



## NEWSLETTER Q3 - OCTOBER TO DECEMBER 2025

As we reflect on the 3rd Quarter of the 2025/26 financial year, the Eastern Cape Academy of Sport is proud to share a period that included international excellence, athlete development, coaching advancement, and strengthened support systems.

This quarter showcased the depth of talent within the province and the Academy's continued commitment to holistic high-performance sport.

# EDUCATION & TRAINING

### ***Para Athletics Coaching Capacity Strengthened Through ASA Level 2 Qualification***

Congratulations to four Eastern Cape Para athletics coaches who completed the Athletics South Africa (ASA) Level 2 Coaching Course in Potchefstroom during the quarter.



This achievement represents an important step in the professional development of para-sport coaches and reinforces the province's commitment to inclusive sport and athlete empowerment. By equipping coaches with advanced skills and knowledge, ECAS continues to strengthen pathways for emerging para-athletes to reach their full potential.

### ***Netball Coaches Complete Level 2 Practical Assessments***

The Academy is proud to announce the successful completion of the Netball Level 2 Practical Assessments, which took place across Gqeberha, Humansdorp, Queenstown, and East London.



Commencing late in October and concluded on 16 November, the assessments were an intensive but rewarding period for all involved. A total of 20 coaches participated, demonstrating their technical knowledge, coaching skills, and ability to apply theory in practical coaching environments.

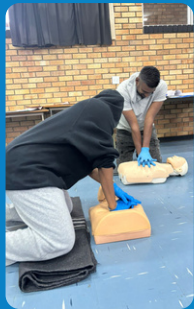


Their commitment to continuous learning and development plays a critical role in strengthening netball structures within communities and across the province. We applaud these coaches for their dedication



## **High-Performance Centre Staff Strengthen Athlete Safety Through First Aid Training**

Staff members from the Joza High-Performance Centre (HPC) successfully completed the First Aid Level 1–3 Course, delivered in partnership with the Rhodes University Human Kinetics and Ergonomics (HKE) Department.



The HPC supports approximately 150 athletes from 10 clubs throughout the year, making athlete safety and emergency preparedness a critical priority. The training, conducted over five days, covered both theoretical knowledge and hands-on practical components, addressing a wide range of medical emergencies and injury scenarios.

Participants were assessed through theory and practical examinations, ensuring competency and confidence in emergency response situations. This qualification significantly enhances the level of care provided to athletes and strengthens the overall safety standards within the HPC environment.

Well done to the Joza HPC team for their commitment to athlete welfare and professional development.

## **ATHLETE ACHIEVEMENTS**

### **EC Gymnasts Flag High at the 2025 World Trampoline Championships**

The Eastern Cape Academy of Sport proudly congratulates Matthew Bosch and Leolin Petersen, who represented both ECAS and Team South Africa with distinction at the 2025 World Trampoline Championships, hosted in Pamplona, Spain from 6–9 November 2025.



Demonstrating exceptional composure under pressure, and consistency against the world's best athletes, Matthew Bosch delivered a truly historic performance, finishing 6th overall in the Senior Trampoline (TRA) Finals. This result saw Bosch become the first South African male gymnast in more than a decade to reach a World Championship final, marking a major milestone in his career and in the history of South African trampoline gymnastics.



Leolin Petersen also produced a standout performance, advancing to her first-ever World Championship semi-final and finishing 13th overall in the world. Competing at this level for the first time, Petersen showcased her talent, resilience, and growth as an elite athlete, gaining invaluable international experience while holding her own against seasoned global competitors.



Both athletes' performances reflect the effectiveness of long-term athlete development, quality coaching, and the high-performance environment fostered by the Academy and provincial structures.

### **Eastern Cape Swimmers Deliver Outstanding Results at SA Short Course Nationals**

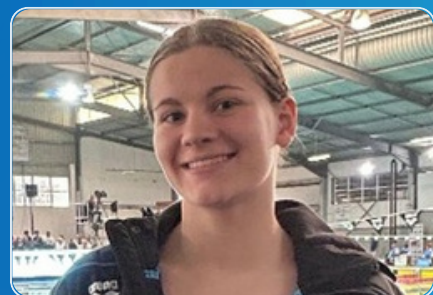
Academy swimmers delivered outstanding performances at the SA Short Course National Championships, held in Pietermaritzburg in September.

The championships are renowned for their high level of competition, regularly featuring South Africa's elite swimmers alongside strong international contenders. Despite the intensity of the competition, ECAS swimmers rose to the occasion, securing medals, achieving personal bests, and making their presence felt across multiple events.

#### **Medal Performances:**

##### **Keira van Heerden**

- 400m Individual Medley – Gold (Personal Best)
- 200m Individual Medley – Gold (Personal Best)
- 4x50m Medley Relay – Silver
- 100m Individual Medley – Bronze



##### **Jamie Mote**

- 100m Freestyle – Silver



##### **Marony Jacobs**

- 800m Freestyle – Bronze



##### **Kaitlynn Horne**

- 400m Individual Medley – Bronze



These performances highlight the strength of swimming in the Eastern Cape and the effectiveness of support structures in enabling athletes to compete and succeed at national level, with clear potential for future international success.

