

ECAS NEWSLETTER

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ECAS appoints Sport Scientist - Jason Le Roux

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Picture Right: Jason Le Roux
on arrival in India for the
Chennai World Student
Squash Championships.

BA Human Movement Science, and Honors in Sport Science graduate, Jason Le Roux has recently joined the Eastern Cape Academy of Sport Family. ECAS Manager, Hermann Terblanche, confirmed that Le Roux has been contracted as a Sport Scientist through the Department of Human Movement Science at NMMU. 'We are delighted to have a person who is familiar with the demands of peak performance and the attributes associated with top-level athletes', said Terblanche. Jason will be based at the High Performance Centre in Port Elizabeth, where he will work in collaboration with other specialists from the HMS Department at NMMU. He will liaise closely with the HMS Department, ensuring that athletes have access to world-class facilities and services, associated with the new High Performance Centre in Port Elizabeth.

Jason was born and educated in East London and matriculated at Port Rex Technical School. He moved to Port Elizabeth to pursue his Honors Degree in Sport Science. His love for sport comes from his own remarkable achievements in the sporting arena. Jason represented SA on the squash court and is still an active player and coach of the game at provincial level. While he was still a student at NMMU, 2011—2014, he was selected as part of the South African Student Team, and also travelled to India for the World Universities Squash Tournament as coach of the South African Students Team. He also is a high achiever in triathlons - from Olympic distance to Half Ironman. With less time on hands, Jason still participates in the odd running and cycling event locally to keep fit and active. He plans on taking part in the Comrades Marathon for the first time this year.

"I think the ECAS programme is a tremendous boost for our athletes in the Eastern Cape. By providing extra support for top athletes, we are making a difference towards the up and coming athletes. Sport has become a profession, and we need to keep in line with international trends and assist our athletes the best we can, otherwise they will be lost for the province. At the end of the day though, it is the athlete who makes the biggest difference. Hard work and dedication on the field, during your sport, in the gym and studying technique and tactics, is what is important", said Jason Le Roux.



Athlete Profile : Port Alfred Gymnast—Siphamandla Baku

Siphamandla Baku, born in 1997 October 15th in NEMATO (Nelson Mandela Township) in Port Alfred. A Gymnasts identified in the dusty street of NEMATO a few years ago by the NEMATO Change a life NGO.

He was one of the founding members of the NEMATO Gymnastics club after he was seen performing rather dangerous but intriguing jumps in the street. A few months after joining the club, he went and participated in the National Gymnastics Championships where he won a silver medal on the Mini Trampoline. A few month down the line, with hard work and dedication, he was listed amongst the best gymnasts on the Blacktop Trampoline.

He then went on to win a gold medal in Tumbling Level 4, despite the fact that there is not even a tumbling track or facility in NEMATO.

In 2013, Siphamandla had the opportunity to be coached by Mandy Zooneynd, International Gymnastics Coach, and she was able to assist him to qualify and participate in the Junior World Championships. He also competed at the World Age Groups Championships in Bulgaria and therefore became the first international athlete to be produced by the NEMATO Gymnastics Club. Siphamandla also gains valuable growth opportunities, and has been appointed treasurer of the club and also is involved in the coaching of other athletes. "Gymnastics and the NEMATO Organization itself have had a huge impact on my life. Being involved in the program has changed my life for the better. It has taken me and pushed me beyond measures I would never reach in my life on my own. It made me the first international Athlete of the NEMATO Gymnastics Club and the NEMATO Change a life program", said Siphamandla.

He is part of the ECAS Program in the Sarah Baartman District and the academy of sport is looking forward to great results this year.



Picture above: Siphamandla Baku hard at training at the NEMATO (Nelson Mandela Township) gym facility just outside Port

ECAS Athletes achieve at Cradock Athletics event



As part of the ECAS Athletics programme, which focus predominantly on middle distance and sprinting events, the Academy targeted the Cradock Invitational Athletics event to provide our athletes with much needed exposure by taking part in this annual event in the Eastern Cape. The event is an annual event organized and hosted by Cradock High School in the Chris Hani Districts.

District Academies in all 8 Districts, has entered the best athletes from their districts in mainly the track events, considering the fact that only athletes at school level may enter. This year, ECAS managed to send 23 athletes to the event, with most of the athletes achieving medals in their various events.

Amongst the list of athletes that participated at the event were some of the provinces top sprinters like Berend Koekemoer from Sarah Baartman District, Desmond Ferreira from Joe Gqabi District, Sibabalwe Mbinda from Buffalo City Metro and also Luxolo Adams from Joe Gqabi.

