



# *EASTERN CAPE ACADEMY OF SPORT*

## *NEWSLETTER*

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*Edition:*  
*2nd Quarter*  
*July-Sep 2020*

### *IN LOVING MEMORY OF MR MONWABISI MBANE (MOPS)*



It is in loving memory that we think of Monwabisi Mbane, Mops as he was affectionately known by everyone, and the saying comes to mind “Death leaves a heartache no one can heal; love leaves a memory no one can steal”.

For us, (your co-workers), it is difficult to wrap our minds around the fact that you, Monwabisi Mbane, are gone and no longer with us.

Mr Monwabisi Mbane (Mops) have been the District Academy Coordinator in the Buffalo City and Amathole Districts, based in East London. He was the Academy Coordinator since 2004.

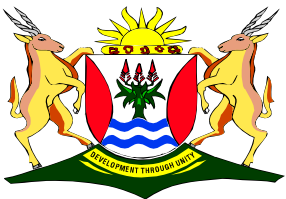
We will remember Mops, the man from Alice, for his commitment, diligence, and passion that he had for his work, athletes and sport in general. He influenced many people in his field of work and changed the lives of so many athletes who he worked with in different sport. Mr Mbane influenced many people in his field of work

excelling in netball, athletics, rugby, cricket, boxing, and many other sports. Mops was always willing to help and go the extra mile...

What we must learn from your fine example of life is to “be the things we loved and admired most about your life”.

Monwabisi when we think of you it is mostly the loss which teaches us about the worth of things, things that you had in abundance, a high quality character, you brought to others things like happiness, joy, wisdom, kindness, compassion, care, interest and we can carry on.....

When someone you love becomes a memory, the memory becomes a treasure. We will treasure your memory for the joy you brought into our lives. You always had time for a joke or two, and we will surely miss that.





## SCIENTIFIC INTERVENTIONS

### RECOVERING TIPS AFTER EXERCISE/SPORT



Recovery is highly important, particularly in physically demanding sports, as it allows the body to adapt to a specific training stimulus or effect. Allowing adequate recovery means that energy stores can be replenished and muscle tissues in the body can be repaired.

This is crucial from both a coaches and players perspective; reducing fatigue through appropriate recovery strategies can minimise the risk of injury as well as improve performance.

The following points act as a guideline to the most common and effective flush out and recovery strategies that can be implemented:

- **Sleep:** Perhaps the most underrated recovery tool is sleep quality and duration. Studies have shown that athletes that sleep less than 8 hours per night are at a higher risk of injury.
- **Nutrition:** Nutrition is just as important as sleep for recovery purposes. Processed foods (takeaways) and sugar are particular foodstuffs that should be avoided. Furthermore, alcohol is also detrimental to the recovery process and should be avoided.
- **Recovery time:** rest between sessions is important. Generally, athletes should rest 24 hours between low intensity sessions and at least 48 hours between intense physical activity (if possible). Flush out sessions:





# SCIENTIFIC INTERVENTIONS

## RECOVERING TIPS AFTER EXERCISE/SPORT

- Active recovery session: running/rowing/cycling at 50-55% of maximum for 20-45 minutes depending on intensity of training/match session.
- Dynamic stretches can also be added in between cardio activity. End session with static stretch (each stretch to be held for 15-30s). See Appendix A for examples of stretching practices.
- Ice baths: Ice baths can be used for recovery ONLY when turnaround time between matches is less than 48 hours. Submerge for 5-8 minutes. DO NOT use ice baths for recovery for longer turn around periods; research has shown that they can be detrimental to long term strength and training adaptations.
- Massage/foam- rolling: helps with self-myofascial release of muscles. It relieves inflammation and muscle tightness. See Appendix A for foam rolling techniques.

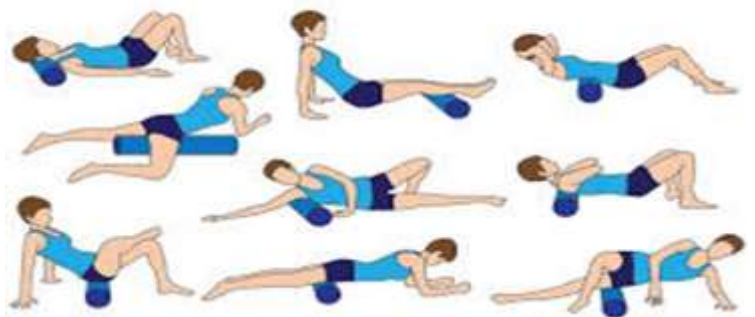
Static stretches Focus on: All stretches to be held for 45sec to 60sec before letting go. This must be done 2 – 3 repetitions per stretch for the muscle to lengthen or the muscle will go back to its shortened length before the stretch.

