



ECAS NEWSLETTER

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5 MEDALS FOR RENTIA OOSTHUIZEN AT WORLD ATHLETICS CHAMPIONSHIPS HELD IN PORTUGAL

Inside this issue:

- Rentia Oosthuizen
- Ischke Senekal
- Luxolo Adams
- Rhys Poovan
- Coaches Education workshops
- Training Camps

RENTIA OOSTHUIZEN from Graaff Reinet, secured a magnificent hall of 5 medals during the 5th World Championships for Athletes with Down Syndrome, held in Madeira, Portugal, from 4 to 10 October 2018.

The event was held in Ribeira Brava Sports Complex in Madeira and included athletes for all over the world.

Rentia Oosthuizen competed as a member of the South African team in the in the T21 category.

Rentia was one of the stars of the event and secured 5 WORLD CHAMPIONSHIPS MEDALS in the following events:

1. GOLD: Shot put (World Champion 3 Kg Shot put) distance of 6.51.
2. SILVER: 200 m (AFRICA RECORD)
3. SILVER: 800 m Walk Race
4. SILVER: Triathlon (AFRICA RECORD)
5. BRONZE: Javelin

Rentia improved 2 Africa records at the event. She is now the Africa record holder in the 200 m and the Triathlon events.

On conclusion of the event the overall country medal's standings were:

ITALY 1st, SOUTH AFRICA ended 2nd with MEXICO 3rd and PORTUGAL 4th. The other participating countries ended as follows:

GREAT BRITAIN, BRAZIL, TURKEY, FRANCE, FINLAND, TURKMENISTAN, COSTA RICA, POLAND, CROATIA, AUSTRALIA, SWEDEN and ZIMBABWE.





ECAS HOSTS MIDDLE-DISTANCE TRAINING CAMP FOR ELITE MIDDLE-DISTANCE SQUAD

ECAS held a Middle-Distance Training Camp and Education Workshop at the Nelson Mandela University High Performance Complex in Port Elizabeth from 28-30 November 2018.

Twenty-two (22) Elite Squad Middle-Distance Athletes and 5 Coaches from high-performance hubs/satellite academies in the Eastern Cape attended the workshop.

The purpose of the camp was to educate and support top-level middle-distance athletes and their coaches (from all districts in the province) to improve their practical and theoretical understanding of high-performance training principles. Included in the programme were sessions such as: Sport Science testing, athlete education, motivational talks and coaches' education.



Testing of the athletes were done by ECAS Sport Scientist, Mr Jason le Roux. He was assisted with testing and data recording by NMU High Performance Complex staff and students. Tests included aerobic and anaerobic athlete capabilities (gauge the fitness levels of the athletes) as well as maximum speed tests. Mr le-Roux provided the athletes with feedback of their tests results that included an individualized training program. The Coaches education workshop was coordinated by ECAS Sport Scientist Mr Wayde Douglas. His talk covered aspects related to "Roles and Responsibilities of the Coach". Hennie de Klerk presented a lecture on "Discipline in Training" to both the athletes and coaches.

On 30 November 2018 (after the training camp) the athletes had the opportunity to participate in the annual EPA Friday Night Lights Series at the Westbourne Oval (Athletic Track) in Port Elizabeth. This event provided a platform for the athletes to compete against other athletes as exposure to competitions remain a major problem for athletes from rural areas.

BOXING TALENT IDENTIFICATION AND TRAINING CAMP HELD FOR SARAH BAARMAN DISTRICT ATHLETES

ECAS Sarah Baartman district Academy Hosted Talent Identification and Boxing Training Camp at the Grahamstown Sport Centre (Joza Location in Grahamstown) from 16-17 November 2018.



A total of 32 boxing cadets (both males and females) and 4 Coaches attended the two-day Camp.

The main purpose of the camp was to prepare the young boxers for the Provincial Boxing Championships which was held in East London from 22-25 November 2018.

