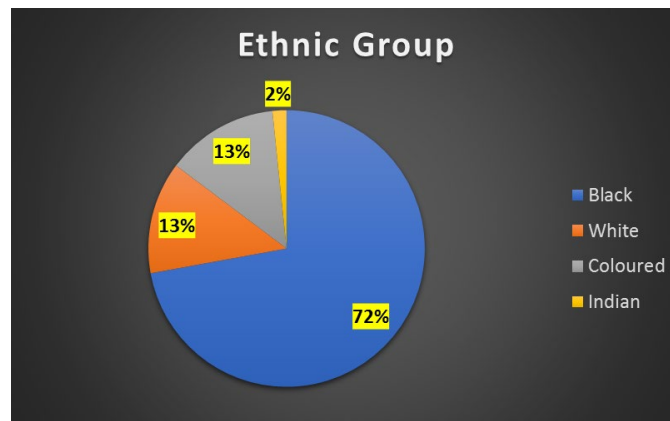
Representation Breakdown (Residential & Non-residential):

Male	Female	Total
38	23	61

Able Bodied	Disabled	Total
56	5	61

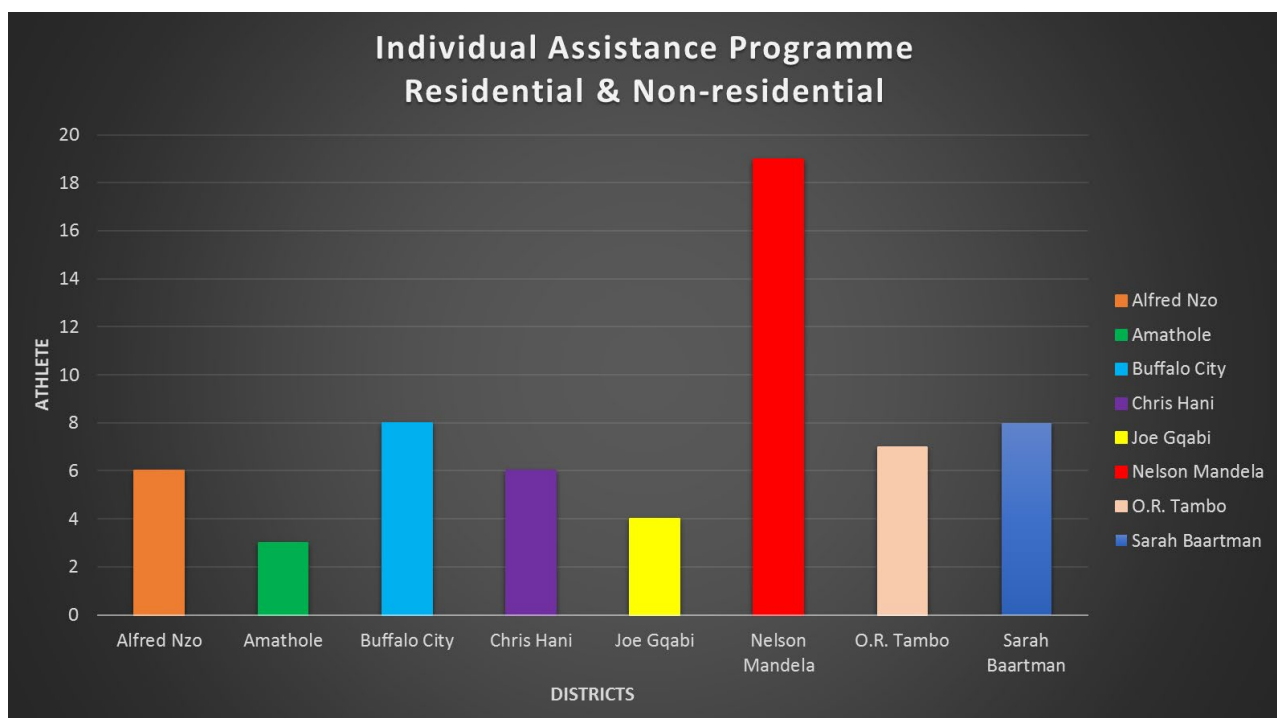


Black	White	Coloured	Indian	Total
44	8	8	1	61



Statistical Analysis Summary - Athlete Segregation Representation 2022-23

Individual Assistance Programme (Residential & Non-residential)

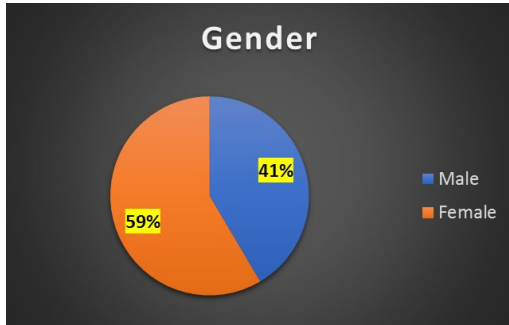


High Performance Hubs (Provincial and Districts)

