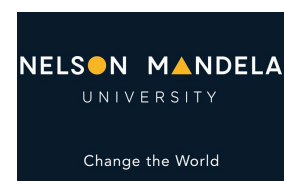




High Performance Complex  
Department of Human Movement Science  
Nelson Mandela University (South Campus)  
P O Box 77000, Port Elizabeth, 6013  
Tel: 041 504 4884, Fax: 041 504 2022,  
website: [www.ecas.co.za](http://www.ecas.co.za)

## Eastern Cape Academy of Sport 2021 / 2022 Annual Report

A program funded by Sport and Recreation (SA), the Department of Sport, Recreation, Arts and Culture (Eastern Cape), and National Lottery Distribution Trust Fund





*The Home Of Legends*

A large vertical poster with a light blue background. At the top center is the Eastern Cape Academy of Sport logo. Below it, the text "EASTERN CAPE ACADEMY OF SPORT" is written in large, bold, black capital letters. The central part of the poster is a collage of various athletes in action: a volleyball player, a boxer, a judo practitioner, a tennis player, a basketball player, and a swimmer. At the bottom of the poster, there are four logos: the Eastern Cape Provincial Government logo, the National Lottery (NLOTF) logo, the Eastern Cape coat of arms, and the Nelson Mandela Metropolitan University logo with the tagline "for tomorrow".

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***ECAS Commission Chairperson  
Ms Jean Miggels***



A great leader is someone who demonstrates what's possible: Mark Yarnell

It's been a difficult time for our athletes/coaches to do their best as Covid 19 was and is still a reality. But with sports back to competitions, gyms open and stadiums athletes are given an opportunity to compete more in South Africa and abroad. Another year has gone by and ECAS have so much successful stories to tell. Luxolo Adams winning the 200m at the Paris Diamond League Meeting. Aviwe Hoboloshe and Ryan Jordan represented the country at the 2021 World Athletics U20 Championships held in Kenya. ECAS gymnasts Liyema Nxobo and Khanyile Mbolekwa (Gymnastics') competed at the 35th Fédération Internationale de Gymnastique (FIG) Trampoline Gymnastics World Championships held in Baku. ECAS empower the athletes to perform at national and international level, to encourage and motivate them to do their best. ECAS has given birth to a lot of athletes that are on an International level during the past year and are still doing it. Athletes, coaches are giving an opportunity to develop and to restore confidence, dignity and self-worth. ECAS is playing a vital role in making a difference in the lives of the athletes/coaches, as they are all coming from different back grounds, up bring, disability, behaviour's and values. I just want to highlight a few of our success stories: Athletes abled and disabled did very well at National and International level. We had two successful women in Sport training programs. This year 2022 it's the commonwealth games and we have some athletes that's on the program that will represent South Africa this month. We want to congratulate the athletes and I know they will make us proud. The work and training doesn't stop at Commonwealth games, but we are looking to 2024 when the Olympics and Paralympic games will be in Paris. We want to take the opportunity to thank all our sponsors and PARTNERS such as DSRAC, NLDTF (lotto), SASCOC, NMU, ECSC, and FUTURE LIFE for contributing to the greatness and success of the athletes. I want to take the opportunity to thank the administration together with the Board/Commission of ECAS for their dedication, support, commitment and hard work to ensure that we produced athletes/coaches of a high standard. Through the academy we produced world class athletes coming from the eight

districts, rural areas in the Eastern Cape. With most of the athletes coming from a disadvantage background and difficult circumstances, ECAS give them a sense of belonging. The selection of athletes as well as sport groups is defined and followed without fail. We take our mandate from the National sport and recreation plan “Academy System” Strategic objective 15: To support the development of South African sport through a coordinated academy system. An academy system is a critical component of the South African sports development continuum. The academy system refers to a range of institutions in SA that will be part of a national unified, integrated approach with the aim of developing sporting talent at different levels. The system must assist in addressing the demographics of our national teams by accelerating the development of talented athletes particularly from the disadvantaged groups.” We want to take the opportunity to thank NMU for hosting us, as well as DSRAC together with NLDTF for the financial support that guarantees the success and existence of our academy. We must appreciate the partnership with PUMA and FUTURELIFE as they build confidence and leads to the success of our athletes.

I once again want to take the opportunity to express my appreciation and gratitude to the commission board members/ the manager and the staff for given their support during my term as chairperson, it was a great honor working with you.

Thanking you.

PLEASE STAY SAFE AND GOD BLESS.

## National Perspective - SASCO Strategic Framework

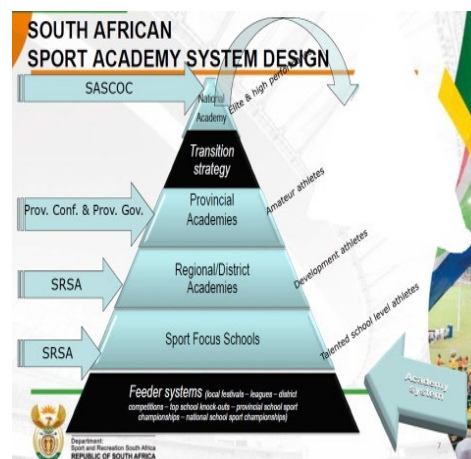
### Background

The concept of Academies of Sport was the product of a feasibility study and fact-finding missions undertaken by the former National Sports Council, Department of Sport and Recreation and sports scientists and sports managers to Australia in 1995. This emanated from the NSC's Vision for Sport which recommended the creation of an academy of sports system as part of the total development strategy for South Africa.

Due to the vastness of South Africa and the feedback from the visit undertaken in 1995, South Africa had to adopt a decentralized academy support system. This led to the establishment of the nine Provincial Sports Academies (PAS) operating under the auspices of the National Sports Council (NSC). In 2000, the NSC was disbanded and the South African Sports Commission (SASC) formed. The academies' function was then transferred to the SASC under the People Development Unit. The SASC Blueprint on PAS (21 February 2002) stipulated the concept of PAS. The Blueprint states that although the focus of the PAS will primarily be on provincial athletes, the infrastructure developed should be able to support athletes at a national level. The PAS should, therefore, be empowered to become the hub of sports development in the country - from talent identification to elite level. The blueprint also emphasized that satellites or regional academies (supporting the main PAS) should be functional in the Provinces in order to ensure that support services are easily accessible to athletes residing in rural areas (SASC, 2002).

On 27 November 2004, the South African Sports Confederation and Olympic Committee (SASCOC) was formed after the report of the Ministerial Task Team recommended the need for a single non-government macro- body to co-ordinate and control sport in South Africa.

In recent years, the National Department of Sport and Recreation has been instrumental in terms of funding of Provincial Academy programmes through the Division of Revenue Act (DORA) Grant. Specialised Sport Science Units within the Department has been at the forefront of providing strategic direction through the initiation of various national programmes and projects. Attempts to standardise and streamline Academy initiatives with the aim to create a unified Academy approach, has been on-going.



## Eastern Cape Academy of Sport - Background

The Eastern Cape Academy of Sport (ECAS) is a cooperative programme of the South African Sports Confederation and Olympic Committee (SASCOC) that is funded by the National Lottery Distribution Trust Fund (NLDTF) as well as the Department of Sport, Recreation, Arts and Culture (DSRAC) - Eastern Cape. The Academy has been operational since March 1997. The Academy system in the province have been transformed in 2010, with the formal establishment of 8 District Academy Programmes.

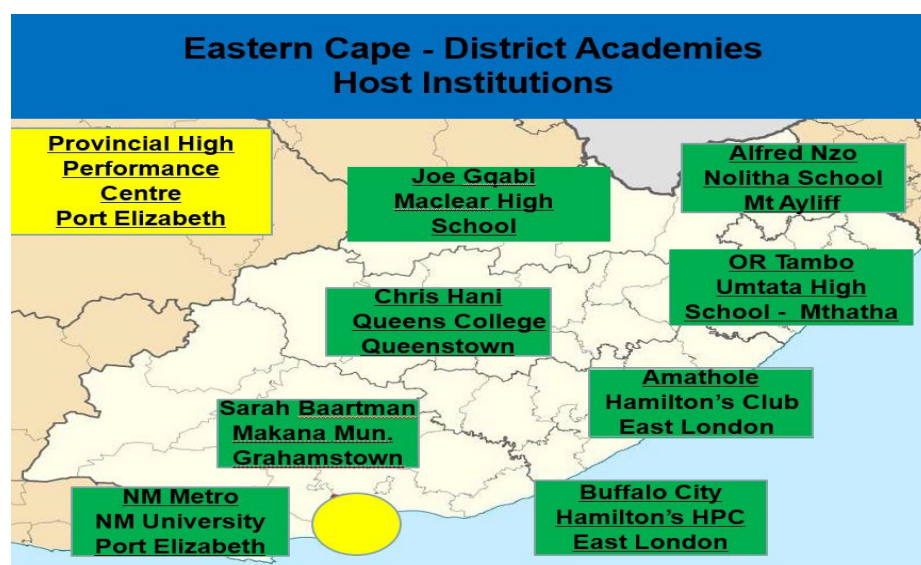
The mission of ECAS is to develop excellence in sport through the coordination and facilitation of sport science and logistical services to assist athletes, coaches, officials and administrators in performing optimally at national and international level.