The camp also served as an opportunity for coaches and coordinators to identify potential athletes for inclusion in the District Hub programmes and IAP Programme for 2019.

The main components covered at the camp included strength and conditioning, video analysis, technical and tactical sessions



CHRIS HANI DISTRICT ACADEMY HOSTED A SUCCESSFUL RUGBY TRAINING CAMP IN MIDDELBURG



ECAS (Chris Hani District Academy) hosted a successful training camp for 28 female rugby players.

The camp took place from 28-29 September 2018 at Midros Township in Middelburg. Players attending the camp were members of the Middelburg Ladies Rugby team.

The Middelburg Ladies Rugby (Stormers) team forms part of the ECAS High Performance Hub programs. Components covered at the camp included: Field sessions, Video analysis, Life Skills Training, Physical and Psychological aspects of the game.

Training was done under the guidance of expert rugby coach Mr. Mr Lefty Xolisile Dakuse.

The purpose of the camp was to prepare the team for the Geneva Scholtz Memorial Women's Rugby Club

ACADEMIC AND SPORTING SUCCESS FOR ISCHKE SENEKAL IN 2018

2018 has been a very successful year for Ischke Senekal regards sporting and academic matters.

Ischke completed her Honors degree in 2018 at the Nelson Mandela University's (NMU) Faculty of Education. She has applied to do a master's in education at NMU in 2019.

At the African Athletics Championships, held in Nigeria from 1-5 August 2018, Ischke won a gold medal in discus and a silver medal in shot put.

Her performances in Nigeria (shot put winning distance throw of 17.24 meters) resulted in Senekal being included in the African Team which that competed in the 2018 IAAF Continental Cup track and field sporting event that was held in Ostrava Czech Republic, from 8–9 September 2018.

Ischke ended 4th at the Ostrava Czech Republic.

Ischke is excited about 2019 as she wants to start her Masters degree in Education at the Nelson Mandela University and also start competing in some of the European athletic circuit events.

Ischke is keen to train hard in the off season as she needs international success to ensure a place in the SA athletics team for the 2020 Olympics.





SPORT SCIENTIFIC TRAINING METHODS /COACHES EDUCATION WORKSHOP FOR JOE GQABI DISTRICT COACHES AND ATHLETES

Thirty-two (32) Joe Gqabi District Coaches (Sprinting, Middle- Distance and Netball) and thirty-nine (39) athletes attended a SPORT SCIENTIFIC TRAINING METHODS /COACHES EDUCATION WORKSHOP in Burgersdorp and Maclear from 19- 21 September 2018.

The 3-day coaches' education session was held in conjunction to scientific testing for sprinters, middle distance and netball athletes.

The purpose of the workshop was to expose the mostly rural coaches and athletes to advance scientific training methods and to capacitate coaches working with Academy IAP and High-Performance Hubs (Athletics and Netball) athletes.

ECAS Sport Scientist, Mr Jason Le-roux facilitated the workshop.

Workshop topics included, Strength & Conditioning and how it complements the athlete, Testing protocols (the role of testing and the important data deriving from tests results), and the role of the Coach, (how coaches and sport scientist must work together to improve athlete performances).

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.

At the end of the workshop, FUTURELIFE® provided all participating Coaches with FUTURELIFE® Smart Food™ sachets and FUTURELIFE® SmartBars.



LUXOLO ADAMS INCLUDED IN ATHLETICS SA (ASA) SENIOR PREPARATION SQUAD FOR THE 2019 IAAF WORLD CHAMPIONSHIPS.

SASCOC and ASA announced the 2019 SA Squad to participate in the IAAF WORLD CHAMPIONSHIPS IN DOHA QATAR FROM 28 SEP – 6 OCTOBER 2019.

Luxolo Adams secured his place in the SA team with consistent performances during the year that included being SA 200m champion, a personal 200m best of 20.01 and invitation and participation in the 2019 Diamond League.

Luxolo is included in the senior preparation squad for the 2019 IAAF world championships for the 200m and the 4 x 100m men's relay squad.

