

# ECAS NEWSLETTER

January—March 2015  
Fourth Quarter

## FUTURELIFE PARTNERSHIP

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ECAS Manager, Hermann Terblanche confirmed that a multi-year partnership has been established with Futurelife, as the Nutritional Provider of the Academy and its athletes. The partnership will ensure that all the contracted athletes of the Academy receives a daily supply of Futurelife nutritional products, which will undoubtedly improve their overall performances on the sporting field. Future-Life is a functional food company with a mission to improve the health and wellbeing of everyone by helping them to make the right nutritional choices in their daily lives. "Futurelife" is South Africa's first and only scientifically formulated, balanced, nutrient dense food to contain Moducare. All products are also high in Energy, Protein and Dietary Fibre, and contain Calcium, Iron, Selenium, Zinc, essential vitamins and minerals, 19 Amino Acids and Omega 3+6. The correct amount of serving each morning will provide the individual with all the necessary nutritional value, vitamins and minerals for the entire day. The product is well balanced, and will enhance the overall energy and performance levels of the Eastern Cape athletes. The future-life website : [www.futurelife.co.za](http://www.futurelife.co.za) also features loads of educational aspects and information on healthy nutrition, meal plans, and general nutrition guidance. Futurlife Dietician and Product Representative, Angela Bentley, said at the launch - 'This great tasting "smart food" is widely accessible to the public through most retail outlets. You could have it as a breakfast, lunch, dinner or a snack. It can be consumed with either milk or water and could be enjoyed by adding fruit, nuts, yoghurt or simply as it is, as it also comes in many different flavours'. Key benefits include: It is a complete and balanced food, NON-GMO, High in Energy Low GI, Contains Moducare, High in Omega 3, High in Anti-oxidants, 55 key nutrients including 25 vitamins and minerals of which one receives 100% of one's NRV's, Free of common allergens, such as Lactose, Gluten, Wheat, Trans Fatty Acids, Cholesterol, Eggs and Nuts, High in Protein, High in Dietary Fibre.



### FUTURELIFE and health organisations.

Endorsed by:



Working closely with:



**Picture Above:** Judo National Champion, Luthando Biko, visited ECAS to collect his nutritional supplements (Futurelife)

Luthando is the national judo champion in the under 60 Kg category. Luthando uses the Futurelife High Protein shake after high intensity gym sessions to assist with muscle recovery. Luthando is working hard for possible inclusion in the 2016 Rio Olympic Judo group.

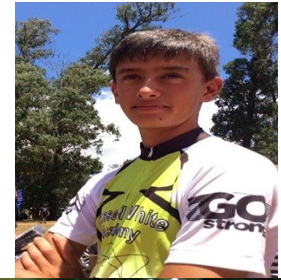


## ***Reinhard Zellhuber: New Cyclists on the Block...***

In what was a thrilling ½ Marathon race (47km), Reinhard Zellhuber (Team Russel White / MERIDA / EC Academy of Sports) chased multiple Junior & Youth champion, Julian Jessop, all the way across the line to walk away with his first podium (Silver) at the National Marathon MTB Championship in chilly conditions at the 2015 Ashburton Investments National MTB Series Van Gaalen, race #4, which doubled up as the South African Mountain Bike Marathon Championships powered by Stihl.

Finishing within a second behind the older champion, Reinhard who is in his first year as a Junior, has fired a shot across the bow of many older riders, that he will be the one to watch in the future. The current Youth ½ Marathon Series champion (2014), is currently lying an effective 2nd in the Ashburton National ½ Marathon Series, sporting an overall win at race#2 in Sabie earlier this year. It is going to be an electrifying climax to the series as we head to race #5 in Ballito, then onto Rooiberg and the final in Dullstroom. This series is extremely popular with all the races covered on Multisport TV channel 208.

Reinhard is on the ECAS programme as part of the Alfred Nzo District. With the assistance of ECAS he hopes to enter as many competitive races possible, in order to improve his exposure and ranking within the sport.



**Pictures above and to the right: Reinhard Zellhuber at the National Marathon MTB Championships in Van Gaalen, where he achieved a silver medal, finishing within a second behind the reigning champion, Julian Jessop.**

## ***ECABO Elite Squad prepare for SANABO Champs...***

**Picture on the right:** The ECABO provincial open style boxing squad has been preparing for the SA National Championships which took place in Grahamstown. The boxers have spent a full week with ECAS at the High Performance Centre in Port Elizabeth. Boxers and coaches spent the last days before the Championships focusing on minor technical improvements prior to the Champs. ECAS assisted with sport science interventions such as weight management, video analysis, mental preparation and team building. Team Eastern Cape wish to keep their position as the number 1 boxing province in the country. We wish them all the best.



## ***SARU Border Rugby Academy—Trials2015***

The SARU Border Rugby Academy in East London took up the huge task of identifying players to be included in their program, in efforts to beef up their squads in preparation for the 2015 season. The Talent ID trials took place in East London, King Williams Town, Alice at the University of Fort Hare, Queenstown and Maclear.

