



ECAS NEWSLETTER

COACHES EDUCATION WORKSHOP FOR CHRIS HANI DISTRICT COACHES

*2nd Quarter
July-Sep 2017*

Inside this issue:

Mariano Eesou

Siyabulela Mabulu

Cindy Schwulst

Training Camps

Coaches Education

Forty-two (42) Chris Hani district Coaches representing Netball, Athletics and Rugby attended a Coaches Education Workshop in Middleburg from 27-28 September 2017.

The purpose of the workshop was to expose the mostly rural coaches to advance scientific training methods. Mr Wayne Douglas, project leader, presented a Power-Point presentation to the Coaches which were followed by practical demonstrations by ECAS Athlete Mentor, Mr Loyiso Ntombana.

The main objective of the workshop was to capacitate coaches working with Academy IAP and High Performance Hub athletes. Workshop topics included Periodization, Coaching Objectives, Coaching Styles and Body Weight Conditioning.

FUTURELIFE® provided all participating Coaches with FUTURELIFE® Smart Food™ sachets and FUTURELIFE® SmartBars.

At the conclusion of the two day workshop, each participating Coach received a copy of the ECAS Phase 1 Generic Conditioning Manual on Basic Sport Science Fitness Principles and basic coaching and training equipment.





CONFIDENT MABULU RETURNS FROM INTERNATIONAL JUDO FEDERATION (IJF) WOLD CHAMPIONSHIPS

ECAS athlete and Judoka Siyabulela Mabulu recently competed at the International Judo Federation (IJF) Wold Championships in Budapest, Hungary.

The International event took place 28 August 2017 to 03 September 2017.

About 100 Judokas from 25 Countries qualified to compete at the event. 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 Olympic Games.

MABULU competed in the U/66kg weight division where he won his 1st round fight against SULAIMAN HAMAD from Saudi Arabia (KSA). In the 2nd round of the competition, Mabulu lost a closely contested fight against Georgian judoka VAZHA MARGVELASHVILI.



In preparation for the International Judo Federation (IJF) World Championships, South African judokas (Mabulu Dale Whittaker and Jasmine Martin) attended a 6 Week training camp in Hungary. The training camp was in the town of Dunavarsany (35 Km from Budapest). The IJF Training Centre was opened in early 2017 and is managed and funded by the International Judo Federation.

The International Judo Federation covered all the costs for the training camp which included: accommodation, meals and training costs.

Mariano Eesou participated at the 2017 World Student Games held in Taipei from 19-3 August

Mariano Eesou was part of team SA that attended the 29th Summer Universiade, (also known as the World Student Games) in Taipei from 19-3 August.

The Universiade is an international sporting and cultural event which is staged every two years in a different city. It is only second to the Olympic Games (10 000 plus participants) The Summer Universiade consists of 17 codes of sports with events over 12 days.

The SA half marathon team (Mariano Eesou, Collen Mulaudzi, Thabang Masihleho and Milton Kekana) was awarded a SILVER team medal. Team SA managed 5 medals from the games. alferman 400m and Rantso Mokopane 3 000m” . 3 ECAS athletes were members of the USSA South Africa team to the 29th Summer Universiade

Mariano Eesou for the men's 21.1 km and the 10 000m (Coach - Karen Zimmerman)

Ischke Senekal for the women's discus and shot put (Coach - Kobus Van Zyl)

Kelly Kingwill for the women's triple jump and long jump (Coach - Jenny Kingwill)





CHRIS HANI DISTRICT ACADEMY HOSTED SUCCESSFUL LEADERSHIP WORKSHOP ENHANCING THE WOMEN IN SPORT OBJECTIVE



Chris Hani District Academy hosted a successful women in sport leadership workshop in Queenstown from 29-30 August 2017.

The 2 day workshop was attended by 45 women. The participants were Federations Representatives, Sport Confederation members, athletes, officials and coaches from the Chris Hani District.

The theme of the workshop focused on empowerment of women through sport

leadership principles. The workshop was facilitated by experience sport practitioners, Mrs Thoko Mlonyeni and Mrs Vuyelawa Tindeni.

Topics which were covered the two day workshop included: Benefits of Sport (Athletes, Children and Community), Organized and Unorganized Sport, Inventing a new Sport, South African Sport Structure (Framework) and Linking Women and Girls Sports Forum (WGSF) into Sport Frame work. Manuals on the course content was made available to all course participants. Certificates of attendance were handed to course participants at the conclusion of the event.

ECAS COMMISSION WELCOMED MR ISAAC KLAAS AND MS ANITA MADIKE AS NEW MEMBERS

A Special Commission meeting was held at the Eastern Cape Academy of Sport (ECAS) in Port Elizabeth on 01 September 2017.