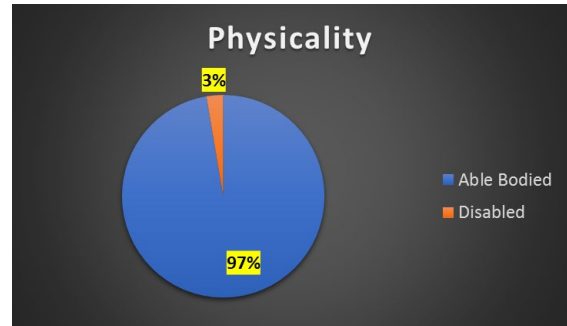
HIGH PERFORMANCE HUB NAME	NUMBER OF ATHLETES
Alfred Nzo	
Mbizana Athletics	7
Mount Ayliff	10
Amathole	
Elliotdale Athletics	11
Seymore Boxing	7
Buffalo City Metro	
King Williams Town Athletics (Sprints)	11
Border Cricket Academy	11
Chris Hani	
Queenstown Boxing	8
Middleburg Womens Rugby	22
Lady Frere Athletics (Middle Distance)	8
Joe Gqabi	
Aliwal North Athletics (Sprints)	8
Burgersdorp Athletics (Sprints)	8
Maclear Netball	14
Maclear Rugby Academy	22
Nelson Mandela Metro	
Judo	6
Disabled Sports	5
Tennis	6
O.R Tambo	
Gxulu Athletics (Middle Distance)	8
Mthatha Athletics (Sprints)	8
Sarah Baartman	
Grahamstown Boxing	8
Total:	188

Athlete Segregation/Representation Breakdown (High Performance Hubs):

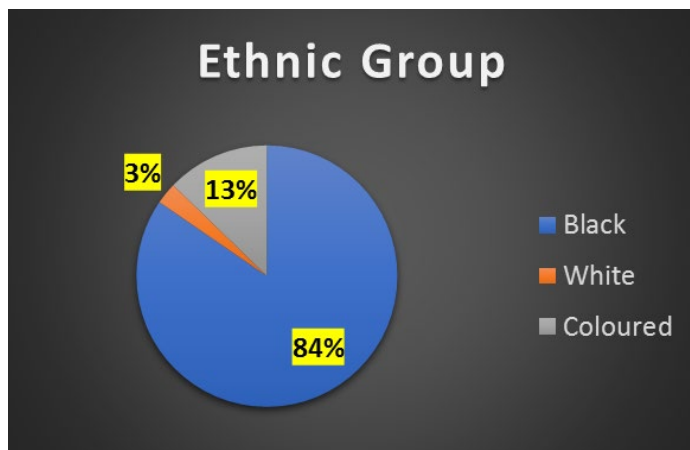
Male	Female	Total
78	110	188



Able Bodied	Disabled	Total
78	110	188



Black	White	Coloured	Total
159	5	24	188



Programmes

Provincial Level:

Residential IAP

The ECAS Residential IAP programme has the objective of retaining top sport-achievers in the province.

The Academy has entered into a partnership with NMU (Madibaz Sport) in order to offer more substantial service and performance rewards to achieving athletes.

Through the Residential programme, ECAS is offering a comprehensive service, which covers various aspects in the sport science and related fields. It is our mission to provide the athlete, with professional and efficient support service in an effort to contribute towards sporting excellence. To qualify for this programme, athletes are required to meet the academic qualifying standards for any of the degrees or diplomas offered by NMU. Academic acceptance is a pre-requisite in order to qualify for the programme.

A summary of the services delivered to athletes are as follows:

	Service	Comments
1	12 - Month ' <i>Individual Athlete - Residential Programme</i> ' Contract	Athletes receive stipends on a monthly basis on receipt of a monthly report and invoice
2	Medical Support	ECAS manages all medical assessments and rehabilitation interventions of athletes.
3	Accommodation and Meals	ECAS has reserved dedicated accommodation for athletes on the Residential Programme. Includes 3 meals a day at the hostel for an 11-month period.
4	Nutrition	Athletes receive a monthly supply of <i>Future-life</i> as an additional supplement to your normal diet.
5	Sport Equipment and Kit	ECAS make provision for the provision of standard training kit as well as specialised training equipment needs of the athletes.
6	Travel and Accommodation	A travel allowance is made available to enable athletes to attend national and possible international competitions.
7	Gym Membership	Athletes have access to the ECAS High Performance Gym as well as the services of a full-time sport scientist who assist you with gym training assessments, periodization, injury management, etc.
8	Studies	Study options will be managed by the District Academy Coordinator in conjunction with the relevant institution.
9	Coaching and training facilities	The appointment of a coach is a decision taken in collaboration with <i>Madibaz Sport</i> , and the athlete.

IAP Residential Squad Names - 2022/23

ATHLETES	ORIGINAL DISTRICT	SPORTING CODE
1. Mongezi Ngobe	Alfred Nzo	Athletics
2. Amanda Detshe	Alfred Nzo	Athletics
3. Aphelele Nkonyeni	Alfred Nzo	Athletics
4. Indiphile Dlesi	Alfred Nzo	Athletics
5. Oyama Mzana	Alfred Nzo	Athletics
6. Nikithemba Hani	Chris Hani	Athletics
7. Luxolo Adams	Joe Gqabi	Athletics
8. Leonard Mgoqi	Joe Gqabi	Athletics
9. Tjaart van der Walt	Nelson Mandela Metro	Athletics
10. Sadah Felix	Nelson Mandela Metro	Athletics (Disabled)
11. Kelsey van Schoor	Nelson Mandela Metro	Cycling
12. Mlamli Ndondlo	Nelson Mandela Metro	Judo
13. Jaco Smit	Sarah Baartman	Athletics (Disabled)
14. Daryll Lottering	Sarah Baartman	Athletics
15. Sherwin van Staden	Sarah Baartman	Athletics
16. Abulele Dwatshela	O.R. Tambo	Athletics

