



Q4 Newsletter: January to March 2025

Welcome to the fourth edition of the Eastern Cape Academy of Sport Newsletter. This quarter, our community has experienced a wealth of achievements, professional development initiatives, and innovative training programs. From national victories to impactful workshops and rigorous testing camps, every initiative reflects our ongoing commitment to excellence and athlete development across the Eastern Cape.

ATHLETE ACHIEVEMENTS

ASA Grand Prix Success for Academy Athletes



Mondray Barnard

Our senior athletes made a powerful statement at the ASA Grand Prix events, setting a solid foundation for the ASA National Senior Championships at the end of April.

ASA Grand Prix 1:

Mondray Barnard (110mH): Gold Medal (13.63)
Maintaining composure to claim gold against the favourites, Mondray's win is a clear statement of confidence in his ability and preparations.

ASA Grand Prix 2:

Nikithemba Hani (Long Jump): Gold Medal (8.01m)
Crossing the 8meter mark yet again, Hani is certainly one to look out for at this year's senior national event.

Mondray Barnard (110m Hurdles): Silver Medal.
Narrowly missing out on gold, Mondray has his sights set on the Championships.

Luxolo Adams (200m): Bronze Medal (20.43)
Showing steady progress after recent injury woes, Luxolo looks focussed and ready for his return to international competition.

Grand Prix 3:

Aphelele Nkonyeni (3000m SteepleChase): Gold Medal (08:35)
Recording the fastest time on the SA circuit so far, shaving 11 seconds off his PB, Nkonyeni is on the right course for nationals.

Mongezi Ngobe (3000m Steeple Chase): Silver Medal (8:41)
Improving on his PB behind training partner, Mongezi looks set to repeat the feat at the nationals.

These results, driven by relentless effort and expert coaching, continue to build momentum toward national success.



Nikithemba Hani



Luxolo Adams



Mongezi Ngobe



Aphelele Nkonyeni



Medals at ASA Junior & U/23 Track & Field Championships



Amanda Detshe



Cindy Strydom



Alana Grundling

Outstanding performances were recorded at the National Championships held at Cape Town Greenpoint Stadium.

Our medallists results:

- Onwabile Rhawu (Joe Gqabi district): Silver in the U/20 10,000m Walk
- Marko Ferreira (Nelson Mandela Metro): Silver in the U/20 200m
- Amanda Detshe (Alfred Nzo district): Silver in the U/23 3000m Steeple Chase
- Alana Grundling (NM Metro) – Silver in the U/23 Shot Put
- Elihle Diamond (Joe Gqabi district): Silver in the U/18 5000m Walk
- Lizwi Shezi (Alfred Nzo district): Bronze in the U/16 3000m
- Cindy Strydom (Sarah Baartman district): Bronze in the U/20 High Jump

These achievements exemplify the competitive spirit and commitment of our young athletes.



Onwabile Rawu (Right)



Marko Ferreira



Elihle Diamond



Lizwi Shezi

JUDO NATIONAL RANKING EVENT

The 2025 Judo 1st National Ranking Event & Trials took place in Johannesburg on 22 February, and our judokas from the Nelson Mandela Metro Judo Hub rose to the occasion with outstanding performances against the country's top competitors:



Robyn Fortuin (Left)



Liyema Tsotsa



Ayabulela Gwama

Robyn Fortuin (Women -44kg) - Gold Medal
Liyema Tsotsa (Women -40kg) - Gold Medal
Ayabulela Gwama (Women +66kg) - Silver Medal

Sinqobile Shongwe (Men -60kg) - Gold Medal
Kamogelo Koloi (Men -55kg) - Silver Medal

Their results are a reflection of the hard work happening within our Academy hubs and a sign of even greater things to come.



Sinqobile Shongwe (Right)



Kamogelo Koloi (Left)

LE ROUX LEADS SA U23 SQUASH TEAM AT WSF WORLD CHAMPIONSHIPS



We are proud to announce that Academy Sport Scientist Jason Le Roux has been appointed as Team Manager and Coach for the South African U23 Squash Team.

Recognized with full national Colours by SASCOC, his leadership will guide the team at the WSF U23 World Championships in Karachi, Pakistan (6–10 April).





