

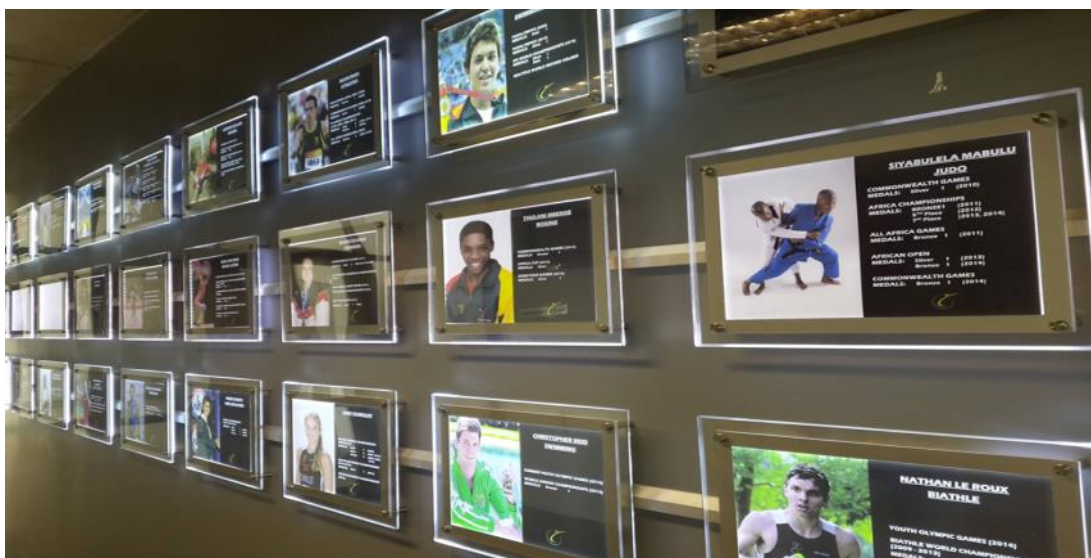
ECAS NEWSLETTER

**April—June 2015
First Quarter**

ECAS unveils its Wall of Fame...

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ECAS has unveiled its 'Wall of Fame' at the High Performance Centre in Port Elizabeth. The Wall is in recognition of past and present athletes who have been active members of the ECAS programme over the last decade and more. To be honored, athletes have to represent SA in any one of three criteria levels : Olympic Games, Commonwealth Games and also World Championships (Junior or Senior). Up to date ECAS have 27 athletes from 9 different sporting codes who have reached the Wall of Fame, to be displayed for ever. Congratulations to our hero's from past to present.

Picture to the right: ECAS athletes proudly displayed their kit received from PUMA this week. As official partner of the Academy High Performance programme, PUMA has committed to a special partnership with ECAS to support and supply all Academy athletes in the entire Eastern Cape. About 180 athletes received their kit at a recent hand-over ceremony. Athlete as far as Mount Ayliff in the Alfred Nzo District were excited to receive their clothing.





Judo South Africa—National Championships 2015

Triumphant ECAS Judo players returned from the 2015 JUDO SOUTH AFRICA NATIONAL CHAMPIONSHIPS with a host of medals. The JUDO SOUTH AFRICA NATIONAL OPEN championship was held at the DF Malan Hall in Stellenbosch from 28 JUNE – 04 JULY and attracted players from numerous African countries, including Mauritius.

The picture to the right shows the players with the medals they achieved in the different weight categories. From left to right:-Xolani Mpongoshwe (Silver 100+Kg) Siyabulela Mabula (Gold 66Kg); Babalo Magqabi (Gold under 55 Junior and Silver in under 56 Seniors) Luthando Biko (Gold 63 Kg), Luzuko Ziwa (Bronze 73 Kg).

Congratulations the players in achieving great results/medals and scooping valuable ranking points in the run up to the Olympic cycle.



Athletics: Middle Distance Training Camp



Picture on the left: ECAS hosted it's quarterly training camp for Middle Distance runners in the last week of June at the High Performance Centre in Port Elizabeth.

22 athletes from all districts in the Eastern Cape attended the camp, which aimed at starting to prepare athletes for the upcoming cross-country season. We hope that the majority of ECAS athletes will qualify for the National Championships which will be held in September.

As part of the camp programme, all 22 athletes participated at the EP Cross-Country league champs last Saturday, hosted by EP Athletics. Getting ready for their race in the photo, is ECAS athletes - Nkululeko Mgbuhela, Thabile Mkhupeni, Aphelele Nkonyeni, Anathi Hlanganisa.

Michael Louwrens off to All Africa Games 2015...