IAP Non-Residential Squad Names - 2022/23

Athletes	Original District	Sporting Code
1. Naledi Gcwaba	Alfred Nzo	Boxing
2. Silindokuhle Mbhobhana	Amathole	Athletics
3. Mandisile Xhayimpi	Amathole	Boxing
4. Sibusiso Mkolo	Amathole	Boxing
5. Moyisi Boo	Buffalo City Metro	Boxing
6. Tisetso Matikinca	Buffalo City Metro	Boxing
7. Siseko Teyise	Buffalo City Metro	Boxing
8. Sanele Sogcwayi	Buffalo City Metro	Boxing
9. Amzolele Dyeyi	Buffalo City Metro	Boxing
10. Simnikiwe Bongco	Buffalo City Metro	Boxing
11. Sinqobile Joxo	Buffalo City Metro	Boxing
12. Zoe Griessel	Buffalo City Metro	Athletics
13. Nitaya Mc Cuur	Chris Hani	Table Tennis
14. Joshua Jordaan	Chris Hani	Athletics
15. Siphosethu Mancotywa	Chris Hani	Athletics
16. Ayathanda Mtyando	Chris Hani	Athletics
17. Macana Qwane	Chris Hani	Athletics
18. Bongile Mbuweni	Joe Gqabi	Athletics
19. Kholeka Rasmeni	Joe Gqabi	Boxing
20. Ndyabo Lamani	Nelson Mandela Metro	Judo (Disabled)
21. Mbasa Qilingele	Nelson Mandela Metro	Powerlifting (Disabled)
22. Mondre Barnard	Nelson Mandela Metro	Athletics
23. Pamela Mayoli	Nelson Mandela Metro	Boxing
24. Lwazi Mpaizwa	Nelson Mandela Metro	Judo
25. Babalo Magqabi	Nelson Mandela Metro	Judo
26. Andrea Plaatjies	Nelson Mandela Metro	Boxing
27. Lubabalo Lusizi	Nelson Mandela Metro	Boxing
28. Asanda Ndebe	Nelson Mandela Metro	Boxing
29. Matthew Bosch	Nelson Mandela Metro	Gymnastics
30. Lenita Kotze	Nelson Mandela Metro	Gymnastics
31. Cole Moultrie	Nelson Mandela Metro	Athletics
32. Lubabalo Soga	Nelson Mandela Metro	Boxing
33. Keira van Heerden	Nelson Mandela Metro	Swimming
34. Kaitlynne Horne	Nelson Mandela Metro	Swimming
35. Vuyolwethu Dila	O.R. Tambo	Boxing
36. Awethu Ntshotho	O.R. Tambo	Athletics
37. Sinovuyo Mthintelwa	O.R. Tambo	Boxing
38. Cwenga Qasana	O.R. Tambo	Boxing
39. Nandipha Mvubu	O.R. Tambo	Boxing
40. Qiga Copa	O.R. Tambo	Boxing

41. Renitia Oosthuizen	Sarah Baartman	Athletics & Swimming (ii)
42. Yashin Naidoo	Sarah Baartman	Archery
43. Bryan Katoo	Sarah Baartman	Athletics
44. Siphosethu Daweti	Sarah Baartman	Boxing
45. Luyolo Nketseni	Sarah Baartman	Boxing

District Programmes - 2022/23

Alfred Nzo

Mount Ayliff Boxing Hub	
Athlete Names	
1. Avuyile Dakilizwe	5. Siphile Phakathi
2. Abongile Mathemba	6. Likhanyile Sihele
3. Mendi Mpisi	7. Thabiso Siteto
4. Simbulele Phakathi	

Mbizana Athletics Hub	
Athlete Names	
1. Aviwe Ngalavu	6. Mfezeko Rashu
2. Siphelele Mtolo	7. Ayavuya Maqam
3. Awonke Gogela	8. Inathi Fongolwana
4. Odwa Cengimbo	9. Senzo Siketo
5. Thandolwethu Jojo	10. Achumile Siketo

Amathole

Elliotdale Athletics Hub	
Athlete Names	
1. Qhamani Ketwana	7. Lisakhanya Blekiwe
2. Olwethu Dwezekile	8. Paballo Dlothi
3. Yomelela Nyhontso	9. Bongile Gwaziwele
4. Azola Baleni	10. Lilitha Majavu
5. Sinovuyo Luhali	11. Yamkela Mathambo
6. Lwando Labhomba	

Seymore Boxing Hub	
Athlete Names	
1. Kamvelihle Nyangule	5. Sibabalwe Hawu
2. Mhlali Manyi	6. Lina Mjonono
3. Ludumo Mkhondo	7. Luyolo Ndube
4. Silindokuhle Solani	

Buffalo City Metro

King Williams Town Sprints Hub	
Athlete Names	
1. Liyema Dyantyi	7. Buncwane Ngqeza
2. Othandwayo Sogoni	8. Bukho Boo
3. Ncutu Kepe	9. Hlakanipha Dyantyi
4. Anivuyo Misani	10. Hlumelo Ndlazulwana
5. Oyintando Nkobi	11. Anovuyo Majola
6. Buncwane Kwali	