The meeting welcomed new members, Mr Isaac Klaas and Ms Anita Madike. Mr Klaas replaced Mr Monde Mhletywa and he will focus on Federations matters. Anita will serve as Athlete Representative and replaced Lusapho April. The 2 new members were nominated by the EC Sports Confederation.

The ECAS Commission is responsible for policy matters and overall governance of ECAS. The special meeting provided an opportunity for the ECAS Commission to thank Mr Monde Mhletywa for the services rendered while being the Chairperson of the Commission. Mr Mhletywa served as the Chairperson for the past 2 years and left the Eastern Cape for a career in Gauteng.

From left to right: (Mr Isaac Klaas, Miss Jean Miggels (acting Chairperson), Miss Anita Madike, Mr Monde Mhletywa)





CINDY SCHWULST CLAIMED 2017 MANDELA DAY TRIATHLON TITLE AT MIDMAR DAM

Cindy Schwulst claimed the 2017 Mandela day triathlon title at Midmar dam in fine style.

The Mandela Day Triathlon is the newest edition to the already popular Mandela Day Marathon. The Triathlon event took place at Midmar Dam (KZN) on the 26th August 2017.

Cindy Schwulst put on convincing display to be crowned the 2017 Mandela Day TRI Champion in the women's event. Fellow SA team members Carlyn Fischer and Celeste Renaud finished in 2nd and 3rd place respectively. Cindy competed in the Olympic Distance Triathlon event that consisted of a 1.5km swim, a 40km cycle and a 10km run.

The Mandela Day Triathlon attracted the best of the best Triathletes around South Africa.

Cindy had the following to say about her achievement, "Thanks so much to the Eastern Cape Academy of Sport for your incredible help and support. Thank you also for the awesome tracksuit, bag and shoes – I really enjoyed using them at my races."



ECAS ATHLETES IN ATHLETICS SA PREPARATION SQUADS FOR 2018



Congratulations to the following ECAS athletes (and their coaches), who have been included in ASA's Preparation Squads for the 2018 Commonwealth Games being held in Australia from 4 – 15 April 2018

Luxolo Adams, 200m Men, Gerrie Postumus (coach)

Ischke Senekal, Shot Put, Kobus van Zyl (coach)

Lusapho April, Marathon, Karen Zimmerman (coach)

it will be the fifth time Australia has staged the Commonwealth Games following Sydney (1938), Perth (1962), Brisbane (1982) and Melbourne (2006) – making Australia the nation that has hosted the most number of Games.

Significantly, GC2018 will mark the first time a Commonwealth Games will be held in a regional Australian city.



EC COACHES FULL OF PRAISE FOR 10TH INTERNATIONAL FORUM ON ELITE SPORT CONFERENCE IN DURBAN

4 Coaches of the Eastern Cape attended Xth International Forum on Elite Sport conference that was held in Durban from 23 - 26 August 2017.

450 Participants from 40 Countries attended the Association of Sport Performance Centers (ASPC) event. The event was hosted by the PRIME HUMAN PERFORMANCE INSTITUTE in DURBAN. The event was held at the Moses Mabida Stadium in Durban. Durban was the first City in African to be the host venue for the prestigious International Forum on Elite Sport.

This year marked the 10th edition of the International Forum on Elite Sport which is held every two years by the Association of Sport Performance Centers (ASPC), an international grouping of Olympic training centres and high performance sports organizations.

ECAS, as part of its mandate, to facilitate the improvement of coaches' education in the province, sent 4 coaches to attend the conference.

FUZILE ALLAN MAPEYI – Boxing EC

DEON MULLER – ECAS Board member and member of EC Coaches Commission

JOHN DAVID VAN DER WALT – EC Swimming coach and EC Coaches Commission member

HENDRIK DE KLERK - EC Coaches Commission member

Brendon Goodenough, Chairman of the Durban Forum Local Organizing committee had this to say about the event:

“An essential component of developing podium athletes is the development of podium coaches and podium administrators, “The Forum will assist with this, giving our local coaches, athletes and administrators access to this international conference and an international network of sports leaders.”

The theme for the Forum is
“Sustainable Performance”

Below is a list of some of the speakers

Gary Kirsten (RSA)

World Cup Winning Cricket Coach

and Leadership Consultant

Leadership in the High Performance Environment

Dr Phatho Cele-Zondi (RSA)

CEO Sports Science Institute of South Africa

Leading Sustainably

Alex Baumann (NZ)

CEO of High Performance Sport New Zealand

Attaining and Sustaining Excellence





ATHLETICS COACHES EDUCATION WORKSHOP FOR JOE GQABI DISTRICT



Thirty-three (33) Joe Gqabi District Coaches and forty-four (44) Middle -Distance and Sprinting athletes attended a Coaches Education Workshop in Burgersdorp on 5-6 July 2017.