In order to achieve its aims, the Academy provides the following services on an on-going basis: Coaching support to athletes, training support to coaches, officials, administrators, scientific and medical support to athletes, coaches and officials.

The Provincial Office of the Academy is hosted at the High Performance Complex of the Nelson Mandela University in Port Elizabeth (Human Movement Science Department). The *High Performance Complex* was officially launched in September 2015, enabling ECAS and associated stakeholders to provide a world-class sport scientific support service to athletes from the province.

The Eastern Cape Academy of Sport has eight satellite Academy programmes, based in each of the Districts in the Eastern Cape. Academies are based and hosted by:

- Alfred Nzo (Nolitha Special School - Mt Ayliff)
- Amathole (Hamilton's HP Centre - East London)
- Buffalo City (Hamilton's HP Centre - East London)
- Chris Hani (Queens College - Queenstown)
- Joe Gqabi (Maclear High School - Maclear)
- Nelson Mandela Metro (NMU - Port Elizabeth)
- OR Tambo (Umtata high School - Mthatha)
- Sarah Baartman (Makana Municipality - Grahamstown)



## Provincial Academy Commission

The ECAS Provincial Academy Commission is responsible for setting the policies and overall governance of the Academy on a day-to-day basis, in accordance with the national Framework for Academies as determined by SASCOC and SRSA.

A 10-member Provincial Academy Commission, is in place which guides and manage the operations of the Academy as per the SASCOC Academy Framework as well as the ECAS Constitution and the Internal Control Systems of ECAS.

The ECAS Commission is constituted as follows:

- Provincial Sports Confederation: PSC nomination
- Athletes Representative: PSC nomination
- Coaches Commission representative: PSC nomination
- Provincial Federation representative: PSC nomination
- Medical Commission representative: PSC nomination
  
- School sport structure representative: Government nomination
- SALGA representative: Government nomination
- Provincial Department representative - Government nomination
- The remaining two members is appointed at the discretion of the provincial MEC
  
- SASCOC - Manager Team Preparation and Academies - Ex Officio
- SRSA Representative - Ex Officio
- The ECAS Academy Manager - Ex Officio



Ms Jean Miggels  
**Chairperson**



Ms Sanelisiwe Sobahle  
**MEC Representative**



Mr Leo Fleisher  
**SASCOC**



Mr Bafundi Makubalo  
**DSRAC**



Mr Anga Ngcebetsha  
**DSRAC – School Sport**



Mr Chumani Gqeke  
**Federation Representative**



**Mr Mteteleli Biko**  
**Medical Representative**



**Dr Simthandile Toni**  
**MEC Representative**

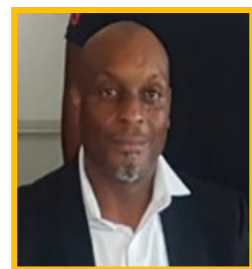
**Vacant Position**  
**Coaches Representative**



**Mrs Khosi Msimka**  
**SALGA**



**Ms Bathandwa Dyantyi**  
**Athlete Representative**



**Mr Goodman Ndaba**  
**SRSA Representative**



**ACADEMY STAFF- PROVINCIAL OFFICE:**

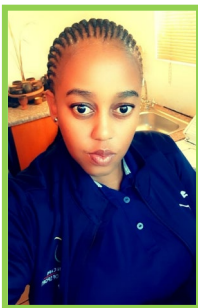


**Mr Hermann Terblanche  
Academy Manager**



**Mrs Bongisa Osawe  
Financial Officer**

**Vacant Position  
Data Management Coordinator**



**Ms Amanda Maseku**



**Mr Loyiso Ntombana  
General Assistant**

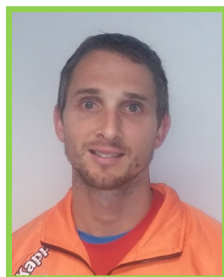


**Ms Busisiwe Mdabula  
Office & Gym  
Cleaning Assistant**

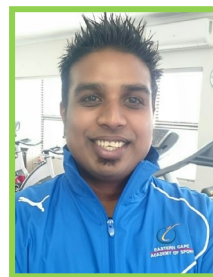


**Ms Neliswa Njani  
Assistant  
East London**

**Sport Science Staff - High Performance Units**



**Mr Jason Le Roux  
Sport Scientist  
Gqeberha**

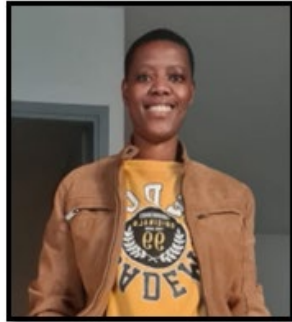


**Mr Pravesh Naidoo  
Conditioning Specialist  
East London**

## District Academy Coordinators



Mr Clinton Gunkel  
Alfred Nzo



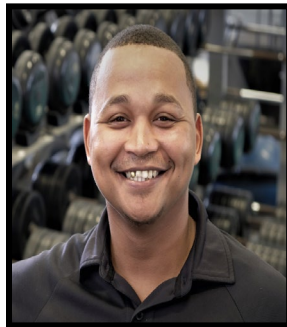
Ms Sibulele Tuswa  
Amathole/Buffalo City Metro



Mr Quintin Madadasane  
Chris Hani



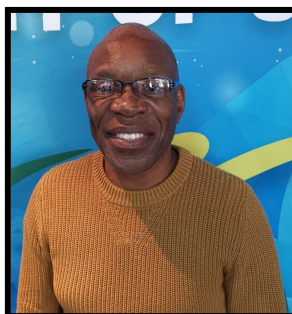
Mr Godfrey Leeu  
Joe Gqabi



Mr Marshal Marsh  
Nelson Mandela Metro



Mr Zukisani Mashalaba  
OR Tambo



Mr Thabang Hlalele  
Sarah Baartman

## Programme Structure

Athletes are accepted onto the programmes of the Academy through the following different systems:

### Individual Athlete Program (IAP):

This program provides scientific, life skills and athlete support to nominated elite athletes. The criteria for acceptance onto the programme are at least provincial colours, with the prospect of a medal at national/international level. Based on the participation and achievement level of the athlete, athletes are categorised in 2 different levels (Categories A and B). Different funding allocations are applicable for all levels.

### High Performance Hubs:

ECAS established High performance hubs in all 8 districts of the EC.

The Hubs assist to identify, nurture and fast-track local talented athletes across all sporting codes providing them with athlete support services. The hubs systems are to ensure that our athletes, coaches and officials are kept abreast with the latest technology, research, techniques and developments to provide the competitive edge. Continued professional development is therefore essential at hub level.

The objective: To Improve preparation of coaches and athletes in order to assist in the transition to high performance sport.

## Athlete Selection Criteria

Athletes are nominated by Provincial Federations and all applications are evaluated according to the criteria below.

A short-list of athletes are considered and approved by the Academy Commission prior to the financial year.

- Selection of Codes and Athletes according to SASCOG guidelines
- Codes / Athletes to be categorized into the following programmes :
  - Individual Athlete Programme (IAP) : Categories A, B
  - High Performance Hubs
- Evaluation of previous programmes to determine success factor
- Age-group of between 14 and 23, depending on the sport concerned (Not to exclude current medal winners older than 23)
- Participation at national and provincial level
- Applications in consultation with Provincial Federations
- Membership - full year with a possible extension thereafter
- Federations to be pro-active in coordination of sport specific High Performance programme

## Academy Services

### Services to be rendered by academies

Experience from dealing with athletes has shown that understanding of the athletes' background and economic and psycho-social status is critical. This assists in recommending of appropriate support services for the specific athlete or official. The following are the services rendered by the ECAS, however, will vary based on the need's assessment conducted for each athlete:

- Living expenses (transport to training sessions, meals)
- Coaching
- Medical assessments, screening and interventions
- Scientific support and interventions
- Technological support and interventions
- Life-skills and career counselling and guidance
- Information services
- Education and Training
- International exposure (training camps, competitions, exchange programmes)
- Talent identification, development and nurturing

### Sport Science Services:

The scientific support to the Eastern Cape Academy of Sport is the responsibility of the Department of Human Movement Science, Nelson Mandela University. The following services are delivered on an on-going basis:

The services rendered by the Academy are:

Sport science and medical support to enhance performance which includes:

- \* Physical and medical testing
- \* Fitness and conditioning programmes
- \* Medical interventions, Injury and Rehabilitation Management
- \* Sport Psychology services
- \* Sports nutrition
- \* Sports vision
- \* Video analysis

### Coaching:

The Academy has a responsibility to assist in the provision of coaching opportunities for teams, squads and individuals. In this regard coaches are consulted with to ensure that athletes receive the best in terms of coaching possibilities and methods available. This process is always done in full collaboration and support from respective sporting federations.