A large number of potential players attended the trials and were all put through a series of tests including body fat percentage, vertical jumps, sprinting tests and a number of agility tests.

Various "Trial" matches were also played against Queens College, Dale College and Maclear High School. The Exercise proved to be a huge success as the Border Academy were able to select 45 players as a core of the Academy going into the 2015 season.

The Eastern Cape Academy of Sport is a proud Partner with the SARU Border Academy. We would like to wish them well for the upcoming season and we look forward to seeing great results on the rugby field.



**Picture above: ECABO Elite Squad that will be competing at the SANABO Championships.**

**Picture above: The Final Squad for 2015 of the SARU Border Rugby Academy in East London.**



## *Thulani Mbenge turns Professional*

Mdantsane in the Eastern Cape is the second largest township in SA and has one of the highest crime stats. This is also the area that gave birth to boxers such as the deceased veteran Happyboy Mgxaji and Vuyani Bhungu, to name a few. It has also mothered the first African woman World Champion, Noni Tenge. Now fast forward to 2015, where Thulani Mbenge, a 23 year old boxer from Mdantsane is making his mark and proving your background doesn't determine your destiny.

Thulani Mbenge has won a welterweight bronze to bag SA's first Commonwealth Games medal. In beating Englishman Scott Fitzgerald, Mbenge claimed the country's first medal in boxing since Team SA's dismal showing at the Delhi Commonwealth Games in 2010.

Some of the achievements he has received include 2 times gold medallist in SANABO, zone 4 bronze medallist, 2006 Eastern Cape Games gold medallist, 2 times silver medallist in SANABO Games, 1 time bronze medallist in SANABO Games and 3 times Eastern Cape Champion.

Thulani was a member of ECAS since the days of the Residential Elite Boxing Squad, which was based at the Algoa Army base in Port Elizabeth since 2008, he turned Professional at the beginning of the year, and the Academy of Sport would like to wish him all the best with his future endeavours.



*Picture above: Thulani "Tulsz" Mbenge as a member of the ECABO Elite squad on the ECAS Program*

## *Former ECAS Athletes making waves on the athletics track in the USA...*



Anaso, a young aspiring athlete, grew up in Phakamisa Town-Ship in King William's Town South Africa. His goal was to compete with the best of the best which he succeeded in doing so with flying colours, for instance, when he faced the planet's fastest human-being Usain Bolt in the Olympic finals.

Jobodwana won his first race – an 80m sprint at Selborne Primary School – as a nine-year-old. Shortly thereafter he held a record for the first time in a triangular schools event. But these days his focus has turned away from winning races and breaking records to a singular goal: beating his personal best time. Sprint sensation, Jobodwana, won both the 100m and 200m gold. Jobodwana, having come through the ranks has now made his mark on the international stage. He made a name for himself when he made the 2012 Olympic Game-finals.

Ncincilili Titi, hails from Butterworth, Eastern Cape, South Africa. He has got his freshman year off to a speedy start in the United States. Having come through the rankings as well and lined-up with Jobodwana only once in high school, is making waves with the exciting performances he has been showing. Having already run a personal best of 21.16 in the 200m, he has got people murmuring. In 2012 South Africa surprised people with an outfit like Anaso Jobodwana, next year they will be hoping to do the same with the 21 year old speedster, Titi.

We are excited to see both Anaso Jobodwana and Ncincilili Titi squaring it on the track in Rio next year. A graduate of Jackson State University, Jobodwana is an athlete tipped to impress: "Anaso is a super elastic young sprinter" said Andreas Behm. While Titi is quickly spotted on the track because of him being short he delivers nothing short of awesome. The younger who is a qualified pilot will be looking to fly the South African flag as high as he can.

The Eastern Cape Academy of Sport would like to wish both athletes all the best on their ROAD TO RIO.



*Picture on top: Anaso Jobodwana at the 2014 Commonwealth Games 2014 in Glasgow, Scotland competing in the 200m semi final where he ran next to the 200m World Champion, Usain Bolt of Jamaica.*

*Picture at the Bottom: Ncincililititi at the 2014 Commonwealth Games 2014 in Glasgow, Scotland competing in the 200m heats .*



## Alfred Nzo District Academy - Launch at Nolitha Special School



### **Picture on the left:**

Provincial MEC for Sport, Recreation, Arts and Culture, Dr Pemmy Majodina officially launched the Alfred Nzo District Academy of Sport in Mount Ayliff on 15 June 2015. As part of the launch the MEC unveiled the newly established Academy Gym at the Nolitha Special School in the district. The District Academy will run various programmes in conjunction with federations and will focus on talent identification, coaches' education, sport science and medical support services.



### **Picture on the on the right:**

Marshall Marsh obtains Human Movement Science degree - Source: The Citizen

ECAS athlete and South African wheelchair tennis ace Marshall Marsh has obtained a degree in Human Movement Science at Nelson Mandela Metropolitan University (NMMU). Marsh, aged 26, from Port Elizabeth, crossed the stage on Monday during the graduation ceremony and emerged to be the University's first disabled student

<http://citizen.co.za/368154/marsh-obtains-human-movement-science-degree/>

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