Border Cricket Academy	
Athlete Names	
1. Akhanya Rebe	7. Nonelela Yikha
2. Nathan George	8. Thobile Hlatuka
3. Mzukisi Gwababa	9. Clayton Bosch
4. Nqabayomsie Peter	10. Sinovuyo Ntuntwana
5. Siyolise Fawuli	11. Thandolwethu Mnyaka
6. Siyamanga Mhletywe	

Chris Hani

Middleburg Women's Rugby Academy	
Athletes Names	
1. Celine May	12. Christolene Abrahams
2. Johnnericia Booysen	13. Iviwe Mambi
3. Emmerentia Demas	14. Lucaan Jansen
4. Megdene Booysen	15. Nevillina Jobela
5. Landi Demas	16. Kayla Nowatcha
6. Lizelle Witbooi	17. Cristel Barends
7. Johnice Van Schalkwyk	18. Venicia Joseph
8. Anacadia Minnaar	19. Michayla Fillis
9. Amahle Nyoba	20. Enlisha Maphaqa
10. Anuska Bruintjies	21. Sheneeze Scholtz
11. Erika Kalse	22. Wayda De Vos

Queenstown Boxing Hub	
Athletes Names	
1. Likhona Sizani	5. Olwam Mana
2. Indiphile Sizani	6. Achumile Homo
3. Lufentse Ntetha	7. Mzandile Saleni
4. Vuyo Mtsha	8. Asavela Phalaza

Lady Frere Middle Distance Hub	
Athletes Names	
1. Ntombzine Thombela	5. Athenkosi Stokwe
2. Achumile Nyumbeka	6. Simnikiwe Nqago
3. Phiweka Dumezweni	7. Alulutho Mvenya
4. Liyema Helebe	8. Siphahle Dyantyi

District: Joe Gqabi

Burgersdorp Sprints Hub	
Athletes Names	
1. Ayamthanda Bhozo	5. Sineyolo Raisa
2. Mikhulu Sphondo	6. Mbasa Botha
3. Anobomi Khepheyi	7. Hloni Moss
4. Sipiwi Swarts	8. Sitha Nhanha

Aliwal North Sprints Hub	
Athletes Names	
1. Omphile Moferi	5. Nic Jada
2. Siya Siko	6. Lutho Silele
3. Esona Bodla	7. Amkhitha Gcinisa
4. Naledi Makoa	8. Rorisang Momyane

Maclear Netball Academy	
Athletes Names	
1. Abukwe Gqibela	8. Yolanda Mtshemela
2. Inako Diniso	9. Naledi Klaas
3. Asemahle Bob	10. Bianca Jacobus
4. Erica Bennett	11. Onamela Selay
5. Awonke Ngunta	12. Axola Dyasi
6. Sisanda Tshotsha	13. Asavela Mtshemla
7. Tamisha Arends	14. Zandile Ndayi

Maclear Rugby Academy	
Athletes Names	
1. Sawongwa Manaya	12. Varian Voster
2. Sakhe Pikini	13. Alusizo Cukatha
3. Siyabonga Mayiji	14. Khanyisile Zibaya
4. Achumile Ngesi	15. Siyasamkela Dywili
5. Songe Ngqoshana	16. Uzukhanyise Zobaya
6. Somila Sigoxa	17. Unodwa Lalazi
7. Onwaba Jita	18. Oyama Dungulu
8. Sikelela Mcapukana	19. Viwe Gonya
9. Aphelele Fayó	20. Sesothando Velaphi
10. Camagu Mbinda	21. Kwanele Lingani
11. Kubelulo Melane	22. Ricardo Mbete

Nelson Mandela Metro

Judo Hub	
Athletes Names	
1. Matt Du Plessis	4. Asemahle Zondani
2. Lindokuhle Ntlebi	5. Keamogelo Koloi
3. Ivanna Basson	6. Sinqobile Shongwe

Disability Sports Hub	
Athletes Names	
1. Hayley Benecke	4. Shaheen Cassiem
2. Sinesipho Matlatshana	5. Ross Rubin
3. Keisha Ruijters	

Tennis Hub	
Athletes Names	
1. Liyabona Sgobongo	4. Lindokuhle Coko
2. Lathitha Puwe	5. Aphelele Mbatha
3. Okuhle Makabe	6. Lathitha April

District: O.R Tambo

Gxulu Middle Distance Hub	
Athletes Names	
1. Inam Mayeza	5. Sigcobile Lubuzo
2. Onako August	6. Sisipho Madlakuvana
3. Akhona Dlekedla	7. Thabo Nogqala
4. Asekhona Mshiyo	8. Ayabonga Nombembe

Mthatha Sprints Hub	
Athletes Names	
1. Endinako Mngibisa	5. Zafika Kebe
2. Ikho Mkentane	6. Chichi Okafor
3. Endinako Gabada	7. Yozuko Msutwana
4. Esethu Mahamba	8. Lihlumile Mqamane

Grahamstown Boxing Hub	
Athletes Names	
1. Linathi Matyhotynana	5. Qhama Dzedze
2. Siyahluma Mandabane	6. Azola Moses
3. Chumane Kondile	7. Khayelihle Prince
4. Masibulele Liwani	8. Siphosihle Mpolweni

Education and Training

ECAS did various coaches' education projects throughout the year. There were four Short Learning Programs (SLP's) which were all accredited and hosted by the Nelson Mandela University at the High-Performance Centre (HPC), with presenters being staff of the Human Movement Science (HMS) department and High-Performance Centre.