### Life Skills and Athlete Mentoring:

The Academy fulfils a vital role in offering a comprehensive life-skills and education programme to its athletes. The Life Skills programme identify the unique challenges of athletes in terms of educational and social and needs, and address these challenges, contributing to the holistic development of the athlete.

### Athlete Support:

This important component is to provide historically disadvantaged athletes with the following support elements:

- \* Transportation
- \* Training kit
- \* Sports equipment
- \* Accommodation and Nutritional support (Residential Programmes)



## Statistical Analysis Summary - Athlete Segregation Representation 2021-22

### Individual Assistance Programme (IAP - Districts)

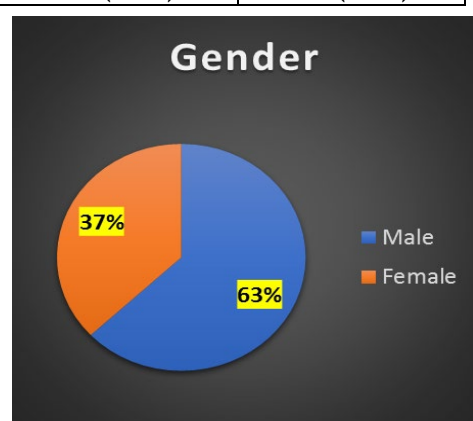
Code	Number of Athletes
Boxing	14
Athletics	13
DISSA	6
Gymnastics	4
Table Tennis	3
Swimming	3
Judo	3
Archery	1
Modern Pentathlon	1
<b>Total</b>	<b>48</b>

### Individual Assistance Programme (IAP - Residential)

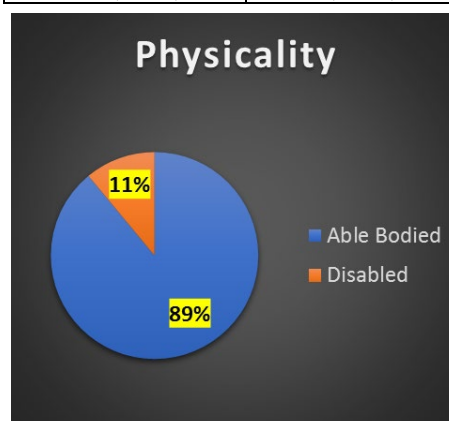
Code	Number of Athletes
Athletics	12
Swimming	1
DISSA	1
Cycling	1
Judo	1
<b>Total</b>	<b>16</b>

### Representation Breakdown (Residential & Non-residential):

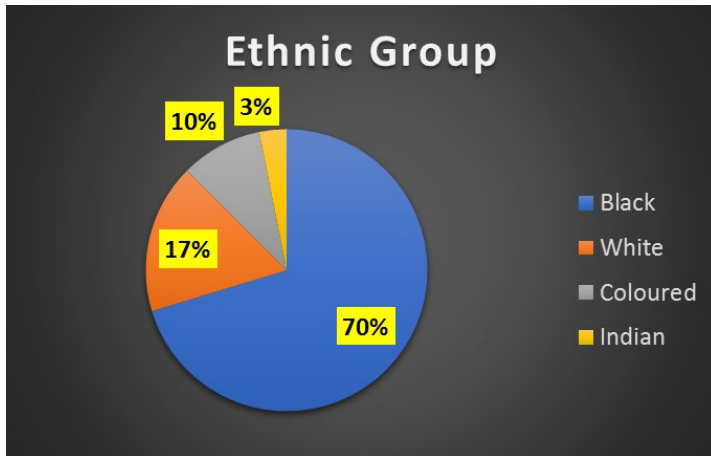
Male	Female
40 (63%)	24 (37%)



Able Bodied	Disabled
57 (89%)	7 (11%)

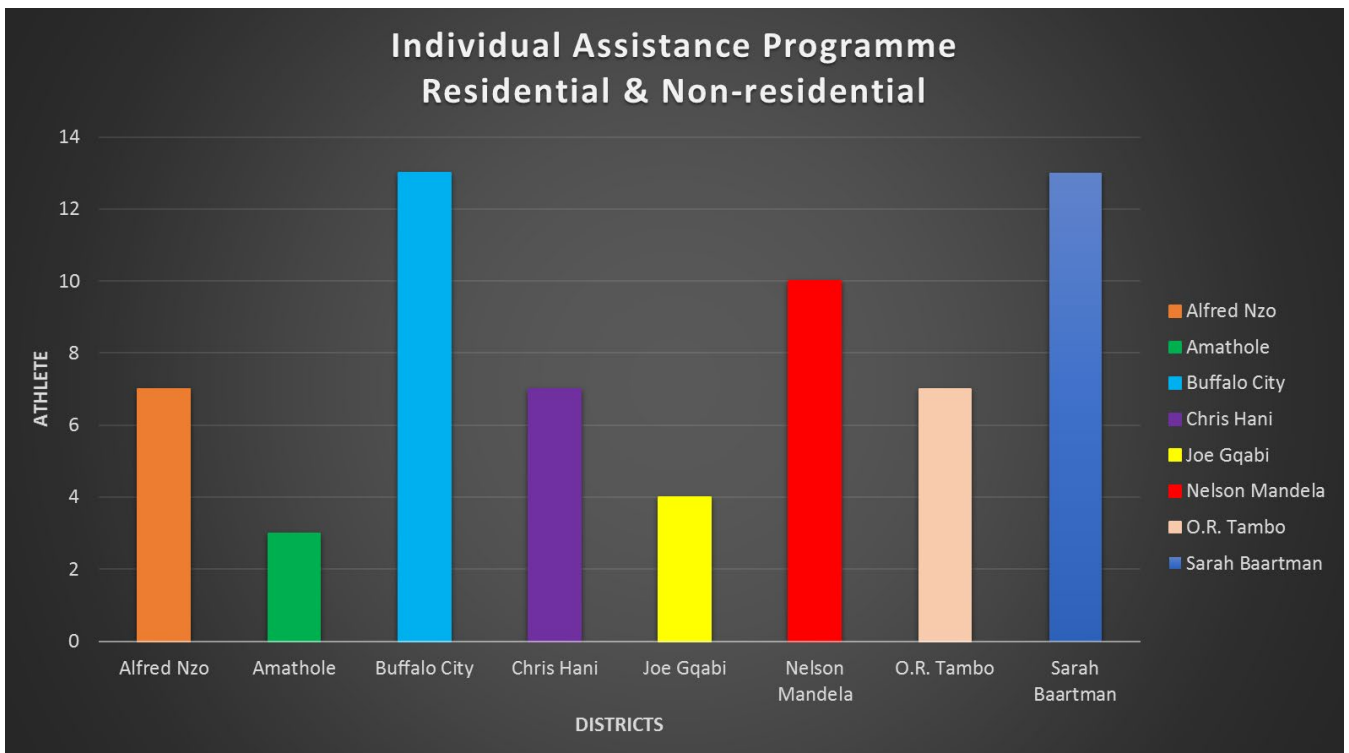


Black	White	Coloured	Indian
45 (70%)	11 (17%)	6 (9%)	2 (4%)



