



# NEWSLETTER

4th Quarter

January to March 2022

## INSIDE THIS ISSUE:

- ATHLETE ACHIEVEMENTS**
- TRAINING CAMPS**
- EDUCATION AND TRAINING**
- SPORT FOCUS SCHOOLS**

## ECAS PARTNERS WITH THE UNIVERSITY OF FORT HARE TO PRESENT SPORT PSYCHOLOGY ONLINE CONFERENCE

The University of Fort Hare (UFH) in partnership with the Eastern Cape Academy of Sport and South African Society of Sport and Exercise Psychology hosted a two-day Sports Psychology & Development Online Conference in March 2022.

Various dignitaries, including MEC of the Department of Sport, Recreation, Arts and Culture (DSRAC) Ms. Fezeka Nkomonye, UFH Vice Chancellor, Prof. Sakhela Buhlungu, UFH Dean for the Faculty of Health Sciences Prof. Mzikazi Nduna and SASSEP Prof. van Niekerk graced the proceedings with a trivial welcoming and introduction.



During the two-day conference, six experts covered their topics on sports psychology and development of athletes, they are:

Day 1: Prof. Leon van Niekerk: Sport Psychology in South Africa and its contribution to development; Prof. Ankebe Kruger: Achieve Peak Performance in Sport and Ms Maryna van Niekerk: The effect of mental skills training on the mental toughness of athletes.

Day 2: Dr Koketjo Tsebe: Sport Psychology for coaches: what coaches can do; Dr Kathryn Nel: Cumulative Mild Head Injury in Contact Sports and Ms Maretha Claassen: Positive thinking in sport.





## ATHLETE ACHIEVEMENTS

### ASA JUNIOR CHAMPIONSHIPS:

### VIVE JINGQI MAKES HISTORY IN POTCHEFSTROOM



Former Eastern Cape Academy of Sport athlete, Vive Jingqi will be remembered for a very a long time in the athletics fraternity. This comes after the 17-year old from Engcobo, (Chris Hani District) broke the South African U/18 and U/20 100m record, while posting the fastest time in the U/18 age category in the world this year when she stopped the time in 11.22 seconds.

The rising superstar, broke the record thrice, when she ran 11.40 in the heats, 11.36 in the semi-finals, and then 11.22 in the final also surpassing the U/20 record mark that was set in 1989, by Marcel Winkler Viwe, also went on to set a new South African U/18 record over 200m when she clocked 23.03 seconds on the last day of the championships. The Academy congratulates you on your enormous achievements.

### ECAS BOXERS DOMINATE IN DUNDEE



The Academy in conjunction with the Eastern Cape Boxing Organisation (ECABO) sent 20 elite men and women to the Round Robin Tournament held in KwaZulu Natal.

This tournament also served as a qualifier for the Zone 4 Games to be held in Zambia.

The boxers extended their superiority at the tournament, when eleven of them qualified for the

South African Team, with six more boxers making it into the B-Team, exceeding the expectations of ECABO President, Mazizi Vumazonke and coach Mlandeli Mngqibisa.



## TRAINING CAMPS

### JUDO INTERNATIONAL CAMP IN HUNGARY



ECAS Judo athlete Mlamli Ndlondlo, grinded it out at the fierce training camp that was held in Hungary, earlier this month ahead of the upcoming World Student Games and Commonwealth Games.

Competing at this level will help him improve and perfect his skills while also gaining experience for the upcoming international competitions.

Amathole District held a high-performance athletics training camp in the first week of March to prepare for the Eastern Cape Schools Championships, scheduled to take place in Gqeberha. The five-day long training camp was facilitated by Mr Makwayiba, with two sessions conducted on each day. The purpose of the camp was to prepare the athletes **for what's to come as well as to ensure** they are ready come competition time. The Hub coach was truly appreciative of the support he got from the Academy to make this camp a success.

### BOXERS PREPARING FOR ZAMBIA



After dominating at the South African National Boxing Organisation (SANABO) Round Robin Tournament, held in KwaZulu Natal and qualifying to represent South Africa at the upcoming Zone 4 Games in Zambia.

The Eastern Cape Amateur Boxing Organisation (ECABO) and the Eastern Cape Academy of Sport hosted a high-performance boxing training camp in Gqeberha, to perfect **the boxer's technique and increase their levels of fitness** before the start of the tournament.