Two full day training workshops at the High-Performance Centre, one Sprinting workshop and one Middle distance workshop. Both workshops were presented by the HPC staff. One boxing education program was done through the HPC staff in Uitenhage during a preparation camp.

ECAS with the HPC started an online coach's education program for coaches to log on and listen to different elite level coaches present on various topics including an opportunity for questions afterwards. **ECAS reached 560 coaches throughout the financial year.**

Short Learning Program

In total, we had 114 coaches attending and 83 coaches passing their assessments. Each coach who passed received an official certificate from the Nelson Mandela University. Each coach, that attended and did not pass received an attendance certificate.

SLP 1 - 21 May 2022 - Profiling Your Athlete

Focusing on an overview of athlete profiling; mental profiling of an athlete; as well as physical profiling of an athlete. Two practical sessions were also included for mental as well as physical profiling. Thirty coaches attended and each coach received a manual on Profiling Your Athlete

SLP 2 - 20 August 2022 - Physiological Principals to Optimize Athlete Training

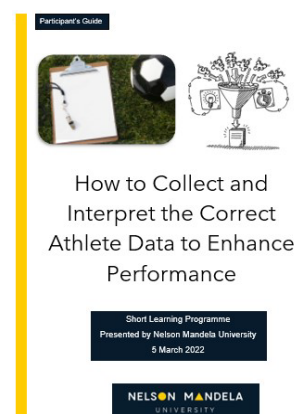
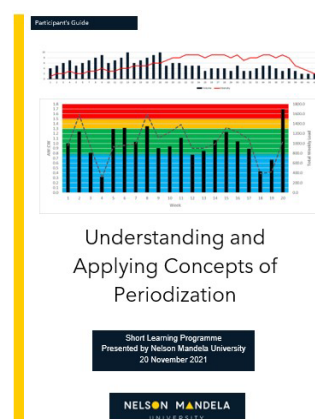
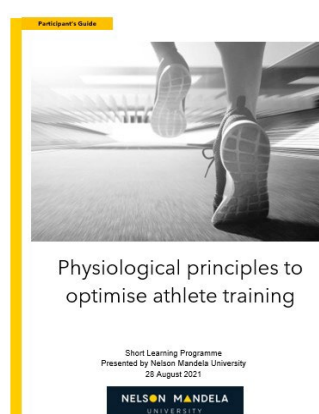
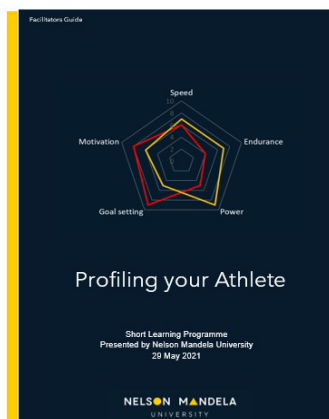
Focusing on Metabolic demands & pacing strategies; Warm-up, training session & cool-down; and Fatigue & Recovery. One practical session which included teaching coaches how to conduct warm-ups and implement recovery strategies. Twenty-eight coaches attended and each coach received a manual on Physiological Principals to Optimize Athlete Training.

SLP 3 - 26 November 2022 - Understanding and Applying Concepts of Periodization

Focusing on athlete development & specialization; periodization; and athlete monitoring. Two practical sessions were also included teaching coaches how to monitor athlete workload and how to create a periodized annual training program. Twenty-eight coaches attended and each coach received a manual on Understanding and Applying Concepts of Periodization.

SLP 4 - 25 February 2023 - How to collect and interpret the correct athlete data to enhance performance

Focusing on planning your training; Recording data; and evaluating your training. These topics aimed to educate the coaches on interpretation of testing results, collecting important information during training and competition, as well as evaluating and adjusting the planned training sessions. Twenty-eight coaches attended and each coach received a manual on How to collect and interpret the correct athlete data to enhance performance.



Online Coaches Education

Three online coaches' education webinars were held through the HPC in partnership with ECAS and 102 coaches were reached. Each online coaches webinar was specifically designed and topics chosen to assist the coaches working with ECAS and Eastern Cape athletes and their needs.

The topics covered were, How to Approach Strength & Conditioning; Why sleep is key to athletic performance and Maintaining a good coach-athlete relationship. All speakers had vast experience in the field working with national or international athletes.



Women in Sport Seminar

The Nelson Mandela Bay Sports Confederation in partnership with the Eastern Cape Academy of Sport had a very successful Women's Empowerment Seminar in August. The seminar focused on empowering Women Leaders in Sport within the context of Players/Athletes, Coaches and Administrators as well as to address the diverse challenges woman in sport face in their daily lives. The aim of the program was to enrich the attendees with general and management leadership skills. There was a lot of interaction between the delegates and group discussions, which were facilitated by Melonie Globel, with inspirational Women's Springbok Rugby Player, Lusanda Dumke and South African National Swimmer, Bathandwa Dyantyi sharing their sport journeys.



Online Sport Psychology Lecture

The Academy organized a sport psychology talk facilitated by High Performance Mind-set Coach and Speaker, Kyle Daniels. 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.