**Statistical Analysis Summary - Athlete Segregation Representation 2021-22**

**Individual Assistance Programme (Residential & Non-residential)**

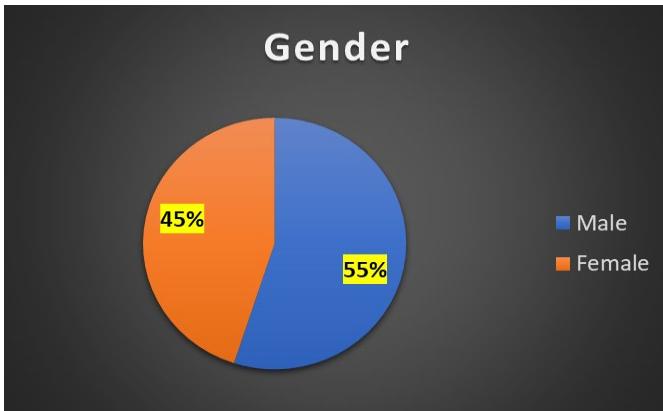


### High Performance Hubs (Provincial and Districts)

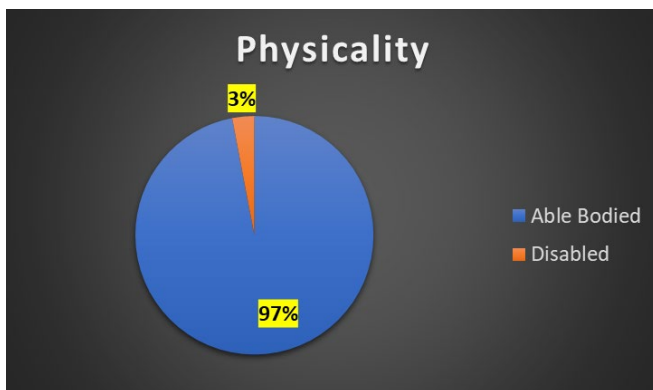
High Performance Hub Name:	Number of Athletes
<b>District: Alfred Nzo</b>	
Boxing (Cabazana)	17
<b>District: Amathole</b>	
Athletics (Elliotdale)	15
Boxing (Seymore)	12
<b>District: Buffalo City Metro</b>	
Sprinting Hub (KWT)	14
Swimming	10
Border Cricket Academy	15
<b>District: Chris Hani</b>	
Boxing Hub (Queenstown)	10
Rugby Woman (Middleburg)	25
<b>District: Joe Gqabi</b>	
Sprinting (Burgersdorp)	20
Netball (Maclear)	13
Athletics - Middle Distance (Sterkspruit)	15
<b>District: Nelson Mandela Metro</b>	
Judo	6
Disabled Sports	6
Tennis	8
Cycling	9
<b>District: O.R Tambo</b>	
Athletics (Lusikisiki)	11
<b>District: Sarah Baartman</b>	
Gymnastics (Port Alfred)	13
Boxing (Grahamstown)	11
<b>Total:</b>	<b>231</b>

**Athlete Segregation/Representation Breakdown (High Performance Hubs):**

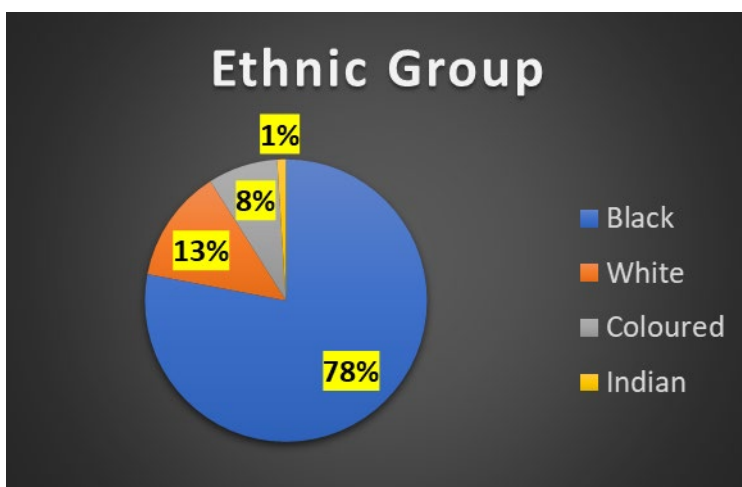
Male	Female
131 (57%)	100 (43%)



Able Bodied	Disabled
225 (97%)	6 (3%)



Black	White	Coloured	Indian
179 (78%)	32 (13%)	19 (8%)	1 (1%)



## Programmes

### Provincial Level:

#### **Residential IAP**

The ECAS Residential IAP programme has the objective of retaining top sport-achievers in the province.

The Academy has entered into a partnership with NMU (Madibaz Sport) in order to offer more substantial service and performance rewards to achieving athletes.

Through the Residential programme, ECAS is offering a comprehensive service which covers various aspects in the sport science and related fields. It is our mission to provide the athlete, with professional and efficient support service in an effort to contribute towards sporting excellence. To qualify for this programme, athletes are required to meet the academic qualifying standards for any of the degrees or diplomas offered by NMU. Academic acceptance is a pre-requisite in order to qualify for the programme.

A summary of the services delivered to athletes are as follows:

	<b>Service</b>	<b>Comments</b>
1	12 - Month ' <i>Individual Athlete - Residential Programme</i> ' Contract	Athletes receive stipends on a monthly basis on receipt of a monthly report and invoice
2	Medical Support	ECAS manages all medical assessments and rehabilitation interventions of athletes.
3	Accommodation and Meals	ECAS has reserved dedicated accommodation for athletes on the Residential Programme. Includes 3 meals a day at the hostel for an 11 month period.
4	Nutrition	Athletes receive a monthly supply of <i>Future-life</i> as an additional supplement to your normal diet.
5	Sport Equipment and Kit	ECAS make provision for the provision of standard training kit as well as specialised training equipment needs of the athletes.
6	Travel and Accommodation	A travel allowance is made available to enable athletes to attend national and possible international competitions.
7	Gym Membership	Athletes have access to the ECAS High Performance Gym as well as the services of a full-time sport scientist who assist you with gym training assessments, periodization, injury management, etc.
8	Studies	Study options will be managed by the District Academy Coordinator in conjunction with the relevant institution.
9	Coaching and training facilities	The appointment of a coach is a decision taken in collaboration with <i>Madibaz Sport</i> , and the athlete.

## IAP Residential Squad Names - 2021/22

Athletes	Original District	Sporting Code
1. Mongezi Ngobe	Alfred Nzo	Athletics
2. Luthando Ndongele	Alfred Nzo	Athletics
3. Amanda Detshe	Alfred Nzo	Athletics
4. Aphelele Nkonyeni	Alfred Nzo	Athletics
5. Ndiphile Dlesi	Alfred Nzo	Athletics
6. Sinoyolo Mayela	Alfred Nzo	Athletics
7. Bathandwa Dyanti	BCM	Swimming
8. Jason Butler	BCM	Athletics
9. Nikithemba Hani	Chris Hani	Athletics
10. Cwenga Nose	Chris Hani	Athletics
11. Leonard Mgoqi	Joe Gqabi	Athletics
12. Jaco Smith	NMM	Athletics (Disabled)
13. Mlamli Ndondlo	NMM	Judo
14. Kelsey Van Schoor	NMM	Cycling
15. Darryl Lottering	Sarah Baartman	Athletics
16. Sherwin van Staden	Sarah Baartman	Athletics

## IAP Non-Residential Squad Names - 2021/22

Athletes	Original District	Sporting Code
1. Nqobile Rigala	Alfred Nzo	Boxing
2. Aviwe Hoboloshe	Amathole	Athletics
3. Anelisa Tsipa	Amathole	Judo
4. Zanele Kebeni	Amathole	Boxing
5. Tayla Jade Van Huyssteen	Buffalo City Metro	Swimming (Synchronized)
6. Rhys Poovan	Buffalo City Metro	Modern Pentathlon
7. Kate Meyer	Buffalo City Metro	Swimming
8. Moyisi Booii	Buffalo City Metro	Boxing
9. Alex Marais	Buffalo City Metro	Athletics II
10. Saxola Manase	Buffalo City Metro	Athletics
11. Zoe Griessel	Buffalo City Metro	Athletics
12. Jenna Killian	Buffalo City Metro	Athletics
13. Ayabulela Mashibini	Buffalo City Metro	Boxing
14. Sinqobile Joxo	Buffalo City Metro	Boxing
15. Tisetso Matikinca	Buffalo City Metro	Boxing
16. Gareth Voster	Chris Hani	Swimming
17. Nitaya Mc Cuur	Chris Hani	Table Tennis
18. Buhlebenkosi Kahla	Chris Hani	Athletics
19. Cohl Simons	Chris Hani	Table Tennis
20. Megan Newton	Chris Hani	Athletics
21. Thapelo Madala	Joe Gqabi	Athletics
22. Ethan Du Plessis	Joe Gqabi	Athletics
23. Bulali Mnyamana	Joe Gqabi	Athletics
24. Ndyebo Lamani	Nelson Mandela	Judo (Disabled)
25. Mbasa Qilingele	Nelson Mandela	Powerlifting (Disabled)
26. Sadah Felix	Nelson Mandela	Athletics (Disabled)
27. Ryan Jordan	Nelson Mandela	Athletics
28. Lwazi Mpaitiza	Nelson Mandela	Judo
29. Babalo Magqabi	Nelson Mandela	Judo
30. Andrea Plaatjies	Nelson Mandela	Boxing
31. Vuyolwethu Dila	O.R Tambo	Boxing
32. Abulele Dwatshela	O.R Tambo	Boxing
33. Siviwe Gwebani	O.R. Tambo	Table Tennis (Disabled)
34. Reaororisa Cheloane	O.R. Tambo	Table Tennis
35. Awethu Ntshotho	O.R. Tambo	Athletics
36. Vuyisa Matyeni	O.R. Tambo	Boxing
37. Cwenga Qasana	O.R. Tambo	Boxing
38. Yashin Naidoo	Sarah Baartman	Archery
39. Onke Mangele	Sarah Baartman	Gymnastics
40. Renitia Oosthuizen	Sarah Baartman	Athletics (ii)