## ECAS ATHLETES AT THE 4TH AFRICAN YOUTH GAMES

### LONWABO MAJEKE



**Lonwabo Majeke** represented both the Academy and South Africa in tennis at the African Youth Games held in Luanda, Angola, in December 2025.

In a memorable campaign, Lonwabo fought her way to a **bronze medal in the singles event**, and equally notable was Lonwabo's partnership with teammate Hlumani Kekana in the **mixed doubles**, where they went all the way to the final and a **silver medal finish**, highlighting her versatility and teamwork, and contributing to South Africa's strong overall showing at the Games.

This result reflects her personal growth. We congratulate Lonwabo on her achievements at the Games and look forward to following her continued development and success.

### NICHOLAS PRETORIUS

In the pool, **Nicholas Pretorius** delivered an exceptional campaign, showcasing versatility and competitive edge.

He claimed **gold medals in both the 50 m and 100 m butterfly**, demonstrating sprint strength and technical precision against a strong continental field. In addition to his golds, Nicholas earned **silver medals in the 50 m backstroke and 100 m freestyle**, and a **bronze in the 200 m butterfly**, adding considerable depth to South Africa's swimming success.



His contributions extended to the **relay events** as well, where he helped the team secure **three gold and one silver medal** in various relays.

His medal haul across individual and team events contributed to Team SA's historic campaign and demonstrates his development as a rising star in African youth swimming.

## BRAZIL IBSA JUDO GRAND PRIX : NDYEBO LAMANI



Academy judoka **Ndyebo Lamani** competed at the **2025 IBSA Judo Grand Prix** in São Paulo, Brazil, one of the final major para-judo events of the year and a key stop on the international calendar ahead of the upcoming Paralympic qualification cycle.

In the **Men's J1 -70 kg category**, Ndyebo put in a solid performance against tough international competition. He secured victories in his earlier bouts, his run was halted in the semifinals by the eventual gold medalist and **placing 5th** in his category.

His experience in São Paulo will provide valuable momentum as he continues his competitive international journey.

## National Glory for Eastern Cape Boxer at Junior & Cadet Championships

Academy boxer **Sangenathi Valela** claimed **Gold** at the **SANABO National Junior & Cadets Boxing Championships**, held in Rustenburg, North West Province in October.



Sangenathi's gold medal performance reflects her competitive spirit and dedication. Competing against top **junior** boxers from around the country's in the women's **-66kg division**, she displayed exceptional skill and focus throughout the tournament.

We are incredibly proud of Sangenathi's achievement and look forward to supporting her continued growth and progression within the sport.

### *Nicolass Van der walt: TSA SUPER 8*



**Nicolaas van der Walt** delivered a strong run in the December 2025 **TSA Super 8 series**, finishing **7th in singles** and **winning the doubles title** in **Cape Town**, before placing **3rd in singles** and again claiming doubles **victory** at the **Winelands** event.

His performances earned him **selection** for the **Eastern Cape Aloes Under-15 team** as well as the South African tennis team, marking a significant step forward in his Academy journey. Congratulations, Nicholas.

## ATHLETE DEVELOPMENT & TRAINING

### Holistic Athlete Development in Action: Building Stronger, Smarter & Drug-Free Champions

As part of its holistic athlete development mandate, the Joe Gqabi and Alfred Nzo District Academies hosted their series of impactful athlete education workshops in Burgersdorp and Bizana during the quarter.

The workshops focused on key pillars of athlete development, including:

- Drug-Free Sport Education
- Nutrition for Performance
- Mental Skills and Life Skills Development

The sessions were aimed primarily at middle-distance athletes, providing them with both theoretical knowledge and practical tools to support performance and personal growth.



A key feature of the programme was performance testing, which assessed athletes' off-season fitness levels to guide individual training plans ahead of the upcoming track and field season.



Athletes actively engaged in goal-setting exercises and life-skills discussions, allowing them to refocus on short and long-term career objectives while addressing everyday challenges that can impact performance, discipline, and decision-making.

Representatives from the South African Institute for Drug-Free Sport (SAIDS), led informative and interactive sessions covering:

- The dangers and consequences of performance-enhancing drugs
- Responsible medication use
- The importance of verifying supplements
- Compliance with World Anti-Doping Agency (WADA) regulations



Nutrition education further supported athletes in making informed dietary choices to enhance energy levels, recovery, and long-term health. These sessions form a vital part of ECAS's ongoing efforts to develop disciplined, informed, and values-driven athletes who are equipped to succeed both on and off the track.

The third quarter reflects the collective effort of athletes, coaches, support staff, partners, and stakeholders working together to advance sport in the Eastern Cape. The Academy remains committed to developing champions for life, ensuring excellence, integrity, and opportunity for success at every level of participation.

Thank you for your continued support.



**sport & recreation**

Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA



**NELSON MANDELA**  
UNIVERSITY



Eastern Cape Academy of Sport  
P.O. Box 77000  
NMU  
Port Elizabeth  
6013

Physical address:  
Human Movement Science  
Department  
NMU South Campus  
University way