ECAS congratulates Luxolo on another achievement added to his already remarkable 2018.





INTERNATIONALLY RECOGNIZED SPEAKER, PROFESSOR STEPHEN SEILER PRESENTS INFORMATIVE LECTURE:



Professor Stephen Seiler (International Conference Speaker) was identified and invited by the scientific committee of the Biokinetics Association of South Africa (BASA) to the Life Through Movement International Conference (LTMIC) to present a lecture to staff members of the BSSU High Performance Complex at Nelson Mandela University on 4th – 6th October 2018.

Prof Seiler agreed, while at the above-mentioned conference, to also make himself available for a session with coaches addressing the topic: **BEST PRACTICE: WHAT TRAINING INTENSITIES CREATE ELITE ATHLETES?** The 2-hour lecture (included a 40-minute questions session) was held at the NMU North Campus Conference Centre on 4 October and was attended by 80 coaches from 18 different Federations and Institutions. The session was coordinated by ECAS staff.

Prof Stephen Seiler is a sought-after international speaker and holds PhD in exercise Physiology from the University of Texas. Prof Seiler is well published and has contributed to over 40 book chapters, published over 85 articles in peer-reviewed internationally recognized publications and has supervised and evaluated PhD research.

Attending coaches were very appreciative of the input by Prof Seiler. Some of the main concepts included, Intervals, Thresholds, and Long Slow Distance: The Role of Intensity and Duration in Endurance Training.

All coaches that attended the lecture received a Future Life High protein crunch bar and a 500 g Future Life box of Cereal.

ECAS SEYMOUR BOXING HUB IN COLLABORATION WITH FORT BEAUFORT BOXING HOSTED A SUCCESSFUL BOXING TRAINING CAMP

ECAS Amathole District Academy in collaboration with Fort Beaufort Boxing hosted a boxing training camp in Seymour from 16-18 November 2018.

About 40 young boxers from Seymore Boxing Hub and Fort Beaufort attended the Camp. The objective of this camp was to assess the fitness levels of the boxers and to prepare some of the boxers for the Provincial Youth Championships which was held in East London from 22-25 November 2018.

Mr Mawande Sijako, coach of the Seymour Boxing Hub, coordinated the camp and headed training sessions. The training camp comprised of three training sessions per day which included Boxing Conditioning and Technical Drills; Road Running and Sparring and Testing.

The training camp also provided opportunities for boxers to compete against each other. Athletes from Seymour Boxing Hub had the opportunity to fight against boxers from the Ford Beaufort Boxing club. Fights were evaluated to assist with technical and tactical improvements.

Mr Monwabisi Mbane (ECAS Amathole and Buffalo City District Coordinator), expressed his appreciation for the camp, indicating that the athletes and coaches worked hard on skills and attitude improvement and that definite progress was made by those who attended the camp.



RHYS POOVAN COMPETED IN MODERN PENTATHLON AT THE 2018 YOUTH OLYMPIC GAMES



Rhys Poovan competed at the 2018 Youth Olympic Games (YOG) as a member of the SA Modern Pentathlon team.

The 2018 Youth Olympic Games (3rd Summer Olympic Games) was held from 6-18 October in Buenos, Argentina.

South Africa won a total of 5 Medals at the event (3 Gold, 1 Silver, 1 Bronze) and finished in 25th place over all

The South Africa team consisted of 75 athletes which competed in 20 different sporting.

Modern Pentathlon send 2 athletes to the event being, Alida Van der Merwe and RHYS POOVAN. The Modern Pentathlon Coach/Manager was Johan Wind.



YOUTH OLYMPIC GAMES



The modern pentathlon is an Olympic sport which comprises of five different events; fencing (one-touch épée), freestyle swimming (200m), equestrian show jumping (15 jumps), and a final combined event of pistol shooting and cross country running (3200m)

A total of at least 165 teams qualified for the 2018 Youth Olympic Games event. It included 3,998 athletes who competed in 32 sporting codes.

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