41. Liyema Nxobo	Sarah Baartman	Gymnastics
42. Bonwabile Mnyungula	Sarah Baartman	Boxing
43. Siyabule Siwa	Sarah Baartman	Gymnastics
44. Khanyile Mbolekwa	Sarah Baartman	Gymnastics
45. Valentino Verwey	Sarah Baartman	Athletics
46. Dwayne Pharo	Sarah Baartman	Athletics
47. Siphosethu Daweti	Sarah Baartman	Boxing
48. Siphesihle Mpolweni	Sarah Baartman	Boxing

## District Programmes

### District: Alfred Nzo

Cabazana Boxing Hub	
Athlete Names	
1. Pumla Vakalisa	10. Aphelele Makhwethu
2. Naledi Mgcwaba	11. Siphumelele Mambi
3. Zikho Hlanelela	12. Atabile Mankanku
4. Cele Ziyanda	13. Angawethu Msitshana
5. Asiphe Maband	14. Alungile RASHU
6. Nqobile Rigala	15. Lelethu Tshekiwa
7. Awande Khedu	16. Phumlani Vakalisa
8. Simamkele Kofane	17. Siphelile Mtolo
9. Yonela Lusungulo	

### District: Amathole

Elliotdale Athletics Hub	
Athlete Names	
1. Boy-Boy Tshabiso	9. Lwando Labhobha
2. Abenathi Dlavuthwa	10. Lwandiso Toyiya
3. Olwethu Dwezile	11. Lisakhanya Blekiwe
4. Qhamani Ketwana	12. Lumka Siswana
5. Vuyiswa Mofi	13. Lindokuhle Mbhobhana
6. Asanda Tshoyo	14. Loveman Mbaza
7. Ntombosindiso Khuzani	15. Ndumiso Sive
8. Phumeza Shushu	

Seymore Boxing Hub	
Athlete Names	
1. Sikelele Gomfa	7. Iviwe Yamani
2. Kamvelihle Nyangile	8. Ayanda Gangqa
3. Elvis Boucher	9. Luyolo Soga
4. Pina Olievuur	10. Mhlali Manyi
5. Lihle Doro	11. Sibahle Diniso
6. Nkululeko Solani	12. Mzi Solani

**District: Buffalo City Metro**

<b>King Williams Town Sprinting Hub</b>	
<b>Athlete Names</b>	
1. Beyondre Van Oordt	8. Liqhayiya Gantsho
2. Lwando Majerman	9. Lwandile Feni
3. Sambeso Merile	10. Hezekhai Smith
4. Lisakhanya Madolo	11. Lilonke Plaatjie
5. Sekanisiseka Jobodwana	12. Somanga Jho
6. Gcininzwi Dom	13. Reeno Swanepoel
7. Chulimanco Khalipha	14. Mziyabulela Batu
<b>Swimming Hub</b>	
<b>Athlete Names</b>	
1. Tori Voke	6. Jordan Vogal
2. Matthew Moss	7. Daniel Stead
3. Blake Brown	8. Bryce Buret
4. Jayden Sivai	9. Kent Nienabar
5. Kiara Campbell	10. Tumi McDonald
<b>Border Cricket Academy</b>	
<b>Athlete Names</b>	
1. Brad Mauer	6. Thabani Mgugudo
2. Josneil Long	7. Luke Dallas
3. Siphamandla Krweqe	8. Siphenathi Gqadu
4. Cameron Huber	9. Ababalwe Jakatyana
5. Akhanya Rebe	10. Jacques Porter

**District: Chris Hani**

<b>Women's Rugby Hub - Middleburg</b>	
<b>Athletes Names</b>	
1. Celine May	14. Erika Kalse
2. Johnnericia Booysen	15. Cisca Khulu
3. Emmerentia Demas	16. Donicia Sass
4. Megdene Booysen	17. Christelle Abrahams
5. Venicia Joseph	18. Monique Gxowa
6. Delicia Koen	19. Tamara Cornelius
7. Lizelle Witbooi	20. Gillian Williams
8. Nanco-Lucia van Heerden	21. Shimone Vorster
9. Johnice van Schalkwyk	22. Iviwe Mambi
10. Anacadia Minnaar	23. Nabila Boorman
11. Revonia Leslie	24. Justine Louw
12. Amahle Nyoba	25. Truzelde Pretorius
13. Anuska Bruintjies	
<b>Queenstown Boxing Hub</b>	
<b>Athlete Names</b>	
1. Someleze Nteyi	6. Anathi Ngongoshe
2. Sinethemba Jako	7. Asemahle Mbebe
3. Makadunyiswe Cwenz	8. Carol Peter
4. Vuyiseka Malotana	9. Zusakhe Tembani
5. Thina Tywakathi	10. Owam April

**District: Joe Gqabi**

<b>Burgersdorp Sprinting Hub</b>	
<b>Athletes Names</b>	
1. Thandokazi Keyisi 2. Sihl Nhanha 3. Siphesihle Sothuko 4. Esona Bhodla 5. Ndiyamthemba Ramolebatsi 6. Olwethu Ndamase 7. A Malgas 8. Anam Manzana 9. Vincenzo Booyesen 10. Agcobile Pati	11. Nangamso Gobani 12. Motheo Mokoena 13. Rorisang Monyane 14. Mokhulu Sphondo 15. Zubenathi Nkomonye 16. Zimkhitha Koli 17. Athabile Mayekiso 18. Megan Snyers 19. Lwando Siralili 20. Ayamthanda Bozo
<b>Maclear Rugby Academy Hub</b>	
<b>Athletes Names</b>	
1. Anam Ntuli 2. Lokisang Selebalo 3. Samkelo Mvumvu 4. Bango Sodinga 5. Thandukuphila Zibaya 6. Zamide Damba 7. Amkela Nkalitshana 8. Kuyavuyisa Tyekela 9. Brian Mdlalo 10. Ngcali Silevu 11. Yonela Mampintsha 12. Siqhamo Maketa	13. Phaphama Mthi 14. Emihle Mbewu 15. Lilitha Halom Lunqe 16. Oyintanda Mkeleni 17. Siphesethu David 18. Sazi Mbena 19. Owami Mqamelo 20. Sakhe Pikini 21. Samkelo August 22. Uzusakhe Harmans 23. Mnikelo Gongo
<b>Maclear Netball Hub</b>	
<b>Athlete Names</b>	
1. Mesuli Tshele 2. Abukwe Gqibela 3. Asemahle Kaluli 4. Mbalentle Simelane 5. Iva Mangaliso 6. Inako Diniso 7. Asemahle Bob	8. Qhamani Ludziya 9. Erica Bennett 10. Awonke Nguta 11. Yonela Nongeki 12. Olwethu Cetywa 13. Sisanda Tshotsha
<b>Middle Distance Athletics Hub</b>	
<b>Athlete Name</b>	
1. Vuyani Yawa 2. Zizopho Yakobi 3. Abongile Legooa 4. Thapelo Mdala 5. Thabiso Mhlabanyane 6. Lucky Mosola 7. Bolokang Khiba 8. Amohelang Lehlakametsa	9. Kanelo Soetsane 10. Sicelo Mkhetho 11. Snethemba Mduna 12. Busi Ngogodo 13. Luvuyo Mbane 14. Andiswa Mpeyi 15. Ntabeleng Mokati

**District: Nelson Mandela Metro**

<b>Judo Hub</b>	
<b>Athletes Names</b>	
1. Siyabulela Mabulu 2. Asemahle Zondani 3. Matt du Plessis	4. Ivana Basson 5. Sakhele Rulashe 6. Lindokuhle Ntlebi

Disabled Sports Hub	
Athletes Names	
1. Benecke Hayley	4. Ayandbulela Langa
2. Matlatshana Sinesipho	5. Keisha Ruiiters
3. Ayanda Langa	6. Shaheen Cassiem
Advantage Tennis Hub	
Athletes Names	
1. Liya Sgobongo	5. Hlelokuhle Matika
2. Oluhle Senti	6. Sihle Kwedini
3. Lathitha Puwe	7. Lunga Amyoli Buzani
4. Okuhle Makabe	8. Sithenkosi Mazana
Cycling	
Athletes Names	
1. Sigcobisile Stuurman	6. Caylem Essan
2. Mischka Strydom	7. Bradley Bosman
3. Benjamin Brown	8. Zukhanye Mahashe
4. Ceajay Bosman	9. Simon Ferreira
5. Patrige Chimwendo	

### District: OR Tambo

Ngobozana Athletics Hub	
Athletes Names	
1. Nomonde Sitshomo	7. Zanele Mzila
2. Zukisani Myakela	8. Yanga Khetho
3. Bongani Ntuli	9. Siyabonga Ngamntini
4. Kwanele Mpfana	10. Ezile Msana
5. Amahle Zamla	11. Nosisi Gulwana
6. Unam Mkhanzi	

### District: Sarah Baartman

Grahamstown Boxing Hub	
Athletes Names	
1. Linathi Matyhotynana	7. Lathitha mzileni
2. Luyolo Nketsheni	8. Azola Moses
3. Mangaliso Simane	9. Khayelihle Prince
4. Siyahluma Mandabane	10. Mangaliso Simani
5. Masibulele Liwani	11. Chumane Kondile
6. Qhama Dzedze	

Gymnastics Hub	
Athlete Names	
1. Kamvelihle Mbundweni	8. Olwam Sonanzi
2. Sibusiso Makuliwe	9. Sivuyisiwe Shode
3. Astandile Pistoli	10. Athenkosi Ngogela
4. Lithemba Hoyi	11. Sinoxolo Sneli
5. Liviwe Fani	12. Thandisizwe Mnyanda
6. Mike Hlangana	13. Alwaba Booysen
7. Manase Plaatjie	

## **Education and Training**

ECAS did various coaches' education projects throughout the year. There were four Short Learning Programs (SLP's) which were all accredited and hosted by the Nelson Mandela University at the High-Performance Centre, with the presenters being staff of the Human Movement Science department and High-Performance Centre.

