



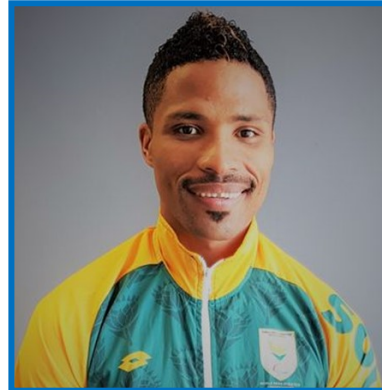
sport & recreation
 Department:
 Sport and Recreation South Africa
 REPUBLIC OF SOUTH AFRICA

NELSON MANDELA
 UNIVERSITY



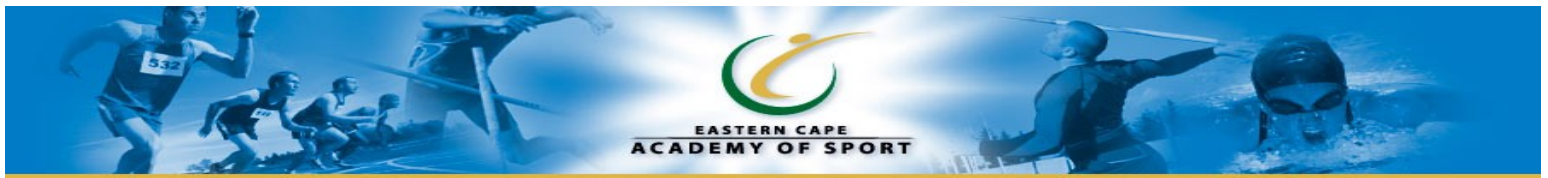
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NEWSLETTER: First Quarter: April to June 2022
ACADEMY ATHLETES TO REPRESENT TEAM SA AT THE
2022 COMMONWEALTH GAMES, ENGLAND



Four athletes from the Eastern Cape Academy of Sport booked their spots at the Commonwealth Games 2022 in Birmingham, UK that will take place from 28 July-8 August. Joe Gqabi District Luxolo Adams (Athletics), Sarah Baartman District Jaco Smit (Para-Athletics) and Buffalo City Metro District Boxers Amzolele Dyeyi and Simnikiwe Bongco were elated that their hard work had finally resulted in them being selected for an event as important as this. The team of 251, has increased in size from the 194 South Africans who travelled to Australia, Gold Coast four years ago. The Academy is very proud of the athletes and wishes them all the best.





EASTERN CAPE
ACADEMY OF SPORT

ATHLETE ACHIEVEMENTS



Luxolo Adams (Joe Gqabi District) won his first Diamond League in Paris on the 18th of June 2022 and became the second-fastest South African over 200m when he secured his personal best in 19.82 seconds, to qualify for the Oregon, World Athletics Championships.



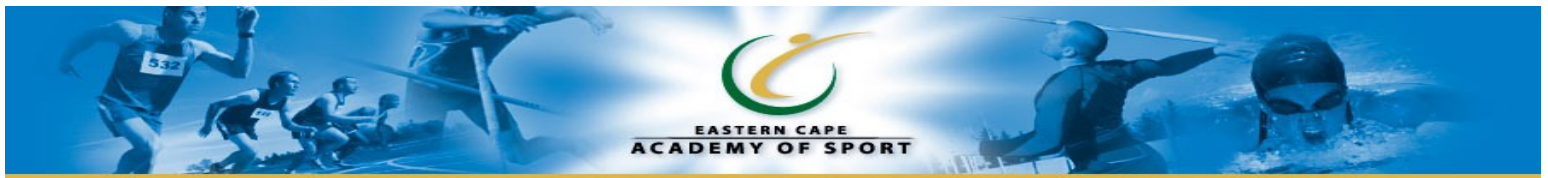
Six judokas of the Nelson Mandela Metro District achieved podium finishes at the Judo National Championships held in Gqeberha on Saturday, 25 June 2022. The following athletes won gold medals; Lwazi Mapitiza (100kg), Siyabulela Mabulu (81kg) and Asemahle Zondani (66kg).



Nelson Mandela Metro District 14-year old swimmer, Keira Van Heerden bagged six medals at the Cape Coastal Grand Prix held in Knysna from 29-30 June 2022. She won five gold medals in the following events; 50m & 100m Breaststroke, 50m & 100m Fly and 100m Individual Medley as well as a silver medal in the 50m freestyle.



Kaitlynn Horne claimed three gold medals in the 400m Individual Medley, 1500m Freestyle and 50m Freestyle. She also went on to win a bronze medal in the 200m Freestyle at the PEA Winter Gala held in Gqeberha from 25 – 27 June 2022.



TRAINING CAMPS & FITNESS TESTING



ECAS hosted a training camp in Gqeberha for the two Buffalo City Metro District Boxers Amzolele Dyeyi (57kg) and Simnikiwe Bongco (75kg) who will be representing South Africa at this year's Commonwealth Games, to be held in England in August. The camp also included a talk from the South African Institute for Drug-Free Sport (SAIDS) and a dietetics talk on weight loss, weight management and strategies on how to maintain weight during competition.



A fitness test was administered on the Boxing Hub of the Chris Hani District in the presence of Hub Coach, Mabhuti Mapeyi in order to identify the athlete's strengths and weaknesses in terms of flexibility, strength, endurance, power and fitness.



Nelson Mandela Metro District Judo High Performance Hub took part in a four-day training camp under the supervision of national coach, Mtombeni Vena and provincial coach Siyabulela Mabulu, with Sport Scientist Jason Le Roux, facilitating fitness tests.



ECAS Sport Scientist, Josh Du Preez conducted a rugby-specific fitness test on the Middleburg Women's Rugby Hub of the Chris Hani District in the presence of both Hub Coaches, Sanele Mvandaba and Johnny Padda. The tests were done to ensure the players are ready for competition.



EDUCATION AND TRAINING



The first Short Learning Programme (SLP) for this financial year, was held on Saturday, 21 May 2022 with coaches from various sporting codes around the province in attendance. The topic was "Athlete Profiling" which focused on the following aspects;

1. Needs Analysis
2. Mental & Physical Profiling
3. Communication



ONLINE COACHES' EDUCATION
Brought to you by ECAS in association with Madibaz HPC

SPECIAL GUEST SPEAKER:
Runeshan Moodley

- > Madibaz Cricket and Hockey S&C
- > SA u19 Cricket team S&C
- > Current EP Warriors S&C

TOPIC:
"How to approach Strength & Conditioning"

Date: 29 June 2022
Time: 15:00
Venue: MS Teams

On the 29th of June, an Online Coaches Education Session was presented by the current Eastern Province and Warriors Cricket Strength and Conditioning Coach, Runeshan Moodley on the topic "How to Approach Strength & Conditioning".



Buffalo City Metro and Amathole District were hosts to the Life Skills Symposium held in East London and presented by Ms. Melanie Gobel. The topic focused on mind matters, which covered the following aspects; goal setting, coping mechanisms and how to utilise all available resources to achieve your goals.



SPORT FOCUS SCHOOLS



Eastern Cape Academy of Sport, focus school King Edward High School organized and hosted Hockey Team Building and Coaching Course sessions. The team building session focused on the team goals and values. The school also hosted an Athletics Coaching Clinic, with the aim of empowering and educating prospective athletes in the Hammer Throw discipline.



Pearson High School hosted a shooters clinic in April, to improve the players shooting skills as they were preparing for the season. The school also went on to improve the skills of the Eastern Cape Netball Umpires for all age groups, to ensure their level of umpiring is up to the required national standard.

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



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