Michael Louwrens is part of the SA Team to compete in the 11th African Games in Brazzaville, Congo from 4-19 September 2015. Michael has been to the following All Africa Games (1999 in JHB, 2003 in Abuja, 2007 in Algiers and 2011 in Maputo) and won the gold medal on 3 occasion participation in the shot put for F57 category.

His inclusion in the All Africa Games team provides him with a further opportunity to qualify for A standard and possible inclusion in the SA Team for the 2016 Parra Olympics in Rio. Michael has been to 5 Parra Olympic Games and qualification for the 2016 event will cap an extraordinary athletic career of attending 6 Parra Olympic Games spanning 20 years. His remarkable achievements at Parra Olympic Games are listed below. 1996 Atlanta wins GOLD in Shot Put F56. 2000 Sydney wins GOLD in shot put F57. 2004 Athens wins GOLD in shot put F57. 2008 Beijing (injured) achieved 5th position shot put F57. 2012 London wins BRONZ in shot put F57.

On selection to the SA Team Michael said "I am very happy and honored with my selection to the SA African Games team". "I have a good support team and am working very hard on improving my physical condition and mental preparedness so that my shot put delivery technique will be the best it can be on the day of participation in Brazzaville." Below is a picture of Michael (big smile) at the Port Elizabeth ECAS office shortly after it was confirmed he was included in the SA Parra Team for 2015 All Africa Games.

Proud of you Michael of yet another remarkable sporting achievement.





ECAS Judo Star included in SA team for All Africa Games...

Siyabulela Mabulu continues to impress with his judo achievements and was again named as part of the SA Team to compete in the 11th African Games in Brazzaville to take place in the Congo from 4-19 September 2015.

Siyabulela Mabulu is an Africa Games bronze medalist. He achieved this impressive result when the Africa games was held in Maputo from 3-18 September 2011. Games are held every 4 years, and one year before the Olympics.

In the picture to the right one can see the technical skills and strength of Siyabulela Mabulu of South Africa (in white) as he throws Jamie Macdonald of Wales during their men's 66kg judo preliminary bout at the Commonwealth Games 2014 in Glasgow, Scotland, on July, 24, 2014. Siyabulela Mabulu went on and won bronze in, beating India's Manjeet Nandal in the 66kg division, to earn Team South Africa second medal of the 2014 Commonwealth Games that was held in Glasgow, Scotland.

His inclusion in the 2015 African Games team provides him with a further opportunity to qualify for inclusion in the SA Team for the 2016 Olympics in Rio. ECAS is very proud of the continuous world class achievements by Siyabulela Mabulu.



Big easy win for Alfred Nzo Golfer: Patrick Mlobeli



ECAS Golfer - Patrick Mlobeli, received his sponsored set of new golf clubs, which has been facilitated by the Academy. Showing off his new clubs, Patrick was delighted to have been given a chance to compete against the best in the game with proper equipment. He is hoping to gain entry into the mainstream golf events of the Border Country Districts and represent the province at the Inter-Provincial Tournament. He plays his golf in his hometown of Matatiele in the Alfred Nzo District, and plays off a 2 handicap. Patrick has been on the Academy programme for 2 years now. The Academy is looking forward to some great results from this young man.

Picture to the right: Arnold Phuzi showed his class, speed and magnificent boxing skills to claim the heavy weight gold medal at the South African National Amateur Boxing (Sanabo) Elite Championships. The event was held from 8 - 11 July in Grahamstown's new Indoor Sports Centre.

To the right is a picture of Arnold with his BOXER OF THE TOURNAMENT trophy. Arnold says "I am happy to have won the national championship again and it confirms that my dream to qualify for the 2016 Olympics is on track".

He is currently a Business and Economics Student at the Nelson Mandela Metropolitan University.

Arnold will also be representing South Africa at the upcoming All Africa Games. We wish him all the best.



"Focus on where you want to go, not on what you fear"
Anthony Robbins



Futurelife athlete feedback:



Picture to the right: Onke Mangele on the right and Siphamandla Baku members of the NEMATO Gymnastics program in Port Alfred. They are pictured here receiving their ECAS Kit and Futurelife supply for the month. "Futurelife has made my life easy. I do not always have time to have a balanced meal, but with the futurelife shake, I am able to have my meal on the go. It keeps me full for long and helps with quick recovery after a tough training session", said Siphamandla.

Picture to the left: A member of the Maclear Rugby Academy program hosted at Maclear High School. Pictured here is one of the players receiving his serving of Futurelife as the hostel. The players expressed their gratitude to the Eastern Cape academy of sport for supplying them with futurelife. Rugby training can be tough, and a balanced diet is very important. Futurelife makes it easy for them to supply their bodies with all the essential nutrients it needs to sustain our energy.

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