Provincial Legislature Fact Finding Mission

The Eastern Cape Academy of Sport hosted the provincial legislative branch at the Nelson Mandela University, High Performance Complex. The purpose of the visit was to learn more about the Academy Programmes as well as the facilities available to the athletes. The presentation was done by the Nelson Mandela Metro district coordinator, Marshall Marsh with various dignitaries from the Department of Sport, Recreation, Arts and Culture (DSRAC) and Eastern Cape Academy of Sport Commission, in attendance. The visitors were also taken on a tour around the High Performance Complex, by Sport Scientist Jason Le Roux, after having visited the DSRAC offices and the museum.



Silapha Wellness Intervention Programme: “Suicide Is Not The Solution”

Eastern Cape Academy of Sport athletes attended the one-day provincial seminar for artists and athletes at the East London International Convention Centre. Titled Silapha Activation Outreach, the programme 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. On behalf of the Minister of Sport, Arts and Culture Mr. Nathi Mthethwa, MEC Ms. Fezeka Nkomonye, delivered the keynote address to the Province, with the following delegates forming a panel to share their challenges and coping mechanisms they used to sustain their careers in the industry. The panel included: Nambitha Mpumlwana: Seasoned Actress, Bulelwa (Zahara) Mkutukana: Singer and Songwriter, Vuyani Bungu: Boxing Legend, Mandisa Williams: Former Captain of the South Africa Women's National Union Rugby Team & Sevens Team, Salomi Khumalo: Wellness Therapist and Gigi Lamayne: Rapper and Songwriter.



Athletics South Africa Cecs Level 1 & 2 Coaching Course

Eastern Cape Academy of Sport held a very successful ASA CECS Level 1 & 2 Coaches Course at the Nelson Mandela University, South Campus, High Performance Complex. In partnership with Eastern Province Athletics and Madibaz Athletics Club, the Coaches Course aimed at to make valuable contribution that will benefit the athletics fraternity in the Eastern Cape Province. The course offered provincial coaches, administrators, teachers, parents and student athletes had an opportunity to have in-depth knowledge of specialized and item specific athletics coaching and development. The coaching course was practical and theoretical of nature to ensure that coaches understand the importance nutrition, mental wellness, tactical and technical aspects of athletics, with a total of 129 participants from all eight districts around the Eastern Cape region taking part over the entire duration of the course.



International Basketball Training Course

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 would capacitate them to train coaches in their provinces to obtain the national licensing certificate.



Buffalo City Metro, Nelson Mandela Metro & Amathole District Host Life Skills Symposium

Hamilton Sports Club in East London was host to Buffalo City Metro and Amathole District Life Skills Symposium, which was presented by Ms. Melanie Gobel. The session was attended by eleven IAP athletes as well as their Coordinator, Ms Sibulele Tuswa. The topic focused on mind matters, which covered the following aspects; goal setting, coping mechanisms and how to utilise all available resources to achieve your goals.

Meanwhile, the 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 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 second theme of exploring the science of recovery, sought to get a better understanding of the athlete's current recovery perceptions and practices, with plenty of engagement between the facilitator and athletes as many seemed to have an idea of what it took to recover effectively.



Sport Focus School - Programme

The Sports Focus Schools' successfully executed their annual activities to ensure athlete and coaches development in the 2022/23 financial year, following disruptions of the past two financial years due to the Covid-19 pandemic and national lockdown.

1. All schools signed MoU's and Operational plans for the 2022/23 financial year.
2. Future life was distributed to all schools except for King Edward and Pearson.
3. Sport specific, generic equipment items and playing attire was purchased and delivered to the schools upon request.

Highlights from the Sport Focus Schools Programme:

- Cathcart High School were hosts to Adelaide High School, with all five teams in action.

- King Edward High School (KEHS) were hosts to the U/7 - U/13 Boys Hockey Festival at King Edward Park.
- 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.
- Graeme College held their annual rugby tournament also marking the school's 150th anniversary. The school extended the one-day tournament to a festival of over three days, to celebrate a momentous year in the school's history. Dale College (Buffalo City Metro), Queens College (Chris Hani) and Pearson (Nelson Mandela Metro) where all invited to be part of this significant top schools tournament in Makhanda.

The following is a list of the Sport Focus Schools within their various districts for the 202-23 financial year:

Name of The Schools	District	Specialization code
Cathcart High	Amathole	Netball
Dale College	Buffalo City Metro	Rugby
Graeme College High	Sarah Baartman	Rugby
Lady Grey Arts Academy	Alfred Nzo	Netball
Pearson High School	Nelson Mandela Metro	Netball
Queens College	Chris Hani	Rugby
Umtata High School	O.R Tambo	Rowing and Athletics
King Edward High School	Alfred Nzo	Athletics, Hockey



