



EASTERN CAPE ACADEMY OF SPORT

NEWSLETTER

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ACADEMY STRATEGIC PLANNING WORKSHOP

The Eastern Cape Academy of Sport (ECAS) commission and its stakeholders hosted a Strategic Planning workshop in Port Elizabeth on 14-15 May 2021.

Members and Stakeholders from the following Institutions attended the two-day workshop:

ECAS Commission, Department of Sport, Recreation, Arts and Culture (DSRAC), Sports Recreation Arts and Culture (SRAC), South African Sports Confederation and Olympic Committee (SASCOC), Eastern Cape Sports Confederation, Department of Education, University Representatives (Nelson Mandela University, Rhodes University, Fort Hare University, Walter Sisulu University) and Academy district coordinators.

The workshop aimed to enhance and support relationships with local, district, provincial and national governments, communities, academic institutions, industry and private sector.

External service providers and specialists in the field of Strategic Management from the Institute of Sport Group (IOS) facilitated the workshop. Mr John O'Connor (IOS Group Managing Director and subject matter expert (SME) on sport and sports organizations) and Mr Shaun Nel (Strategy and organisational advisory) were the leading facilitators of the workshop. Mr Norman Mphake who is a Research and Development (R&D) specialist in the IOS Group Programme assisted them.

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

Presentations by Mr Shaun Nel and Mr John O'Connor on the ABC Model of Goal Setting. Presentations on the National Academy Framework, Academy Background and Programmes, Stakeholders Roles and Responsibility, Education and Training, Sports Focus Schools Programmes, Sport Science Services and Athlete Monitoring and Evaluation.



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





A THLETE A CHIEVEMENTS

ECAS ATHLETES EXCELLED AT THE 2021 ASA SENIOR TRACK AND FIELD CHAMPIONSHIPS



TUKS Athletics Stadium (Tshwane) hosted the Sizwe Medical Fund ASA Senior Track & Field Championships from 15 April to 17 April 2021. The long-awaited national senior championships also served as the official Olympic qualifying trials for athletes to be considered for the SA Team to the 2021 Tokyo Olympic Games.

CHERISE CARREIRA, DARRYL LOTTERING, AVIWE HOBOLOSHE JACO SMIT, excelled at the event securing SA championship medals. **CHERISE CARREIRA (SIMS)** from Buffalo City Metro district won the **women's 3000m steeplechase race event in 11:11.60, securing the gold medal.**

DARRYL LOTTERING from Jeffreys Bay won the silver medal in the **men's 400m race event. He managed to run a new Personal Best (PB) time of 0:46.11. Lottering's achievement is impressive as the event was his first event competing as a senior athlete.**

AVIWE HOBOLOSHE won the **bronze medal in the Women's 800m** race event. This is a remarkable achievement as Aviwe is still a junior (18 years old), competing against senior athletes.

JACO SMIT won the men's T12- 400m race event for visually impaired athletes in a season's best time of 0: 51.86.

The following ECAS athletes also competed at the National Championships:

Nikithemba Hani (Chris Hani), Luthando Ndonyela (Alfred Nzo), Mongzi Ngobe (Alfred Nzo), Awethu Ntshotho (O.R Tambo), Cwenga Nose (Chris Hani), Thapelo Madala (Joe Gqabi), Bulali Mnyamana (Joe Gqabi)

MORE NATIONAL MEDALS FOR BASSON TWIN-BROTHERS

ECAS swimming stars and twin brothers Alaric and Alard Basson from Kariega (Uitenhage) competed in the final leg of the 2021 Swimming South Africa (SSA) Grand Prix, which took place at Kings Park Aquatics Centre in Durban from 28-30 May 2021 .

ALARIC BASSON competed in the 200m and 100m breaststroke race events. He secured a gold medal in the 200m and a silver medal in the 100m race events respectively. ALARD BASSON secured three medals (gold medal in the 50m fly, silver medal in the 50m breaststroke and a bronze medal in the 100m fly) race events.

The brothers also competed at the 2021 South African National Aquatic Championships. The event took place in Newton Park, Gqeberha (formerly Port Elizabeth) from 07 to 12 April 2021. **Alaric won 3 Gold medals in the Men's 50m, 100m, and 200m breaststroke race events. In the Men's 100m and 200m breaststroke final events, Basson achieved 2 new Personal Best (PB) times of 00:1.00.8 (new Eastern Cape record) and 00: 2.13.4 respectively. He narrowly missed the Olympic A-qualification time for the Men's 100m breaststroke by 0.9seconds.**

Alard finished in 4th place in the 50m and 100m breaststroke race events.





A THLETE A CHIEVEMENTS

NATIONAL MEDALS FOR ECAS PARA-ATHLETES



The 2021 Toyota SASAPD National Championships for the Physically Disabled and Visually Impaired was held in Gqeberha formerly Port Elizabeth from 23-26 April 2021. The multi-sport competition featured boccia, goalball, judo, powerlifting, and athletics.