The camp proved to be a success as the boxers took part in a local tournament, with each of them winning their bouts comfortably.

### ELLIOTDALE TRAINING CAMP: SHOWING EAGERNESS





## JOE GQABI SPRINTING HUB EARLY-SEASON TRAINING CAMP



Joe Gqabi District held a high-performance sprinting hub early-season training camp in Maruping Primary School, Burgersdorp. The two-day long training camp was facilitated by coaches from Burgersdorp, Mongezi Mokoena and Aliwal North, Bongani Mthwa, with the purpose of increasing the volume of sprints specific training and the levels of base fitness as well as polishing up key skills as they prepare for the season.

## ECAS ATHLETES MANIFEST TRUE SPORTSMANSHIP



Alfred Nzo District Individual Assistance Programme athletes Mongezi Ngobe, Aphlelele Nkonyeni and Luthando Ndonyela, facilitated training sessions at Nolitha Special School to prepare the athletes for the Eastern Cape Schools Championships. The athletes then went on to compete exceptionally well at the championships, taking home a few medals while also qualifying to take part at the National Schools Championships, in Germiston.

## 2021 NATIONAL CHAMPIONSHIP MEDALLISTS MOVE TO GQEBERHA



As part of the Academies residential programme, two national medallists relocated to Gqeberha in January 2022. Cwenga Nose, who won the U/23 4km ASA Cross Country Championships in Amanzimtoti, KwaZulu-Natal and Aviwe Hoboloshe, ASA U/20 800m silver medallist have relocated from Queenstown (Chris Hani District) and Elliotdale (Amathole District) respectively and are based in the high-performance long and middle-distance programme in St Albans under the mentorship of Mr Michael Mbambani.

The athletes will train alongside Eastern Province Athletics long-distance superstar and 5000m record holder, Melikhaya Frans.

Mr Mbambani, of the Ikhamva High-Performance training group expressed his

**excitement upon these notable prospects, “we can accomplish anything through hard work and dedication as well as overcome the challenges we are faced with in our everyday livelihoods”.**



## EDUCATION AND TRAINING

ECAS PRESENTS FINAL SHORT LEARNING PROGRAMME



The fourth Short Learning Programme (SLP) for the financial year took place in the first week of March. The programme is endorsed by Nelson Mandela University, Human Movement Science Department. Coaches representing various sporting codes from all eight districts in the province attended the SLP, which focused on enhancing the knowledge and skills of the participants. Participants received certificates for all four topics, they attended in the four quarters of the financial year. The coaches were very appreciative for this **programme as they praised the facilitators at the end, saying that “the content was great throughout and it provided them with relevant information”**.

### RUGBY COACHING COURSE



ECAS Sport focus school, Dale College Boys High School held a two-day level 1 Rugby Coaching **Course at the Malcom Andrew's Sport Centre**, which was facilitated by David Dobela, Lungelo Malgas and Xolisile Dakuse of Border Rugby.

The course comprised both the theory and practical components, with participants providing positive feedbacks on topics discussed. Dale College thanked the Academy for their support and giving them the opportunity to host the course.



## SPORT FOCUS SCHOOLS

### PEARSON HIGH SCHOOL HOST NETBALL TEAM BUILDING CAMP



Pearson High School in collaboration with ECAS hosted a Netball Team-Building Camp at Pine Lodge, Gqeberha in February. The one-day camp was attended by 81 participants (16 seniors and 65 junior players), 3 Coaches and 1 Manager. The team building sessions were facilitated by Nozi Sandi and her team from "Get Real Adventure Breakaways". The aim of the camp was to encourage collaboration and achieving the overall objectives of integrating the juniors into the Pearson netball family. All the players learned a lot from the interactions and thoroughly enjoyed the experience. The role of bi-directional team support by both seniors and juniors was emphasized and accepted.

### QUEENS COLLEGE TEAM BUILDING

Queens College Boys High School also held a rugby team building mid-March in Port Alfred, which focused on team goals and values of Queen's College Rugby.

The players were then able to prepare for the Graeme College Rugby Day as they would face their fierce rivals in Kingswood College.

Mr. Clinton Loest, thanked ECAS for their support, stating that the Academy has added tremendous value to their squad and the school.



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](http://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...



NELSON MANDELA  
UNIVERSITY