EDUCATION & TRAINING

OR Tambo and Nelson Mandela Metro Coaches Enhance Skills at ECAS Workshop

The OR Tambo Workshop was attended by 33 coaches from the district who attended the two-day workshop designed to strengthen their understanding of the Fundamentals of Training.

The Workshop includes practical sessions on administering sport-specific fitness tests and executing effective warm-up drills equipped coaches with tools to optimize both training and competition readiness.

At the NM Metro district, 22 coaches participated in a hands-on workshop at the NMU High-Performance Centre. This initiative is part of our ongoing commitment to enhance coaching standards across the province.



Coaches Complete Final Short Learning Programme

The fourth and final session of the Short Learning Programme, presented by the NMU HPC team, focused on "How to Collect and Interpret Athlete Data to Enhance Performance."

Key areas covered included:

- Planning effective training sessions
- Recording performance data
- Evaluating and adjusting training strategies

Through a mix of theory, practical sessions, and collaborative discussions, coaches gained crucial insights to refine their approach and drive athlete development.



FITNESS TESTS & TRAINING CAMPS

Elliotdale Athletics Hub Preparation Camp

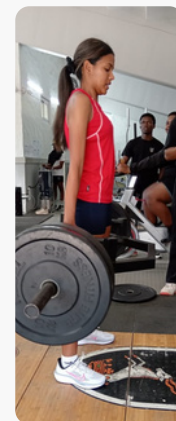
The Elliotdale Middle & Long Distance Athletics Hub held a three-week training camp from 6-24 January, engaging 10 dedicated athletes. The camp focused on enhancing race fitness, refining strategies, and boosting mental resilience ahead of provincial and ASA Championships.





Komani Sprint Hub Athlete Prep Tests

In January, the Komani Sprint Hub hosted a Sports Science Testing session aimed at tracking fitness improvements ahead of the District and Provincial Schools Athletics Championships. By analyzing key performance metrics, the session enabled athletes and coaches to refine training plans .



Joe Gqabi Athletes Prep: Testing & Nutrition

Athletes from the Burgersdorp and Aliwal North Sprint & Middle-Distance Hubs in the Joe Gqabi district underwent comprehensive fitness testing as part of their final preparations for the District, Provincial, and National Championships.

A dedicated nutrition segment helped both athletes and coaches make informed dietary choices, ensuring peak performance.

Metro Judo Hub: Fitness Testing for National Ranking & Trials

In preparation for the National Ranking Event & Trials held in Johannesburg in February, the Nelson Mandela Metro Judo Hub conducted its fourth round of fitness assessments. The evaluations provided vital insights to fine-tune training programs and optimize performance for our judokas.

Positive results from their preparations and regular testing were reflected in the outstanding results achieved at the National ranking event In February with judokas now set on higher achievements in the upcoming continental competition in June.



Lady Frere Middle-Distance Hub: Pre-Competition Testing

In February , athletes from the Lady Frere Middle-Distance Hub conducted its pre-competition testing as part of their preparation for the ATRA Track & Field Leagues and Schools Athletics Competitions. A nutrition information session by dietician Ms. Norman laid the foundation for optimal performance through dietary strategies for training, recovery, and competition.





Equipment Boost for NM Metro Disability Sports Hub



In a significant move to enhance training opportunities, the NM Metro Disabled Sports Hub received new seated throws equipment during a handover at Northern Lights School. This equipment will expand accessibility and improve the training environment for athletes with disabilities.

Nelson Mandela Metro LSEN Athletes Fitness Testing

The NM Metro Disability Sports Hub recently conducted fitness assessments for track and field athletes from Bergsig Special School in Kariega.

These evaluations are essential for individualizing training programs as athletes prepared for the District and Provincial Schools Championships, with an eye on qualifying for national events.



Border Cricket Hub: Intensive Skills Sessions

Earlier in February, the Border Cricket Hub held an intensive skills session at Buffalo Park Cricket Stadium. The session featured a rigorous morning workout focused on fitness and fielding, followed by an afternoon dedicated to honing batting, bowling, and team strategy skills—all critical for the upcoming league fixtures.



The fourth quarter of the 2024/25 season has been a period of robust activity, remarkable achievements, and development for both athletes and coaches within ECAS. Each initiative reinforces our commitment to nurturing excellence and building champions.

As we continue to drive progress, we extend our gratitude to our dedicated athletes, coaches and staff who make these successes possible.



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Extending a warm Thank You to our Stakeholders for their support.



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