Two full day training workshops at the High-Performance Centre (HPC), one Sprinting workshop and one Middle distance workshop. Both workshops were presented by the HPC staff.

One boxing education program was done through the HPC staff in Uitenhage during a preparation camp.

ECAS with the HPC started an online coach's education program for coaches to log on and listen to different elite level coaches present on various topics including an opportunity for questions afterwards. **ECAS reached 560 coaches throughout the financial year.**

### **Short Learning Program**

In total we had 109 coaches attend and 95 coaches pass. Each coach who passed received an official certificate from the Nelson Mandela University for the passing of the SLP. Each coach which attended and did not pass received a certificate of attendance.

#### **SLP 1 - 29 May 2021 - Profiling Your Athlete**

Focusing on an overview of athlete profiling; mental profiling of an athlete; as well as physical profiling of an athlete. Two practical sessions were also included for mental as well as physical profiling. 30 coaches attended and each coach received a manual on Profiling Your Athlete

#### **SLP 2 - 28 August 2021 - Physiological Principles to Optimize Athlete Training**

Focusing on Metabolic demands & pacing strategies; Warm-up, training session & cool-down; and Fatigue & Recovery. One practical session which included teaching coaches how to conduct warm-ups and implement recovery strategies. 30 coaches attended and each coach received a manual on Physiological Principles to Optimize Athlete Training

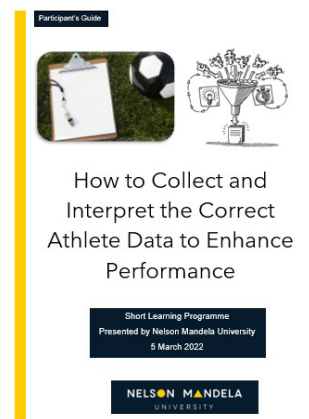
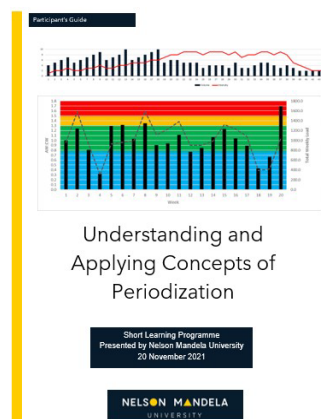
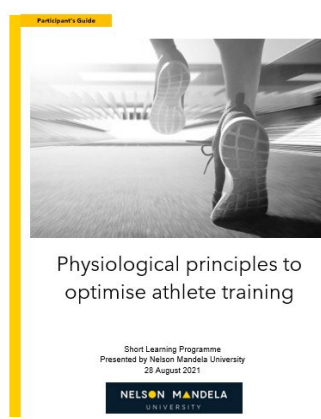
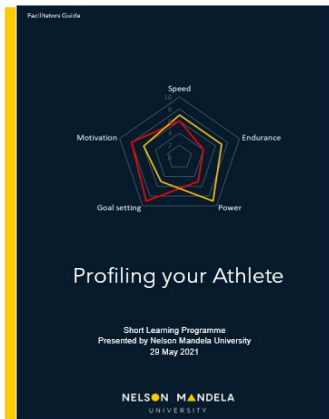
#### **SLP 3 - 20 November 2021 - Understanding and Applying Concepts of Periodization**

Focusing on athlete development & specialization; periodization; and athlete monitoring. Two practical sessions were also included teaching coaches how to monitor athlete workload and how to create a periodized annual training program. 26 Coaches attended and each coach received a manual on Understanding and Applying Concepts of Periodization.

#### **SLP 4 - 5 March 2022 - How to collect and interpret the correct athlete data to enhance performance**

Focusing on planning your training; Recording data; and evaluating your training. These topics aimed to educate the coaches on interpretation of testing results, collecting important information during training and

competition, as well as evaluating and adjusting the planned training sessions. 24 Coaches attended and each coach received a manual on How to collect and interpret the correct athlete data to enhance performance. In total we had 109 coaches attend and 95 coaches pass. Each coach who passed received an official certificate from the Nelson Mandela University for the passing of the SLP. Each coach which attended and did not pass received a certificate of attendance.



## Online Coaches Education

Six online coaches' education presentations were held through the HPC in partnership with ECAS and 226 coaches were reached. Each online coaches education presentation was specifically designed and topics chosen to assist the coaches working with ECAS and Eastern Cape athletes and the needs. The topics covered were Work Load Monitoring, Exploring the science of recovery, Principals of training, Sports nutrition, The Coach - Introspection relationships and psychology relationships, Mental Health and Mental Preparation. All speakers had vast experience in the field working with national or international athletes.

**HPC**  
High Performance Complex

ONLINE COACHES' EDUCATION

**GUEST SPEAKER:**  
Dr Lee Pote  
PhD Human Kinetics and Ergonomics  
Certified Strength and Conditioning Specialist  
Postdoctoral Fellow  
Rhodes University

**TOPIC:**  
Workload Monitoring

Date: 19 May 2021  
Time: 14:30  
Venue: MS Teams

Brought to you by Madibaz HPC in association with ECAS

**HPC**  
High Performance Complex

ONLINE COACHES' EDUCATION

**GUEST SPEAKER:**  
Mr Miteleli Biko  
Senior Biokineticist and associate lecturer in Exercise Science  
Head Coach of Madibaz Rowing

**TOPIC:**  
Exploring the science of recovery

Date: 24 June 2021  
Time: 15:00  
Venue: MS Teams

Brought to you by Madibaz HPC in association with ECAS

**HPC**  
High Performance Complex

ONLINE COACHES' EDUCATION

**GUEST SPEAKER:**  
Mr Jason Le Roux  
Sport Scientist for ECAS  
SA Universities Squash Coach  
Squash SA Level 2 Coach  
Multiple Ironman Finisher  
Ironman World Champs Finisher

**TOPIC:**  
Principles of Training

Date: 25 November 2021  
Time: 15:00  
Venue: MS Teams

Brought to you by Madibaz HPC in association with ECAS

ONLINE COACHES' EDUCATION

**GUEST SPEAKER:**  
Ms Michelle Galloway  
BA (Human Movement Science)  
BSc (Dietetics)

**TOPIC:**  
Sports Nutrition

Date: 21 September 2021  
Time: 16:00  
Venue: MS Teams

Brought to you by ECAS in association with Madibaz HPC

ONLINE COACHES' EDUCATION

**SPECIAL GUEST SPEAKER:**  
Mr Tim Shaw  
Practice Development Practitioner  
BA Ed (Hons) at NMMU  
Ex Professional Cricket Player  
Leadership facilitator  
Author of two books:  
"Leading self & others"  
"Teaming with ideas"

**TOPIC:**  
"THE COACH - introspection, relationships and psychological safety"

Date: 7 September 2021  
Time: 16:00-17:00  
Venue: MS Teams

ONLINE COACHES' EDUCATION

**SPECIAL GUEST SPEAKER:**  
Prof. Leon Van Niekerk  
Professor in Sport Psychology  
Attended and presented at multiple international Sport Psychology Conferences

**TOPIC:**  
"Mental Health and Mental Preparation"

Date: 24 February 2022  
Time: 16:00  
Venue: MS Teams

## Sprinting and Middle-Distance Workshop

Two workshops hosted by ECAS at the HPC which reached a total of 80 coaches. Each workshop was a full day of training and included practical sessions.

The content covered testing; warm-up; training techniques; as well as periodization methods. Each coach received a participant's guide with all of the necessary content, which included examples of periodized training programs.



## Boxing Workshop in Uitenhage

Working with the HPC Team, 7 coaches were able to attend during a training camp. Two 1 hour presentations and one 90minute practical session. Content such as warm-up; training techniques; cooldown; periodization of boxing as well as perceptual motor training and its benefits were covered. Drills and examples were given to all the coaches.

## Women in Sport Seminar

The Nelson Mandela Bay Sports Confederation in partnership with the Eastern Cape Academy of Sport had a very successful women's day program in November. The main targeted audience was athletes, coaches, administrators and officials within the Nelson Mandela Metro. The aim of the program was to enrich the attendees with general and management leadership skills. There was a lot of interaction between the delegates and group discussions were held. The seminar was so fruitful that a task team was elected to work on the terms of recognition and programs, with a NMB Women's Commission to be established in January 2022.