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All stretches to be held for 45sec to 60sec before letting go. This must be done 2 – 3 repetitions per stretch for the muscle to lengthen or the muscle will go back to its shortened length before the stretch.

Hamstring	Lower Back
Glutes	Shoulders (add bands)
Quads	Chest
Groin	Hip Flexors
Neck (add bands)	Biceps/Triceps

### Foam Roller Exercise Sheet





## EASTERN CAPE ALOES NETBALL TEAM READY FOR THE 2020 TELKOM NETBALL LEAGUE (TNL)

ECAS, in conjunction with the EC Netball Association, have resumed their partnership to assist the Eastern Cape Aloes Netball team in their preparation for the upcoming Telkom Netball League (TNL). The Telkom Netball League will take place at the Mangaung Indoor Sports Complex in Bloemfontein between October 14-27 2020. Initially, the tournament was supposed to have taken place in May over a period of six weeks in three provinces but had to be postponed due to the Covid-19 lockdown.

The 2020 event is the sixth edition of the Netball League. The Aloes team comprises of 14 players and will train and play under the guidance of newly appointed Head Coach Sameshia Esau. Sameshia will be assisted by Nocamagu Mvunyiswa (Assistant Coach) and Erica Niemand (Team Manager).

In preparation for the 2020 Telkom Netball League a series of training camps were held which comprised of 5 regional and 4 centralized camps . The Eastern Cape Aloes Netball Team will play their first Telkom Netball League match against the Tornadoes on 14 October 2020 at the Mangaung Indoor Sports Complex in Bloemfontein at (13:00).



# FIXTURES 2020

Mangaung Indoor Sports Complex 14-27 October

5 Variety 4

Wednesday 14 OCTOBER	Thursday 15 OCTOBER	Friday 16 OCTOBER
09:00   Div.1   JAGUARS vs. FLAMES	09:00   Div.1   FIREBALLS vs. CRUMLINS	09:00   Div.1   STARS vs. FLAMES
11:00   Div.1   STARS vs. CRUMLINS	10:00   Div.2   DIAMONDS vs. SUNBERDS	11:00   Div.2   TORNADOES vs. QUEENS
13:00   Div.2   ALOES vs. TORNADOES	12:00   Div.1   STINGS vs. FLAMES	13:00   Div.1   JAGUARS vs. FIREBALLS
13:00   Div.1   STINGS vs. FIREBALLS	14:00   DRIVING CHANGING	15:00   Div.1   RADIANS vs. SHANDONS
17:00   Div.1   QUEENS vs. RADIANS	15:00   Div.1   STARS vs. JAGUARS	17:00   Div.2   ALOES vs. SUNBERDS
19:00   Div.1   FLAMES vs. SAUTZ	17:00   Div.2   RADIANS vs. ALOES	19:00   Div.1   STARS vs. SAUTZ
19:00   Div.1   FIREBALLS vs. SAUTZ	19:00   Div.1   FIREBALLS vs. SAUTZ	
Saturday 17 OCTOBER	Sunday 18 OCTOBER	Monday 19 OCTOBER
09:00   Div.1   JAGUARS vs. STINGS	09:00   Div.1   STINGS vs. CRUMLINS	09:00   Div.1   STARS vs. STINGS
11:00   Div.1   DIAMONDS vs. QUEENS	11:00   Div.2   ALOES vs. QUEENS	11:00   Div.2   SUNBERDS vs. QUEENS
13:00   Div.1   CRUMLINS vs. FLAMES	13:00   Div.2   SUNBERDS vs. RADIANS	13:00   Div.1   DIAMONDS vs. ALOES
15:00   Div.2   TORNADOES vs. SUNBERDS	15:00   Div.2   DIAMONDS vs. TORNADOES	15:00   Div.2   JAGUARS vs. CRUMLINS
17:00   Div.1   STARS vs. FIREBALLS	17:00   Div.1   DIAMONDS vs. ALANS	17:00   Div.1   RADIANS vs. TORNADOES
19:00   Div.1   JAGUARS vs. SAUTZ	19:00   Div.1   SAUTZ vs. CRUMLINS	19:00   Div.1   STINGS vs. SAUTZ
Tuesday 20 OCTOBER	<p style="margin: 0; font-weight: bold; font-size: large;">#TNLisBack</p> <p style="margin: 0; font-weight: bold; font-size: large;">Play until you own the court.</p> <p style="margin: 0; font-weight: bold; font-size: large;">Live your monate.</p> <p style="margin: 0; font-size: small;">#TelkomNL</p>	
	Schedules SUBJECT TO Change @ short notice	





## *E-LEARNING AND KNOWLEDGE SHARING*

As your opponent changes tactics, you need to read the cues, learn the new approach and adapt fast. Whoever can do this the best and with the most success will most likely come out the victor in a sporting encounter. And so as COVID 19 has been a new opponent for all of us as coaches and at the academy, ECAS has adapted and is now distributing E-learning material for the coaches and athletes. This has been available on our Facebook page, the Eastern Cape Academy of Sport website and through e-mail to all coaches.