The championships were internationally sanctioned and served as the Paralympic trials for selection to compete at the 2020 Tokyo Paralympic Games. International athletes from neighboring Botswana, Lesotho, and Namibia also competed at the event.

ECAS Athletes JACO SMIT, SADAH FELIX, MBASA QILINGELE, and NDYEBO LAMANI excelled at the event securing national medals. Jaco Smit competed in the 400m (T12 – partially sighted) event, winning GOLD in a new season-best (SB) time of 51:66. He narrowly missed the A-qualifying (50.40) which would make him eligible to compete at the 2020 Tokyo Paralympic Games.

Ndyebo Lamani won the U/66kg gold medal (B2 category – partially sighted) confirming his dominance in the weight category. He also **competed in the open category where he won a silver medal. Lamani's next competition will be the International Blind Sports Association (IBSA) Judo Grand Prix** to be held in Azerbaijan, Baku from 25-26 May 2021. The IBSA Judo Grand Prix is an internationally sanctioned event and will serve as one of the official Paralympic qualification events.

Mbasa Qilingele (Bench-Presser) competed in the junior (u/79kg) body weight Power-lifting Bench press division where she secured the gold medal with a Personal Best (PB) lift of 80kg.

Sadah Felix competed in the men's long jump (T/F 34 class) and javelin (T/F 35/37/38 class) events. He won a silver medal in the long jump event with a jump of 5,45m. Felix sustained a hamstring injury during the event but still managed to win a bronze medal in the javelin event.

Marshall Marsh, an ex ECAS athlete now staff member also competed at the event. Marsh competed in the (u/80kg) body weight Power-lifting Bench press division where he secured the gold medal with a Personal Best (PB) lift of 145kg. He also won the trophy for Best Bench -Presser at the event.

At the conclusion of the games, team Eastern Cape was announced as the overall winning province, winning the Boccia; Powerlifting, and Judo competitions.

NITAYA McCUUR TO REPRESENT SA AT WORLD SCHOOLS SUMMER GAMES



ECAS congratulates Table Tennis star, Nitaya McCuur for her inclusion into team South Africa that will represent South Africa at the 18th International School Sport Federation (ISF) World Schools Summer Games. The games will be held in Jinjian, China from 16-23 October 2021.

Nitaya qualified for the event when she secured a gold medal in the junior girl's division at the ISF Elimination trials (National Tournament) held in Bloemfontein from 29-30 April 2021. McCuur from Komani is currently on the ECAS IAP Programme in the Chris Hani District.

The Gymnasiade, or World Gymnasiade, is an international multi-sport event, which is organized by the International School Sport Federation (ISF). It is the largest event among many other sports events held by the ISF. The 17th edition of ISF Gymnasiade was organized by Morocco in 2018 with more than 3000 young athletes representing 58 countries. It was the biggest edition so far and the first ever-International Multi-sport event for youth held in Africa



ATHLETE ACHIEVEMENTS

LWAZI MAPITIZA GAINS VALUABLE EXPERIENCE AT THE 2021 (IJF) JUDO WORLD CHAMPIONSHIP

The 2021 World Judo Championships were held from 6 to 13 June 2021 at the Papp László Sportaréna in Budapest, Hungary.

About 661 Judokas from 118 Countries qualified to compete at the event. ECAS athlete and judoka LWAZI MAPITIZAT competed in the under-100kg body weight category. MAPITIZA lost his 1st round fight against KUKOLJ ALEKSSANDER from Serbia (SRB).

The International Judo Federation (IJF) World Championships is a very important event in terms of international ranking points and participation opportunities gearing towards the 2020 Tokyo Olympic Games.

In preparation for the 2021 World Judo Championships, Lwazi attended the African Judo Championships in Senegal from 20-23 May 2021 as well as the African Seniors Judo Championships that took place in Antananarivo, Madagascar from 17 to 20 December 2020. He achieved a major career highlight when he returned with a bronze medal (3rd place in the U/100kg body weight division) from the African Seniors Judo Championships. He finished in 5th place at the African Championships but his outstanding performances at both events secured him a direct qualification spot to compete at the (IJF) 2021 World Championships.



RYAN JORDAN, AVIWE HOBOLOSHE AND ABULELE DWATSHELA SECURED NATIONAL MEDALS AT 2021 ASA JUNIOR CHAMPIONSHIPS

The 2021 TWIZZA Athletics South Africa Track and Field Age Category (u16-u20) Championships were held at the Dal Josaphat Stadium in Paarl, Western Cape from Wednesday 07 to Saturday 10 April 2021. Boland Athletics hosted the 4-day event.

ECAS was well represented at the event with twelve (12) athletes from various districts: (Alfred Nzo, Buffalo City Metro, Joe Gqabi, Amathole, Chris Hani and O. R Tambo, Sarah Baartman, and Nelson Mandela Metro) forming part of the Eastern Cape team. The national event attracted numerous athletes from various provinces competing in the U-16- to U20 age group categories.