## Sport Psychology Online Conference

The University of Fort Hare (UFH) in partnership with the Eastern Cape Academy of Sport and South African Society of Sport and Exercise Psychology hosted a two-day Sports Psychology & Development Online Conference in March 2022. Various dignitaries, including MEC of the Department of Sport, Recreation, Arts and Culture (DSRAC) Ms. Fezeka Nkomonye, UFH Vice Chancellor, Prof. Sakhela Buhlungu, UFH Dean for the Faculty of Health Sciences Prof. Mzikazi Nduna and SASSEP Prof. van Niekerk graced the proceedings with a trivial welcoming and introduction.

During the two-day conference, six experts covered their topics on sports psychology and development of athletes, they are:

Day 1: Prof. Leon van Niekerk: Sport Psychology in South Africa and its contribution to development; Prof. Ankebe Kruger: Achieve Peak Performance in Sport and Ms Maryna van Niekerk: The effect of mental skills training on the mental toughness of athletes.

Day 2: Dr Koketjo Tsebe: Sport Psychology for coaches: what coaches can do; Dr Kathryn Nel: Cumulative Mild Head Injury in Contact Sports and Ms Maretha Claasen: Positive thinking in sport.

**University of Fort Hare**  
Together in Excellence  
FACULTY OF HEALTH SCIENCES

**SASSEP**  
South African Society of Sport and Exercise Psychology

Province of the **EASTERN CAPE**  
SPORT, RECREATION, ARTS & CULTURE

**1ST SOUTH AFRICAN CONFERENCE ON SPORT PSYCHOLOGY AND DEVELOPMENT**

THURS: 9AM - 11AM | FORMAL OPENING  
THURS: 11AM - 4PM | PRESENTATIONS  
FRIDAY: 9AM - 3PM | PRESENTATIONS

**24 MARCH 9AM - 4PM**  
HYBRID EVENT  
**25 MARCH 9AM - 3PM**

CLICK HERE TO GET THE CONFERENCE INTO YOUR CALENDAR

CLICK HERE TO WATCH THE PROCEEDINGS

**SPEAKERS**

**RUDOLPH LEON VAN NIEKERK**  
Consulting Psychologist

**ANKEBE KRUGER**  
Sport Psychologist

**MARETHA CLAASEN**  
Sport Psychologist

**MARYNA VAN NIEKERK**  
Swimmers Coach

**KATHRYN ANNE NEL**  
Consulting Psychologist

**KOKETJO BIDDY TSEBE**  
Golfers Psychologist

**FREE REGISTRATION**

## Sport Focus School - Programme

The Coronavirus (Covid-19) Pandemic presented the Sport Focus Schools Programme with various challenges in the first three quarters of the year as the nation was still under strict alert lockdown levels, with school sports strictly prohibited, but this did not limit the various Sports Focus Schools' ability to execute some their activities and to ensure athlete and coaches development.

1. All schools signed MoU's and Operational plans for the 2021/22 financial year
2. Sport specific and generic equipment items were delivered to the schools to facilitate further training (gymnasium equipment and field-based equipment)

Highlights from the Sport Focus Schools Programme:

- Pearson High School hosted a Netball Team-Building Camp at Pine Lodge, Gqeberha in February.
- Queens College Boys High School held a rugby team building mid-March in Port Alfred.
- Pearson and Cathcart High Schools, netball teams took part in the Summer Indoor Netball League held in the Nelson Mandela Indoor Centre, Gqeberha.

The following is a list of the Sport Focus Schools within their various districts for the 2021-22 financial year:

Name of The Schools	District	Specialization code
Cathcart High	Buffalo City Metro	Netball
Dale College	Buffalo City Metro	Rugby
Graeme College High	Sarah Baartman	Rugby
Lady Grey Arts Academy	Alfred Nzo	Netball
Pearson High School	Nelson Mandela Metro	Netball
Queens College	Chris Hani	Rugby
Umtata High School	O.R Tambo	Rowing and Athletics
King Edward High School	Alfred Nzo	Athletics, Hockey



## Athlete Achievements

### International Achievements

District	Name & Surname	Code	Event	Competition	Accomplishment
AMA	Aviwe Hoboloshe	Athletics	800m	World U/20 Athletics Championships	Participated
BCM	Moyisi Booi Tisetso Matikinca	Boxing Boxing	51kg 54kg	Region Five Youth Games	Gold Medal Gold Medal
NMM	Ryan Jordan	Athletics	4x400m Relay	World U/20 Athletics Championships	Participated
	Lwazi Mapitiza	Judo	100kg	Judo World Championships	Participated
	Lwazi Mapitiza	Judo	100kg	African Judo Championships	Participated
	Kesley Van Schoor	Cycling		Africa Road Cycling Championships	Participated
SB	Liyema Nxobo	Gymnastics	Mini Trampoline	Trampoline Gymnastics World Championships	Participated
	Khanyile Mbolekwa	Gymnastics	Double Mini Trampoline	Trampoline Gymnastics World Championships	Participated

Gold Medals           =     2  
 Participants           =     8

### National Achievements

District	Name & Surname	Code	Event	Competition	Accomplishment
AN	Amanda Detshe	Athletics	5000m 3000m SC	SASA National Schools Championships	Silver Medal Participated
	Amanda Detshe	Athletics	5000m 3000m SC	ASA U/16, U/18 & U/20 Championships	Participated Participated
	Indiphile Dlesi	Athletics	3000m 2000m SC	ASA U/16, U/18 & U/20 Championships	Participated Participated
	Mongezi Ngobe	Athletics	3000m SC	ASA Senior Championships	Participated
	Luthando Ndongela	Athletics	3000m SC	ASA Senior Championships	Participated
AMA	Aviwe Hoboloshe	Athletics	800m 1500m	2021 ASA U/16, U/18 & U/20 Championships	Silver Medal Bronze Medal
	Aviwe Hoboloshe	Athletics	800m	2021 ASA Senior Championships	Bronze Medal
	Aviwe Hoboloshe	Athletics	800m 1500m	2022 ASA Senior Championships	Participated Participated
	Zanele Kebeni	Boxing	60kg	2022 South African Round Robin Tournament	Silver Medal
BCM	Zoe Griessel	Athletics	400m	2022 SASA National	Participated

	Jenna Killian	Athletics	200m	Schools Championships	Participated
	Zoe Griessel Jenna Killian	Athletics Athletics	400m 200m	2022 ASA U/16, U/18 & U/20 Championships	Participated Participated
	Cherise Ferreira	Athletics	3000m SC	2021 ASA Senior Championships	Participated
	Sinqobile Joxo Moyisi Booi Tisetso Matikinca	Boxing Boxing Boxing	50kg 51kg 54kg	2022 South African Round Robin Tournament	Silver Medal Silver Medal Gold Medal
	Sinqobile Joxo Moyisi Booi Tisetso Matikinca	Boxing Boxing Boxing	50kg 51kg 54kg	2022 SANABO Championships	Gold Medal Gold Medal Gold Medal
	Tayla-Jade van Huysteen Kate Meyer	Swimming Swimming		SA National Olympic trials	5 x Gold Medals Participated
	Kate Meyer	Swimming		SA Grand Prix	Participated
	Bathandwa Dyantyi	Swimming		2021 SA Championships	Participated
	Jason Butler	Athletics	100m 200m	2021 USSA Championships	Participated Participated
CH	Buhlebenkosi Kahla	Athletics	Long Jump	2021 ASA U/16, U/18 & U/20 Championships	Participated
	Meagan Newton	Athletics	High Jump 100m Hurdles		Participated Participated
	Meagan Newton	Athletics	Long Jump 100m Hurdles	2021 SASA National Schools Championships	Bronze Medal Silver Medal
	Nikithemba Hani	Athletics	Long Jump	2022 ASA Senior Championships	Participated
JG	Ethan Du Plessis	Athletics	100m 200m	2022 SASA National Schools Championships	Participated Participated
	Ethan Du Plessis	Athletics	100m 200m	2022 ASA U/16, U/18 & U/20 Championships	Participated Participated
	Leonard Mgoqi	Athletics	100m 200m	2022 ASA Senior Championships	Participated Participated
	Luxolo Adams	Athletics	200m		Participated
	Leonard Mgoqi	Athletics	100m 200m	2021 USSA Championships	Participated Participated
NMM	Ryan Jordan	Athletics	400m	2021 ASA U/16, U/18 & U/20 Championships	Silver Medal
	Ryan Jordan	Athletics	400m	2022 ASA U/16, U/18 & U/20 Championships	Participated
	Sadah Felix	Para-Athletics	Long Jump	2021 SASAPD National Championships	Gold Medal
	Sadah Felix	Para-	Long Jump	2022 SASAPD National	Gold Medal

