



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

NELSON MANDELA
UNIVERSITY



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NEWSLETTER: Third Quarter: October to December 2022

MATTHEW BOSCH AND LENITA KOTZE

FINISH IN THE TOP 30 AT WORLD CHAMPIONSHIPS



Nelson Mandela Metro District gymnasts, Matthew Bosch and Lenita Kotze produced fine efforts to finish 16th and 26th respectively in the Men and Women Double Mini Trampoline at the 36th FIG Trampoline Gymnastics World Championships held in Sofia, Bulgaria from 16 - 19 November 2022. Matthew reached the semi-finals while Lenita managed to secure a quarter final finish at this prestigious gymnastics event.





INTERNATIONAL ATHLETE ACHIEVEMENTS



NYEBO LAMANI TAKES 5TH PLACE AT THE IBSA JUDO WORLD CHAMPIONSHIPS IN BAKU

Judoka Ndyebo Lamani competed at the 2022 IBSA Judo World Championships in Baku. Lamani narrowly lost in the bronze medal match and finished in 5th place in the J1 - u72kg body weight division. The event was contested by almost 250 athletes from 41 countries in two classes (J1 and J2).



ATHLETES EARN MEDALS FOR SOUTH AFRICA IN MALAWI

Boxer Siseko Teyise claimed a gold medal at the African Union Sports Council (AUSC) Region 5 Games held in Lilongwe, Malawi as he won his 51kg bout final after beating Chepete Boitshoko of Botswana by RSC, when he outclassed his opponent.

While, freestyle specialist Kaitlynne Horne produced stunning performances and touched the wall first, two times to earn herself two individual gold medals in the 200m and 400m Freestyle with two more team gold medals in the 4 x 100m Women Freestyle and 4 x 100m Mixed Freestyle relay events.

Wernich Van Rensburg won a team silver medal in the 4 x 400m relay event to add to South Africa's medal tally at the Games, which means that all Academy athletes that competed in Malawi, finished on the podium.



**EASTERN CAPE
ACADEMY OF SPORT**

PROVINCIAL ATHLETE ACHIEVEMENTS



POWERLIFTERS QUALIFY FOR NATIONALS

Marshall Marsh & Mbasa Qilingele competed at the disabled bench press provincial championships. Marshall, set himself a new record of 160kg in the U/97kg division at these championships. While, Mbasa took first place in the U/84kg elite women category.

They both qualified to compete at the 2023 SASAPD National Championship scheduled to take place in Cape Town from 17 - 21 March 2023.



BOXING CHAMPIONS IN THE MAKING

Three young boxing prodigies performed well at the 2nd Breast Cancer Awareness Boxing Tournament. Naledi Ngcwaba (63kg) won a gold in the Elite Women category, while Nkomo Yanela (43kg) and Thandolwethu Jojo (75kg) with Nogobela Amahle (41kg) losing on points in the final to take a silver medal. The tournament was held in Mthatha at the New Payne Community Hall, under the auspices of O.R. Tambo Amateur Boxing Organisation.



TRAINING CAMPS & FITNESS TESTING



HIGH PERFORMANCE TENNIS TRAINING CAMP

There is no better preparation for a Tennis Tournament than a pre-tournament tennis camps facilitated by Hub Coach Michael Mbombo. The athletes had an opportunity to work together at this high-level training camp, which was very professional, and very well organized.

In addition to the technical and tactical part, emphasis was also

given to the fitness aspect, with tests conducted by Sport Scientist, Jason Le Roux. All in all, it was a period of intense collaborative work between the athletes and coaches as they were preparing for the Super 8 Cape Town Tournament.



PRE-COMPETITION SPEED TESTS

Sport Scientist Jason Le Roux administered pre-season indoor 60m speed tests as well as a video analysis on the athlete's reaction time on the 100m & 200m sprint athletes. These tests continued on with 50m speed tests broken down into phases, which



also included endurance testing on the same athletes.

This scientific process will assist athletes and coaches with a highly detailed report on where to improve to better their athletics optimal results.





FITNESS TESTING, EDUCATION AND TRAINING



INSPIRATIONAL DISABILITY SPORTS ATHLETES FITNESS ASSESSMENTS

High Performance Disabled Sports Hub went for physical fitness tests and evaluations conducted by the Nelson Mandela University Biokinetics Centre and ECAS Sport Science Unit. The purpose of this testing was to determine the following from each athlete; body composition, aerobic capacity, flexibility, muscle strength and endurance so that they are provided with the most suitable training programmes to cater for their needs.

Senior Biokineticist, Mteteleli Biko conducted feedback sessions with the athletes

ONLINE EDUCATION AND TRAINING WEBINAR

Eastern Cape Academy of Sport with Nelson Mandela University High Performance Centre hosted an Online Education and Training Webinar presented by the Head Coach of SA National Men's Hockey Team, Mr Cheslyn Gie on the topic "Maintaining a good Coach-Athlete relationship".



ONLINE EDUCATION & TRAINING WEBINAR

(brought to you by ECAS in association with Madibaz HPC)

SPECIAL GUEST SPEAKER:

Mr Cheslyn Gie

- Head Coach of SA National Men's Hockey Team
- Head Coach of Madibaz Men's Hockey Team
- Manager of SA Hockey at 2020 Olympic Games in Tokyo
- Manager of Madibaz Hockey

TOPIC:
"Maintaining a good Coach-Athlete Relationship"





Date: 8 December 2022
Time: 14:00
Venue: MS Teams





EDUCATION AND TRAINING



THIRD SHORT LEARNING PROGRAMME ON THE GO

The HPC team presented the third SLP on the topic "Understanding and Applying Concepts of Periodization" which consisted of three one-hour theory slots focusing on the following methods:

1. Athlete Development & Specialization
2. Athlete Monitoring
3. Periodization

These sessions also included some time for the coaches to ask questions pertaining to the topic and the overall response from the coaches was positive throughout the day.

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



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UPCOMING EVENTS

ATHLETICS

- 10-11/03/2023 ASA Provincial Champs
- 15-18/03/2023 SASA National Champs
- 17-21/03/2023 SASAPD National Champs
- 23-25/03/2023 ASA Youth & Junior T&F Champs
- 30/03-01/04/2023 ASA Senior T&F Champs

JUDO

- 25/02/2023 National Ranking Event
- 09-12/03/2023 IBSA Ju-do Grand Prix. Egypt