



ECAS NEWSLETTER

3rd Quarter
Oct-Dec
2019

- *Inside this Issue:*
- *Elite Sport Summit*
- *Jaco Smit*
- *Mlami Ndlondo*
- *Coaches Education*
- *Training Camps*
- *Sport Focus Schools*

*ECAS OFFICIALS, COACHES AND ADMINISTRATORS
ATTENDED WORLD CLASS ELITE SPORT SUMMIT*



The 2019 Elite Sport Summit was held in Cape Town, South Africa, from 9 to 10 October. The ECAS representatives joined 300 attendees at the 2 day summit.

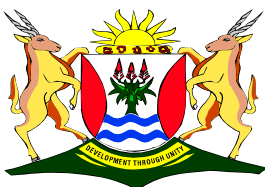
The purpose of the Summit was to bring together high-performance practitioners from across the globe from a variety of sports and enable them to network with coaches, managers and learn from organizations and professional the latest cutting-edge sports performance principles.

The theme of PUSHING THE BOUNDARIES OF HUMAN PERFORMANCE included discussions about talent development, building a winning team culture, scientific training methods and professional development. The World Class Speakers & schedule included the following:

Fergus Connolly (High Performance Consultant/ author) , Tim Harkness (Head of Sports Science & Psychology) , Andrew Raines (Head Coach: Academy Gold Coast Suns) , Maj Gen Paul Nanson (Commandant: Royal Military Academy Sandhurst general officer: British Army) , Warren Kennaugh (High Performance Consultant Hogan Assessments) , Chris Snyder, (Director of coach education US Olympic & Paralympic Committee) Eliza Freney (Advanced sports dietitian cricket Australia)

Robbi Kempson, (High Performance Director, Southern Kings) and Desiree Ellis, (Head Coach: Banyana Banyana SAFA) discussed Building from the top: The fundamentals of building a new team & how to implement new systems.

Discussion with ECAS attendees confirmed the value of attending the Elite Spot Summit. Lessons were learnt from industry experts that included building a winning culture, identifying and managing talent and ensuring that we continually strive for a growth mindset and influence effectively.





ATHLETE ACHIEVEMENTS/HIGHLIGHTS

JACO SMIT COMPETES AT WORLD PARA-ATHLETICS CHAMPIONSHIPS IN DUBAI

Jaco Smit was a SA team member that competed in the 2019 World Para Athletics Championships held in Dubai from 7 – 15 November 2019.

Jaco Smit was the only representative from the Eastern Cape to participate in the event. Jaco participated in the 400-meter T12 events and recorded a heat time of 51.70 that qualified him for the semi-final. His semi final time was 51.05 that left him just short of qualification for the final (4 persons only final)

The final was dominated by athletes from Morocco securing first and second positions. Abdeslam Hili won the gold for Morocco in the 400m T12 event, setting a new world record 47.79 seconds in the final race. Mahdi Afri finished second in the same race, with a new personal record of 47.87 seconds. See final race at following link:

<https://www.moroccoworldnews.com/.../morocco-wins-three-meda.../>

Jaco's time place him in 9th position at the event world class event. Smit is confident that his international experience gained at the World Championships will make him a better athlete. Jaco has serious confidence that his preparation will give him the opportunity to set noticed qualifying time when participating at the SA Para Athletics games to be held in PE in March 2020.



MLAMLI NDLONDLO SECURED 6TH POSITION AT THE 2019 JUDO COMMONWEALTH CHAMPIONSHIPS HELD IN ENGLAND



MLAMLI NDLONDLO is a 1st year logistics student at NMU and a member of the NMU judo hub. He started judo at a very young age and entered his first provincial competition in 2011.

Gauged by his achievements in 2019, much is expected from this talented and hard-working athlete. He competes in the 60 Kg Group 6/ seniors' category and in 2019 participated in three provincial competitions winning gold at all three events.

He also won 2 Gold medals at national rankings, and a silver at the South African National Championships.

Based on his quality results he was selected for the national team to participate in the 2019 Judo Commonwealth Championships that was held in England from 26 September 2019. He unfortunately lost in the second round earning him a 6/7th position.

MLAMLI NDLONDLO future sporting ambitions is to represent South Africa at the 2024 Olympics.



TRAINING CAMPS: SCIENTIFIC INTERVENTIONS

WBO WORLD BANTAMWEIGHT BOXING CHAMPION ZOLANI TETE VISITS ECAS GYM FOR TRAINING SESSION

The presence of the world class boxer in the gym generated a lot of interest. Below is a picture of Zolani Tete in the gym with management, training assistants, ECAS staff as well as ECAS athletes.

Zolani is the current WBO Bantamweight champion and a former IBF Junior Bantamweight champion.

An interesting fact is that Tete defended his title on November 2017, knocking out Siboniso Gonya with a right hook at the beginning of the first round.

At 11 seconds, it was the quickest world title fight in history.



PREPARATION MIDDLE DISTANCE CAMP FOR ECAS AMATHOLE DISTRICT ACADEMY MIDDLE DISTANCE ATHLETES



ECAS, Amathole and Buffalo district academies hosted a successful Middle-Distance training camp for six (6) middle distance athletes. Most of the participating athletes are from the ECAS Amathole Elliotdale High Performance Hub. The camp was held from 05-09 December 2019 in Elliotdale.

The purpose of the five day camp was to monitor and evaluate fitness levels of the athletes and to prepare the athletes for the upcoming athletics season and also upcoming National Cross Country Championships to be hosted in Pretoria.

Mr. Zolile Makhwayiba (Elliotdale Athletics Hub Coach) headed the training camp. He was assisted by ECAS Amathole and Buffalo City Metro district Academy Coordinator Mr Monwabisi Mbane.