The purpose of the workshop was to expose the mostly rural coaches and athletes to advance scientific training methods. Well known Athletics Coaches Mr Collen Masege and Mr Thabo Matebedi were the facilitators of the Coaches Education Workshop.

The main objective of the workshop was to capacitate coaches working with Academy IAP and Athletics Hub athletes. Workshop topics included Periodization and Speed Development.

Mr Godfrey Leeu, the Joe Gqabi District Coordinator expressed his appreciation for the workshop indicating that the athletes, coaches from the schools, athletics clubs and Hub coaches benefitted much from the interactions.

Additional education workshop are planned for the Joe Gqabi district.

Coaches during the theory session at the Joe Gqabi Coaches Education Workshop



ECAS Athletes represents SA at the 29th Summer Universiade, (World Student Games) in Taipei

Three ECAS athletes and their coaches represented South Africa at the 29th Summer Universiade, also known as the World Student Games, in Taipei from 19-31 August 2017.

Mariano Eesou competed in the men's 21.1 km and 10 000m race events (Coach - Karen Zimmerman). Ischke Senekal competed in the women's discus and shot put field events (Coach - Kobus Van Zyl). Kelly Kingwill competed in the women's triple jump and long jump events (Coach - Jenny Kingwill)

They formed part of a USSA delegation of 180 sportsmen and - women who competed in 10 sporting codes at the 29th edition of the competition.



ECAS Athletes who represented SA in Taipei

Mariano Eesou, Ischke Senekal and Kelly Kingwill



ECABO secures position 1 at 2017 South African National Boxing Organization (SANABO) Elite Championships

The 2017 South African National Boxing Organization (SANABO) Elite Championships was held in East London (Mdantsane Indoor Sport Centre) from 18-23 July 2017.

Eight Provinces took part in the 2017 event and each team was allowed an entry of 27 boxers (17 male boxers and 10 female boxers) The annual event caters for Male and Female boxers aged 19-40 years old (classified as Elite)

The Eastern Cape Amateur Boxing Organization (ECABO) sent 22 boxers to the event securing 19 medals.

Provincial positions related to number of gold medals achieved:

Position 1: ECABO managed to grab first place with a commanding 12 gold medals

Position 2: Kwa-Zulu Natal - 3 gold medals

Position 3: Western Cape - 2 gold medals.

The tournaments highest accolades went to 3 ECAS IAP athletes:

1. Asanda Gingqi (BCM) who was awarded the Best Male Boxer Award.
2. Mzwabantu Mbexeshi (BCM) Best Male Bout Award
3. Bongiwe Colani (SB) Best Female Bout Award

Medical support: ECAS assisted ECABO with medical support for the tournament. Forms of treatment included massages, strapping, icing, application of anti-inflammatory gel etc.

ECAS successes: Ten ECAS Boxing IAP Athletes took part and all managed to medal.

ECAS officials, Mteteleli Biko and Loyiso Ntombana attended the event and expressed their appreciation for the commitment of the ECABO team saying. "We are very proud to be associated with the ECABO team, it shows quality preparation, good organization and determination brings results"





ECAS and ECABO host Elite Boxing Squad Training Camp

ECAS and ECABO host Elite Boxing Squad Training Camp

ECAS in collaboration with Eastern Cape Boxing Organization (ECABO) hosted the first 2017 training camp for Eastern Cape elite boxers at the Algoa Military Base in Port Elizabeth. The training camp for the Provincial Elite Boxing Squad took place from 15-18 June 2017.

The objective of this camp was to assess the fitness levels of the boxers and to determine the best possible boxers in each weight category. The stand out boxers at the training camp was selected to represent the province in the upcoming SANABO Championships to be held from 12-16 July 2017.

ECAS Biokineticist, Mr Mteteleli Biko, coordinated the camp and testing of the boxers informed us that "the camp was very grueling but very successful". The training camp comprised of three training sessions per day which included boxing conditioning and technical drills; road/beach running and sparring. Video analysis sessions were also done where previous boxing fights were analyzed to identify weak areas to be address by the boxers.



Eastern Cape Academy of Sport

P.O. Box 77000

NMMU

Port Elizabeth

6013

Tel: 041 504 4884

Fax: 041 504 2022

Website: www.ecas.co.za

Physical address:

Human Movement Science

Department

NMMU South Campus

University way

Summerstrand

Port Elizabeth



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