		Athletics	Javelin	Championships	Gold Medal
	Andrea Plaaitjies	Boxing	49kg	2021 SANABO Championships	Silver Medal
	Andrea Plaaitjies	Boxing	49kg	2022 SANABO Championships and SA Trials	Silver Medal
	Babalo Magqabi Lwazi Mapitiza	Judo Judo	66kg 100kg	JSA 1st National Ranking Event and SA Trials	Silver Medal Silver Medal
	Ndyebo Lamani	Judo- Visually Impaired	70kg	2021 SASAPD National Championships	Gold & Silver Medal
	Mbasa Qilingele	Para- Powerlifting	Bench Press		Gold Medal
	Ndyebo Lamani	Judo- Visually Impaired	70kg	2022 SASAPD National Championships	Gold & Silver Medal
	Mbasa Qilingele	Para- Powerlifting	Bench Press		Gold Medal
	Kesley Van Schoor	Cycling		SA Road Cycling	Silver Medal
	Mlamli Ndlondlo	Judo	66kg	2021 Judo SA Championships	Gold Medal
	Mlamli Ndlondlo	Judo	66kg	2021 Judo SA Championships	Silver Medal
	Alard Basson	Swimming		SA Grand Prix	Gold, Silver & Bronze Medals
	Alaric Basson	Swimming			4 x Gold Medal & Silver Medal
OR Tambo	Abulele Dwatshela	Athletics	4km	2021 ASA Cross Country Championships	Gold Medal
	Awethu Ntshotho	Athletics	4km		Participated
	Abulele Dwatshela	Athletics	3000m	2021 ASA U/16, U/18 & U/20 Championships	Silver Medal
	Awethu Ntshotho	Athletics	5000m		Participated
SB	Yashin Naidoo	Archery		2022 Archery Championships	Gold Medal
	Siphosethu Daweti	Boxing		2021 SANABO Championships	Bronze Medal
	Darryll Lottering	Athletics	400m	2021 ASA Senior Championships	Silver Medal
	Darryll Lottering	Athletics	400m	2021 USSA	Bronze Medal

	Sherwin Van Staden	Athletics	100m	Championships	Participated
	Darryll Lottering	Athletics	200m 400m	2022 ASA Senior Championships	Participated Participated

**Participants = 39**

**Gold Medals = 24**

**Silver Medals = 19**

**Bronze Medals = 6**

**Medal Total 49**

## Academy Exposure:

### 1. ECAS Website and Facebook Page Statistics:

Description	Total
<b>Website Visits:</b> The number of times the site was visited.	9 273
<b>Facebook Page Reach:</b> The number of people who viewed any content from our page.	29 699
<b>Facebook Page visits:</b> The number of times the page was visited.	4 517
<b>New Facebook Page likes:</b> The number of new likes on the page.	635
<b>Facebook Page likes:</b> The number of likes on the page.	2 707

### 2. Newsletters

- The Academy released 4 quarterly news-letters during the financial year. Newsletters distributed electrically to the entire database of the Academy to +- 600 individuals per quarter.

# ECAS QUARTERLY NEWS LETTERS 2021-22 (Front Covers only)



**EASTERN CAPE ACADEMY OF SPORT**  
**NEWSLETTER**

**INSIDE THIS ISSUE:**

- STRATEGIC PLANNING WORKSHOP
- ATHLETE ACHIEVEMENTS
- EDUCATION AND TRAINING
- TRAINING CAMP

**Edition:**  
**1st Quarter**  
**Apr-Jun 2021**

**ACADEMY STRATEGIC PLANNING WORKSHOP**

The Eastern Cape Academy of Sport (ECAS) commission and its stakeholders hosted a Strategic Planning workshop in Port Elizabeth on 14-15 May 2021. Members and Stakeholders from the following institutions attended the two-day workshop:

ECAS Commission, Department of Sport, Recreation, Arts and Culture (DSRAC), Sports Recreation Arts and Culture (SRAC), South African Sports Confederation and Olympic Committee (SASCO), Eastern Cape Sports Confederation, Department of Education, University Representatives (Nelson Mandela University, Rhodes University, Fort Hare University, Walter Sisulu University) and Academy district coordinators.

The workshop aimed to enhance and support relationships with local, district, provincial and national governments, communities, academic institutions, industry and private sector.

External service providers and specialists in the field of Strategic Management from the Institute of Sport Group (ISG) facilitated the workshop. Mr John O'Connor (ISG Group Managing Director and subject matter expert (SME) on sport and sports organisations) and Mr Shaun Nel (Strategy and organisational advisory) were the leading facilitators of the workshop. Mr Norman Mphahle who is a Research and Development (R&D) specialist in the ISG Group Programme assisted them.

Amongst others, topics and discussions covered at the Strategic Planning session included:

Presentations by Mr Shaun Nel and Mr John O'Connor on the ABC Model of Goal Setting, Presentations on the National Academy Framework, Academy Background and Programmes, Stakeholders Roles and Responsibility, Education and Training, Sports Focus Schools Programmes, Sport Science Services and Athlete Monitoring and Evaluation.





**EASTERN CAPE ACADEMY OF SPORT**  
**NEWSLETTER**

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**2nd Quarter**  
**July-Sept 2021**

**RYAN JORDAN AND AVIWE HOBOLOSHE MAKES WORLD CHAMPIONSHIPS DEBUT**

ECAS athletes Ryan Jordan and Aviwe Hoboloshe was part of the South Africa u20 preliminary team which competed at the 2021 World Junior Athletics Championships. Ryan Jordan from Gqeberha competed in the 4 x 400m Relay, and 4 x 400m Mixed Relay race events.

The Pearson High School matric pupil reached the finals of the 4 x 400m mix relay and semi-finals in the 4 x 400m boys events. Aviwe Hoboloshe finished in 5th place in the girl's 800m Heats. Hoboloshe is currently doing her matric (Grade 12) at Gwebiyala Senior Secondary School situated in Elliotdale (Amathole district). Hoboloshe is




The 2021 World Athletics U20 Championships is an international athletics competition for athletes qualifying as juniors (born no earlier than 1 January 2001), which took place from 17 to 22 August 2021 at the Nyayo Sports Complex in Nairobi, Kenya. About 1462 athletes from 156 nations competed across 44 track and field events.




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**3rd Quarter**  
**Oct-Dec 2021**

**ECAS GYMNASTIC SENSATIONS AT THE 35TH FIG TRAMPOLINE WORLD CHAMPIONSHIPS**

Liyerna Nxobo (Mini Trampoline) and Khanyile Mbolekiwa (Double Mini Trampoline) competed at the 35th Fédération Internationale de Gymnastique (FIG) Trampoline Gymnastics World Championships held in Baku, Azerbaijan from 18 - 21 November. The Eastern Cape Academy of Sport is super proud of Liyerna and Khanyile for their accomplishments as they were placed 19th and 31st respectively in the trampoline division. The 17 year old Khanyile and 20 year old Liyerna, reside in Nelson Mandela Township in Port Alfred and are on the Academy Individual Assistance Programme (IAP) in the Sarah Baartman District. Well done and congratulations to coach Lee Budler. You truly did an unbelievable job in preparing these young stars to be competing at this level of competition.

**35<sup>th</sup> FIG TRAMPOLINE GYMNASTICS WORLD CHAMPIONSHIPS**

**Baku (AZE)**  
**18 - 21 November 2021**





**NEWSLETTER**

**INSIDE THIS ISSUE:**

- ATHLETE ACHIEVEMENTS
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- EDUCATION AND TRAINING

**4th Quarter**  
**January to March 2022**

**ECAS PARTNERS WITH THE UNIVERSITY OF FORT HARE TO PRESENT SPORT PSYCHOLOGY ONLINE CONFERENCE**

The University of Fort Hare (UFH) in partnership with the Eastern Cape Academy of Sport and South African Society of Sport and Exercise Psychology hosted a two-day Sports Psychology & Development Online Conference in March 2022.

Various dignitaries, including MEC of the Department of Sport, Recreation, Arts and Culture (DSRAC) Ms. Fezeka Nkomonye, UFH Vice-Chancellor, Prof. Sakhela Buhlungu, UFH Dean for the Faculty of Health Sciences Prof. Wazi Ndunda and SASSEP Prof. van Niekerk graced the proceedings with a trivial welcoming and introduction.

During the two-day conference, six experts covered their topics on sports psychology and development of athletes, they are:

Day 1: Prof. Leon van Niekerk: Sport Psychology in South Africa and its contribution to development; Prof. Ankebe Kruger: Achieve Peak Performance in Sport and Ms Maryna van Niekerk: The effect of mental skills training on the mental toughness of athletes.

Day 2: Dr Kokefjo Tsebe: Sport Psychology for coaches: what coaches can do; Dr Kathryn Nel: Cumulative Mild Head Injury in Contact Sports and Ms Maretha Claassen: Positive Thinking in sport.




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