Athlete Achievements

International Achievements					
District	Name & Surname	Code	Event/Division	Competition	Accomplishment
AMA	Mandisile Xayimpi	Boxing	75kg	AFBC African Men and Women Elite Boxing Championships	Competed
BCM	Simnikiwe Bongco	Boxing	75kg	Commonwealth Games	Bronze Medal
				Africa Region 4 Games	Gold Medal
				AFBC African Men and Women Elite Boxing Championships	Bronze Medal
BCM	Amzolele Dyeyi	Boxing	57kg	Commonwealth Games	Competed
				Africa Region 4 Games	Gold Medal
BCM	Tisetso Matikinca	Boxing	54kg	AFBC African Men and Women Elite Boxing Championships	Gold Medal
BCM	Sanele Sogcwayi	Boxing	60kg	AFBC African Men and Women Elite Boxing Championships	Bronze Medal
BCM	Siseko Teyise	Boxing	51kg	AUSC Region 5 Games	Gold Medal
CH	Nikithemba Hani	Athletics	Long Jump	CUCSA Games	Silver Medal
JG	Luxolo Adams	Athletics	200m	World Athletics Championships	Competed
				WANDA Diamond League	Gold Medal
NMM	Wernich van Rensburg	Athletics	400m Hurdles	World Athletics U/20 Championships	Competed
				AUSC Region 5 Games	Team Silver Medal
NMM	Pamela Mayoli	Boxing	62kg	Women's World Boxing Championships	
				Africa Region 4 Games	Bronze Medal
				AFBC African Men and Women Elite Boxing Championships	Bronze Medal
NMM	Lubabalo Lusizi	Boxing	48kg	Africa Region 4 Games	Gold Medal
				AFBC African Men and Women Elite Boxing Championships	Bronze Medal
NMM	Asanda Ndlebe	Boxing	52kg	Africa Region 4 Games	Bronze Medal
NMM	Lenita Kotze	Gymnastics	Double Mini Trampoline	World Trampoline Gymnastics Championships	Competed
NMM	Matthew Bosch	Gymnastics	Double Mini Trampoline	World Trampoline Gymnastics Championships	Competed
NMM	Sinqobile Shongwe	Judo	60kg	Africa Cadet and Junior Championships	Silver & Bronze Medal
NMM	Ndyebo Lamani	Judo: Visually	73kg	Judo World Championships	Competed

		Impaired		IBSA Grand Prix	Bronze Medal
NMM	Kaitlynne Horne	Swimming	Freestyle & Breaststroke	AUSC Region 5 Games FINA World Junior Open Swimming Championships	Gold Medal x2 Team Gold Medal x2 Competed
OR	Vuyolwethu Dila	Boxing	50kg	AFBC African Men and Women Elite Boxing Championships FISU University World Cup Combat Sports IBA Women's World Boxing Championships Africa Zone 4 Championships	Competed Bronze Medal Competed Silver Medal
OR	Sinovuyo Mthintelwa	Boxing	51kg	AFBC African Men and Women Elite Boxing Championships	Bronze Medal
SB	Siphosethu Daweti	Boxing	75kg	AFBC African Men and Women Elite Boxing Championships Africa Zone 4 Championships	Competed Competed
SB	Jaco Smit	Para-Athletics	100m & 400m	Commonwealth Games World Para Athletics Grand Prix	Competed Gold Medal

Participants = 21
 Gold Medals = 11
 Silver Medals = 3
 Bronze Medals = 11

National Achievements

District	Name & Surname	Code	Event/Division	Competition	Accomplishment
AN	Aphelele Nkonyeni	Athletics	3000m Steeple Chase & 4km	ASA Senior Championships ASA Cross Country Championships	Bronze Medal Competed
AN	Mongezi Ngobe	Athletics	3000m Steeple Chase & 4km	ASA Senior Championships ASA Cross Country Championships	Competed Competed
AN	Luthando Ndonyela	Athletics	10km	ASA Cross Country Championships	Competed
AN	Amanda Detshe	Athletics	5000m, 3000m Steeple Chase &	ASA Junior Championships	Bronze Medal

			6km	SASA High Schools Championships	Competed
				ASA Cross Country Trials	Competed
				ASA Cross Country Championships	Competed
AN	Oyama Mzama	Athletics	4km	ASA Cross Country Championships	Competed
AN	Indiphile Dlesi	Athletics	4km & 5000m	ASA Cross Country Championships	Competed
				SASA High Schools Championships	Competed
AMA	Silindokuhle Mbhobhana	Athletics	1500m, 3000m & 4km	ASA Cross Country Championships	Bronze Medal
				ASA Junior Championships	Bronze Medal
				SASA High Schools Championships	Silver Medal x2
				Schools Cross Country Championships	Bronze Medal
AMA	Paballo Dlothi	Athletics	1500m, 3000m & 4km	ASA Cross Country Championships	Bronze Medal
				ASA Junior Championships	Silver & Bronze Medal
				SASA High Schools Championships	Gold Medal x2
				Schools Cross Country Championships	Gold Medal
AMA	Lilitha Majavu	Athletics	1500m & 3000m	ASA Cross Country Championships	Competed
				ASA Junior Championships	Competed
				SASA High Schools Championships	Competed
AMA	Mandisile Xhayimpi	Boxing	75kg	SANABO Championships	Gold Medal
BCM	Tisetso Matikinca	Boxing	54kg	SANABO Championships	Gold Medal
BCM	Moyisi Booi	Boxing	51kg	SANABO Championships	Gold Medal
BCM	Siseko Teyise	Boxing	51kg	SANABO Championships	Gold Medal
BCM	Sinqobile Joxo	Boxing	50kg	SANABO Championships	Silver Medal
CH	Cwenga Nose	Athletics	4km	ASA Cross Country Championships	Gold Medal
				ASA Cross Country Trials	Competed
CH	Qwane Macana	Athletics	6km	ASA Cross Country Championships	Competed
				SASA High Schools Championships	Competed