Coaches and athletes can now learn from virtual seminars, their PC's or cell phones at home as we share valuable information and content gathered from across the globe and leading institutions and sport scientists. Some of the already shared content consists of the topics: Building a strong base is key; The importance of setting goals (Goal setting sheet included); Aerobic endurance in sport & training methods, The benefits of a positive mindset.

## *PROBIOTICS: A WORTHWHILE SUPPLEMENT FOR SPORT*

### HOW PROBIOTICS IMPROVE IMMUNITY

You may not know this, but your gut is home to approximately 70% of the body's immune cells<sup>2</sup>, thus gut health plays a crucial role in immunity!

Ever noticed that some very fit people get sick so much more often than the "average joe"? Well this is because excessive training puts strain on the body, resulting in the release of stress hormones such as adrenaline and cortisol and a suppressed immune system<sup>7</sup>. Probiotics can help support the athlete's immune system by strengthening the body's natural defenses through an increase in the activity of immune cells and proteins housed within the gut<sup>8,9</sup>. This results in decreased infections as well as a reduction in duration and severity of various infections, including those pesky upper respiratory infections, that interfere with your training <sup>2,9,10,11</sup>.

### HOW PROBIOTICS IMPROVE EXERCISE RECOVERY

It makes sense that a healthy gut is able to digest and absorb nutrients along its surface better. Physical exercise results in an increase in free radical production, meaning that levels of circulating free radicals are increased after prolonged exercise. An aim in recovery nutrition is to return the body to its pre-exercise state. Probiotics can assist this process by improving the absorption of various nutrients, including antioxidants- which have the ability to counteract the effects of free radicals and return the body to its pre-exercise state<sup>6</sup>.

Probiotics also improve absorption of amino acids, the building blocks of proteins, which play an important role in repairing muscles<sup>2,4,5</sup>. If proteins are better absorbed, you would need to consume less to experience the same benefits and because protein is not cheap, this offers a financial benefit<sup>5</sup>. Of particular interest, is the fact that studies are showing probiotics to improve leucine absorption by 23% <sup>6</sup>. Leucine is a branched-chain amino acid (BCAA) well known for its beneficial effects in protein synthesis.

### WHERE DOES FUTURELIFE® FIT IN?

Have you tried FUTURELIFE® Bran Flakes with Probiotic Sachets? This product makes a fantastic "symbiotic" to promote gut health. The bran flakes provide prebiotic fibre to nourish the pack of 10 individually wrapped sachets of HOWARU® Premium Probiotics that comes with each box. HOWARU® Premium Probiotics is a blend of clinically studied probiotics that has been scientifically formulated to contain two of the most beneficial probiotic strains, namely *L. acidophilus* NCFM® and *B. lactis* HN019™.

For more information visit our website [www.futurelife.co.za](http://www.futurelife.co.za)





## SPORT FOCUS SCHOOLS PROGRAMME

The second quarter presented the Sport Focus Schools with various challenges under the alert lockdown levels, with school sports strictly prohibited, but this did not limit the various Sports Focus Schools' ability to execute their activities and to ensure athlete and coaching development.

### Activities conducted :

#### Athlete Participation:

- Pearson High School launches a 9 week indoor netball tournament/league which will be used to select their elite netball squad.

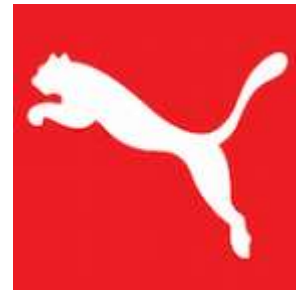
#### Capacity Building initiatives:

- Our coaches and sports administrators were presented with the opportunity to be part of Nelson Mandela University Online Webinar series. Highly accomplished and celebrated Springbok Sevens Head Coach Neil Powel gave valuable insights on "Building a successful team culture in high performance environment" on 31 August 2020.
- Jody Paul (Head Hockey Coach: University of Bath, Member of England Hockey & Great Britain Hockey) presented an online webinar on "Compiling Individual Development Plans for athletes & efficient session planning for coaches" held on 06 October 2020.
- Pearson High School's Netball teams attended a High Performance Psychology talk series presented by Nerine Loock (Psychologist).
- Queen's College hosted Online Seminars to keep their rugby teams engaged during the lockdown.



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