ECAS athlete Aviwe Hoboloshe from Amathole district won 2 medals in the U/20 age group category, She finished in 2nd position (silver medal) in the 800m and 3rd (bronze medal) in the 1500m race events. Ryan Jordan, also an athlete from the Nelson Mandela Metro district, won a **silver medal in the U/20 Men's 400m race event losing narrowly to the current African Youth 400m Champion, Lythe Pillay**. Ryan managed to run a new Personal Best (PB) time of 0:47.01 securing a Junior-B qualifying standard. Jordan is currently being coached by Jessi Kahn.

Abulele Dwatshela from Lusikisiki in the O.R Tambo district also secured a silver medal in the girls U/16 3000m race event. The 14 years old competed in the u/16 age group category showing remarkable determination while competing with the best juniors in the country.



EDUCATION AND TRAINING

REPORT ON ECAS AND NMU HPC SHORT LEARNING PROGRAMME 1



Eastern Cape Academy of Sport (ECAS) in collaboration with the Nelson Mandela University High-Performance Complex (HPC) facilitated a Short Learning Programme (SLP) at the NMU High-Performance complex in Port Elizabeth on 29 May 2021.

A total number of 28 elite coaches from the Eastern Cape, representing various sporting codes attended the course. The one-day course was presented by the Nelson Mandela University, Human Movement Science Department staff and is endorsed by Nelson Mandela University.

The objective of the course was to enhance the knowledge and skills of coaches in the Eastern Cape.

The main topic of the short learning program was “Profiling your Athlete” and consisted of three, one-hour theory slots. Theory sessions focused on the following topics: an overview of athlete profiling; mental profiling of an athlete; as well as physical profiling of an athlete. These sessions also made provision for participating coaches to ask questions pertaining to the topic. Each session was presented with a PowerPoint slide show and each coach received a participant’s guide with all of the necessary content.

In addition to the three theory sessions, there were also two practical sessions for mental as well as physical profiling. The mental profiling practical was interactive and took place in the lecture venue whereas the physical athlete-profiling practical involved going through several physical testing protocols in the HPC facilities. Participants received the following handouts as part of the course. Participant Guide: Profiling Your Athlete, bound notes on Power-Point Slides and course relevant printed documents.

After the programme, each participant received an assignment to complete. On completion of the assignment, each participant will get a certificate of completion that is accredited by Nelson Mandela University.

ONLINE COACHES EDUCATION SESSIONS

ECAS in collaboration with the High-Performance Complex at Nelson Mandela University facilitated 2 on-line interactive sessions. Identified ECAS High-Performance Coaches and Administrators had access to the Interactive sessions with included interactive Q&A sessions. The sessions was hosted online via Microsoft-Teams and lasted between 1 to 2 hours,.

Some of the topics presented included the following:

Topic:
Workload Monitoring
Presenter: Dr Lee Pote (PhD Human Kinetics and Ergonomics)
Date: 19 May 2021

Topic:
Exploring the Science of Recovery
Presenter: Mr Mteteleli Biko (Senior Biokeneticist and associate lecturer in Exercise Science)
Date: 24 June 2021

HPC High Performance Complex
ONLINE COACHES' EDUCATION

GUEST SPEAKER:
Dr Lee Pote
PhD Human Kinetics and Ergonomics
Certified Strength and Conditioning Specialist
Postdoctoral Fellow
Rhodes University

TOPIC:
Workload Monitoring

Date: 19 May 2021
Time: 14:30
Venue: MS-Teams

HPC High Performance Complex
ONLINE COACHES' EDUCATION

GUEST SPEAKER:
Mr Mteteleli Biko
Senior Biokineticist and associate lecturer in Exercise Science
Head Coach of Madibaz Rowing

TOPIC:
Exploring the science of recovery

Date: 24 June 2021
Time: 15:00
Venue: MS-Teams



TRAINING CAMP

ECAS ALFRED NZO DISTRICT ACADEMY HOSTS BOXING TRAINING CAMP

About 17 boxers (male and female) from Cabazana Boxing Hub attended a 2-day boxing training camp at Nolitha Special School in Mount Ayliff from 27-30 May 2021. Nolitha Special School also serves as the official Host-Institution of the ECAS Alfred Nzo District Academy office.

The main objective of this camp was to prepare the youth and elite boxers for the Eastern Cape Amateur Boxing Organization (ECABO) provincial boxing championships from 19-20 June 2021.

Mr. Nkofentsha Ntintili (Cabazana boxing hub head Coach) facilitated the camp and headed the theoretical and practical sessions. The training camp comprised of three training sessions per day, which included boxing conditioning and technical drills; road running, and sparring sessions. The training camp also provided opportunities for boxers to compete against each other. Practice fights were evaluated to assist with technical and tactical improvements.

ECAS Alfred Nzo District Coordinator Mr. Clinton Gunkel indicated that the training camp was a huge success and that everyone present was very appreciative of the camp.



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