CH	Ntombizine Thombela	Athletics	1500m	ASA Cross Country Championships	Competed
CH	Nikithemba Hani	Athletics	Long Jump	ASA Senior Championships	Bronze Medal
CH	Ayathanda Mtyando	Athletics	100m & 200m	SASA High Schools Championships	Competed
JG	Luxolo Adams	Athletics	200m	ASA Senior Championships	Competed
JG	Leonard Mgoqi	Athletics	100m & 200m	ASA Senior Championships	Competed
JG	Bongile Mbuweni	Athletics	3000m	ASA Cross Country Championships ASA Junior Championships SASA High Schools Championships	Gold Medal Competed Competed
JG	Ethan Du Plessis	Athletics	200m	SASA High Schools Championships	Competed
NMM	Lubabalo Lusizi	Boxing	48kg	SANABO Championships	Gold Medal
NMM	Pamela Mayoli	Boxing	62kg	SANABO Championships	Bronze Medal
NMM	Asanda Ndlebe	Boxing	52kg	SANABO Championships	Gold Medal
NMM	Lenita Kotze	Gymnastics	Double Mini Trampoline	SA Gym Games	Competed
NMM	Matthew Bosch	Gymnastics	Double Mini Trampoline	SA Gym Games	Competed
NMM	Lwazi Mapitiza	Judo	100kg	Judo National Championships	Gold Medal x2
NMM	Mlamli Ndlondlo	Judo	66kg	Judo National Championships	Silver Medal
NMM	Siyabulela Mabhulu	Judo	81kg	Judo National Championships	Gold Medal
NMM	Ndyabo Lamani	Judo: Visually Impaired	73kg	SASAPD Championships	Gold Medal
NMM	Asemahle Zondani	Judo: Visually Impaired	66kg	Judo National Championships	Gold & Bronze Medal
NMM	Kamogelo Kolo	Judo	55kg	Judo National Championships	Competed
NMM	Keira van Heerden	Swimming	Freestyle & Breaststroke	SA National Junior Swimming Championships	Gold Medal x3
NMM	Kaitlynne Horne	Swimming	Freestyle & Breaststroke	SA National Junior Swimming Championships	Gold Medal x3
NMM	Mbasa Qilingele	Para-Powerlifting	86kg	SASAPD Championships	Gold Medal
NMM	Sadah Felix	Para-Athletics	Long Jump	SASAPD Championships	Gold Medal
NMM	Mondray Barnard	Athletics	110m Hurdles	ASA Senior Championships	Silver Medal
NMM	Tjaart van der Walt	Athletics	400m	ASA Senior Championships ASA Junior Championships	Competed Competed
NMM	Shaheen Cassim	Para-Athletics	100m & Long Jump	SASAPD Championships	Gold & Silver Medal

NMM	Ruben Ross	Para-Athletics	Discus & Javelin	SASAPD Championships	Gold & Bronze Medal
NMM	Sinesipho Mahlatshana	Para-Athletics	Discus, Javelin & Shot Put	SASAPD Championships	Gold Medal x2 Silver Medal
NMM	Hayley Benecke	Para-Athletics	Shot Put & Discus	SASAPD Championships	Silver Medal x2
NMM	Cole Moultrie	Athletics	100m & 200m	ASA Junior Championships	Competed
OR	Sigcobile Lubuzo	Athletics	1500m, 3000m & 4km	ASA Cross Country Championships ASA Junior Championships SASA High Schools Championships Schools Cross Country Championships	Silver Medal Competed Competed Gold Medal
OR	Abulele Dwatshela	Athletics	1500m, 3000m & 4km	ASA Cross Country Championships ASA Junior Championships SASA High Schools Championships Schools Cross Country Championships	Competed Competed Competed Silver Medal
OR	Simbongile Mcutha	Athletics	4km	ASA Cross Country Championships	Competed
OR	Sinovuyo Mthintelwa	Boxing	51kg	SANABO Championships	Gold Medal
OR	Vuyolwethu Dila	Boxing	50kg	SANABO Championships	Gold Medal
OR	Thabo Nogqala	Athletics	1500m & 3000m	ASA Junior Championships SASA High Schools Championships	Competed Competed
OR	Awethu Ntsotho	Athletics	5000m	ASA Senior Championships	Competed
SB	Siphosethu Daweti	Boxing	75kg	SANABO Championships	Silver Medal
SB	Jaco Smit	Para-Athletics	100m & 400m	SASAPD Championships	Silver Medal
SB	Bryan Katoo	Athletics	200m & 400m	ASA Junior Championships	Silver Medal
SB	Sherwin van Staden	Athletics	100m	ASA Senior Championships	Competed
SB	Daryll	Lottering	400m	ASA Senior Championships	Competed

Participants = 56
Gold Medals = 36
Silver Medals = 20
Bronze Medals = 12

Academy Exposure

1. Website Statistics:

The number of times the site was visited: **5 606**

The number of people who viewed any content from our page: **8 322**

2. Facebook Statistics:

The number of Facebook posts: **100**

The number of people who viewed any content from our page: **115 342**

The number of likes on the page: **2 800**

3. Instagram Statistics:

The number of Instagram posts: **25**

The number of people who viewed any content from our page: **809**

The number of followers on the page: **75**

4. Newsletters

The Academy released four quarterly newsletters during the 2022/23 financial year. The newsletters were distributed electronically to the entire ECAS database: **±600 individuals per quarter.**

QUARTERLY NEWSLETTERS 2022-23 (Front Covers only)



Associated Sponsors



Futurelife:



ECAS and FUTURELIFE® have been in partnership for the past 9 years. Through this partnership, FUTURELIFE® supports about +-150 ECAS athletes across all eight districts in the Eastern Cape.

Puma:



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