Athletes trained three times a day with the focus on speed and endurance. Futurelife added value to the camp by making available FUTURELIFE® Smart Food participating athletes.



TRAINING CAMPS: SCIENTIFIC INTERVENTIONS

TESTING SESSION FOR TENNIS HUB AT NMU HIGH PERFORMANCE



A testing session was held for a group of 8 tennis players from the NM Metro Tennis Hub at the Nelson Mandela University High Performance Complex on Tuesday 15 October 2019.

The purpose of the testing was to develop periodization plans and individualized training programs for the group.

The testing session was done under the supervision of ECAS sport scientist, Jason le Roux with the assistance of NMU HMS students.

Tennis group coordinator and coach, Luyanda Senti is encouraged by the opportunity given to the players to receive individualized programs. Plan are in place to get the players to visit the ECAS gym for assistance with their training programs.

ECAS FACILITATED TENNIS COACHING SESSION

ECAS facilitated a coaching session by Professional Tennis Coach David Kempele at the Dans Tennis Academy on 27 to 28 September 2019.

Coach David Kempele worked with 21 participants from ages 10 to 14 years old. Player were from schools surrounding the Dan's Tennis Academy.

The 2-day session included physical, technical and tactical advice that was implemented with mental training in match play sessions.

Coach Kempele informed ECAS that he was very impressed with the Dan's Tennis Academy players regards their commitment and skill levels and expects quality players to develop from the program.





COACHES EDUCATION

NETBALL COACHES EDUCATION SEMINAR FOR 50 COACHES



Pearson High School in collaboration with ECAS held a coach's education seminar at the NMU High Performance complex for 50 netball coaches.

Pearson is part of the ECAS Sport Focus Schools program and held the seminar as part of its school's outreach program. The 4-hour seminar was held on Tuesday 29 October 2019. Participants invitations and general logistics was done by Reg Sharp of Pearson High school.

The main presenter, Anneline Lewies (Director of Coaching Netball SA), dealt with topics such as Anti-Doping, Child Protection / Safety, Periodization & Relevant Topics. A special session dealt with questions set to newly appointed Proteas Coach, Dot Badenhorst, where she responded via recordings to questions set by the organizers.

Participants received the following handouts as part of the course.

Book: Coaching of Excellence.

Bound notes on: Power point presentations | course relevant printed documents on child safeguarding and protection.

Participants were very appreciative of the seminar and approached ECAS for additional seminars of this nature.

REPORT ON ECAS CHRIS HANI DISTRICT ACADEMY PERIODIZATION COACHES EDUCATION WORKSHOP

The ECAS Chris Hani District Academy hosted a Coaches Education Workshop from 16-17 October 2019.

About 29 Coaches representing various sporting codes from Komani and surrounding areas attended the workshop.

Mr. Wayde Douglas (ECAS Sports Scientist and Coaches Education Project Coordinator) presented the two-day workshop with the main focus on improved understanding of periodization and athlete preparation for individual and team sporting codes.

ECAS Chris Hani district Coordinator Miss Dolly Sigwili expressed her appreciation for the project, indicating that the coaches benefited much from the interactions.





COACHES EDUCATION

FEEDBACK ON ECAS O.R TAMBO DISTRICT ACADEMY COACHES EDUCATION WORKSHOP



About 67 Coaches representing various sporting codes from O.R Tambo District (Lusikisiki and Mthatha) attended a two-day coaches' education workshop from 24-25 October 2019.

The workshop was facilitated by ECAS Sport Scientist and Coaches Education project leader, Mr. Wayde Douglas and he was assisted by ECAS O.R Tambo district Coordinator Mr Zukisani Mashalaba.

The objective of the coaches' education workshop was to capacitate the mostly rural coaches with basic sport science knowledge and to capacitate coaches working with Academy IAP and High Performance Hubs (Athletics) athletes.

Workshop topics included Periodization training and athlete preparation.

ECAS SARAH BAARTMAN DISTRICT ACADEMY HOSTS OPEN BOXING COACHES WORKSHOP

ECAS hosted a Boxing Coaches Education Workshop at the ECAS Sarah Baartman District Academy satellite Office in Makhanda. Fifteen (15) open boxing coaches, mainly from the Joza location and surrounding area participated in the workshop.

The theory and practical sessions of the workshop was led by Mr Wayde Douglas (ECAS Sport Scientist and Coaches Education Project leader) and Mr Thabang Hlalele (ECAS Sarah Baartman District Academy Coordinator).

Sport Psychology, coaching philosophy, character and culture development and video analyses were some of the topics presented at the workshop.

The presenters also focused on technical and tactical components of boxing.

Mr Hlalele expressed his appreciation for the workshop and indicated that the workshop was a success and that all attendees thoroughly enjoyed the workshop topics and interactions.





SPORT FOCUS SCHOOLS PROGRAMME

Among other services and support provided, the following are highlights from the Sport Focus Schools Programme :

Nutrition:

- Futurelife Smart food was distributed to all 6 Sport Focus Schools . (Dale College, Graeme College, Pearson High School, Queens College, Cathcart High School, Lady Grey Arts Academy)

Training/Coaches Education:

- Assisted 2 SFS Coordinators to attend Elite Sport Summit in Cape Town from 9-10 October 2019.
- Assisted 50 netball coaches to attend Netball Coaches Seminar in Port Elizabeth on 29 October 2019.

Athlete Participation:

- Assisted Pearson High School to host the Action Netball Indoor League from September to November 2019 in Uitenhage.

Equipment:

- Provided Dale College, Queens College, Cathcart High School with assistance to upgrade Gymnasium Facilities in November 2019

Athlete Support:

- Assisted Graeme College 1st XV rugby team to attend a rugby training camp on 22-24 November 2019.



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

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...

