



EASTERN CAPE ACADEMY OF SPORT

NEWSLETTER

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Edition:
4th Quarter
Jan-Mar 2021

AFRICAN BRONZE FOR ECAS JUDO STAR LWAZI MAPITIZA

ECAS judo star, Lwazi Mapitiza, achieved a major career highlight when he returned with a bronze medal from the African Judo Championships. The tournament took place in Antananarivo, Madagascar from 17 to 20 December 2020.



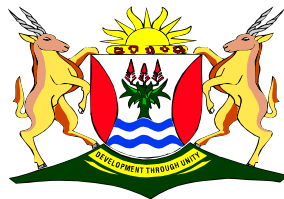
The 30-year-old Nelson Mandela University sport management student competed in the under-100kg body weight category.

Lwazi described his third place at the African champs, which he was attending for the fifth time, as the best achievement of his career. He had the following to say about his performance,

"My goal going into the competition was to bring back a medal, hopefully a gold medal, but I was still happy to return with the bronze," said Mapitiza, who lives in New Brighton, Port Elizabeth. It was a really special moment and there was a feeling of relief at the end, as well as pride in achieving what I did.

It was an improvement on the 2019 champs, where I came fifth overall, so I am definitely happy with the way things turned out."

His aim now is to keep working hard at his craft as his success in December has provided strong motivation. Lwazi indicated that he would also love to attend at least two international Grand Prix tournaments in 2021, which would assist him in preparing for the 2021 World Student Games to be held in China in August 2021.





ECAS COMMISSION MEMBERS CONVENE FOR STRATEGIC DISCUSSIONS

The Eastern Cape Academy of Sport (ECAS) Commission convened for a Strategic Planning and Commission meeting in Port Elizabeth on 11 and 12 March 2021 respectively.

External facilitator, Mr. Goodman Ndaba, facilitated the Strategic Planning Meeting. Mr. Ndaba is a Deputy Director at the National Department of Sports Arts and Culture and is responsible for Sport Science services for Provincial Academies.

Amongst others, topics and discussions covered at the Strategic and Planning session included the following:

- National Academy Framework
- Academy Background and Programmes
- Stakeholders Roles and Responsibility
- Education and Training,
- Sports Focus Schools Programmes.



Present:

Ms. Jean Miggels
 Mr. Akhona Mgijima
 Mr. Bafundi Makubalo
 Mr. Anga Ngcebetsa
 Dr. Simthandile Toni
 Ms. Sanelisiwe Sobahle
 Mr. Hermann Terblanche
 Mr. Marshall Marsh

Representing:

(ECSC)
 (Coaches Representative)
 (DSAC)
 (School Sport Representative)
 (MEC Representative)
 (MEC Representative)
 (ECAS Manager)
 ECAS – (Scribe)

Members not available for the meetings were:

Mr. Isaac Klaas
 Ms. Kosie Msimka
 Ms Anita Madike
 Dr Andile Bhovungana
 Mr. Leon Fletcher

(Federations)
 (SALGA)
 (Athlete Representative)
 (Medical Representative)
 (SASCOC)



EDUCATION AND TRAINING: E-LEARNING

ECAS in collaboration with internationally acclaimed service provider, CONQA Connect facilitated 3 on-line interactive sessions.

The sessions were hosted once a month, online for 1 hour, with an interactive Q&A session.

Identified ECAS High Performance Coaches and Administrators had access to the Interactive sessions.

Some of the topics presented included the following:

1. Topic:

Managing Mindset:

How to drive performance and engagement

Presenter: Mark de Stadler (Programme Director CONQA Group)

Date: 21 January 2021

17:00 UK Time
21 January 2021

CONQA

MARK DE STADLER
PROGRAMME DIRECTOR
CONQA GROUP

**MANAGING MINDSETS:
HOW TO DRIVE PERFORMANCE
& ENGAGEMENT**

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2. Topic:

Workplace Performance: The Power of Inclusion, Innovation and Team Cohesion

Presenter: Celeste Warren
(Head of diversity and inclusion Centre of Excellence)

Date: 18 February 2021.

17:00 UK Time
18 February 2021

CONQA

CELESTE WARREN
HEAD, DIVERSITY & INCLUSION CENTER OF
EXCELLENCE
MERCK

**WORKPLACE PERFORMANCE:
THE POWER OF INCLUSION,
INNOVATION & TEAM COHESION**

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3. Topic:

Mental Health: Empathetic Approaches to Fostering Healthy Team Environments

Presenter: Dr Victor Kidd

Date: 11 March 2021

CONQA
CONNECT

11 MARCH 2021
17:00 UK Time

EMPATHETIC APPROACHES TO FOSTERING
HEALTHY TEAM ENVIRONMENTS

DR. VICTOR KIDD
MENTAL HEALTH

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ATHLETE ACHIEVEMENTS

ECAS ATHLETES EXCELLED AT EPA CHAMPIONSHIPS

The Eastern Province Athletics (EPA) Championships took place from 26-27 March 2021 at Westbourne Oval Athletics Track in Port Elizabeth.

The 2-day event served as an official qualifying trials for athletes to compete at the 2021 Athletics South Africa (ASA) Track and Field Junior and Senior Championships.

ECAS athletes secured a total of 10 gold , 2 silver and 1 bronze medals at the championship.

Medal winners:

- Darryl Lottering (Sarah Baartman) :Gold - Men's - 200m & 400m
- Dwayne Pharo (Sarah Baartman) :Gold - Boys - 100m & 200m
- Ryan Jordan (Nelson Mandela Metro) :Gold - Boys - 400m
- Jaco Smit (NMM) :Gold T-12 400m (Visually Impaired)
- Nikithemaba Hani (Chris Hani) :Gold- Long Jump & Silver-100m
- Zoe Griessel (BCM) :Gold– 400m Youth (u18) & Silver-200m
- Jenna Killian (BCM) :Bronze– Girls (u18) 200m
- Leonard Mgoqi (Alfred Nzo) :Gold - Men's - 100m & 200m
- Buhlebenkosi Kahla (Chris Hani) :Gold-Junior (u20) -Long Jump
- Cherise Carreira (BCM) :Gold-Women –5000m





SPORT FOCUS SCHOOL PROGRAMME

TEAM-BUILDING CAMP FOR PEARSON HIGH SCHOOL NETBALL TEAMS



*Netball Teambuilding day at
Pine Lodge*

Pearson High School in collaboration with ECAS hosted a Netball Team-Building Camp at Pine Lodge in Port Elizabeth on 27 February 2021. The one-day camp was attended by 86 players (18 seniors and 68 juniors), 2 Coaches and 1 Manager.

Nick Kingsley and his team from “Get Real Adventure Breakaways” facilitated the team-building sessions. The aim of the camp was to encourage collaboration rather than competition and to motivate the players to work together to develop their strengths and address any weaknesses.

Mr Reg Sharp (Pearson High School Netball and Head Coach and Sport Focus Schools Coordinator) had the following to say about the camp: “The overall objective of integrating the juniors into the Pearson Netball Family was a great success. All the players learned a lot from the interactions and thoroughly enjoyed the experience. We appreciate the support and contributions provided by the Eastern Cape Academy of Sport”.

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