The Manager of the Eastern Cape Academy of Squad, Mr Hermann Terblanche travelled with the team to witness the event and together with the ECAS Sprinting Coach Paul Gorries and Middle Distance Coach Leonardo De Villiers, took the opportunity to scout and identify new talent to be added onto the ECAS program in the near future. Academy coaches De Villiers and Gorries, said that the event is an ideal platform to access the condition and fitness levels of the ECAS athletes. Although athletes are working towards the upcoming season and only peak in a few months time, coaches have the opportunity to interact with athletes regards to their training schedules and goals of the season.

Picture left: Middle Distance runner Zuko Kupiso in action, representing the Chris Hani District



**EASTERN CAPE
ACADEMY OF SPORT**





Marshall Marsh ...no ordinary life...

Double amputee Eastern Cape Academy of Sport athlete and Wheelchair Tennis star, Marshall Marsh, proved that his motto of "Better everyday" holds true.

Marshall was recently announced as one of the finalists (Disabled Sportsman of the Year category), at the annual Sport and Recreation Achievers Awards function, held at the Boardwalk Conference Centre in Port Elizabeth.

"I am very proud of being announced finalist of the EC Disability Sports person of the year award, but I am more proud of passing my driver's license first time" says Marshall.

Marshall overcame one of the biggest obstacles of disabled persons in passing his driver's license at the first attempt. Marshall reminds us of the transport problems disabled persons face "taxi's do not pick up wheelchair bound passenger as it takes time to get the wheelchair in the taxi as well as the chair takes up to much space"

"This makes us dependent on persons who are prepared to give us lifts, it is a continuous battle to get from place to place"

Add to this that the Port Elizabeth public bus system is not wheelchair friendly, one understands his joy in obtaining his license when he says "everyone deserves independence, and this is one step closer to that"

Marshall gives accolades to the Academy of Sport "ECAS assisted me in purchasing hand controls enabling me to drive automatic cars. They also assisted in getting me to Coega where I joined the disability driver program".

The above picture shows Marshall with Zebenzile, the Coega drivers instructor, minutes after he received the documentation indicating that he passed his driver's license.

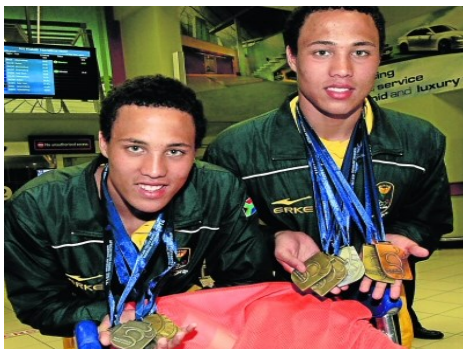
Marshall graduated from NMMU in 2014 as the first double amputee to achieve a Bachelor of Human Movement Sciences degree. We will update you on his graduation ceremony that will take place on 20 April 2015.

ECAS is proud to be associated with Marshall Marsh and agree that he becomes "better every day"



Picture above: Marshall Marsh together with Mr Zebenzile, the Coega Drivers Instructor, just after Marshall passed his driver's license test at the Coega Training Centre

ECAS Swimming Twins bring home medals from youth Championships



Alaric and Alard Basson, the swimming twins from Uitenhage, fondly known as "The Basson Brothers", returned from the Youth Games in Gaborone, Botswana with a number of medals to show for it.

The brothers from Muir College in Uitenhage formed part of the SA Aquatics Team which dominated the pool in Botswana. Team SA brought home a total of 26 medals, of which 13 were gold. Alard achieved 2 gold medals in the 50m and 100m butterfly, 1 silver medal in the 4 X 50m relay and 1 bronze in the 50m breaststroke. Alaric contributed 1 gold medal in the 100m breaststroke and 2 silver medals in the 4 X 50m Freestyle relay and the 50m breaststroke.

Alaric said he was a bit disappointed on missing out on the 50m Breaststroke Gold Medal, despite this he expresses that he was

pretty happy with the way things turned out. Alard was however very happy with all his achievements and all the medals he brought home with him.

"I thought there would be tough competition and I was very happy to come through in my major events, and also appreciates the experience learned from participating at an International event", said Alard.

ECAS is looking forward to even greater performances and results from the brothers.



Picture on top: Alaric (left) and Alard (right) Basson after returning from the Africa Youth Games in Gaborone, Botswana with all their medals. 2nd Picture: Alaric and Alard in their school Uniform at Muir College in Uitenhage, Port Elizabeth.



Speedster relocates to Port Elizabeth to pursue his dream...

Dale Williams, product of Hoerskool Hangklip in Queenstown, has relocated to Port Elizabeth as part of the ECAS Residential Program, launched at the end of 2014. The program aims to look after the athlete's accommodation and nutritional needs while staying at the NMMU Residence. The programme act as a feeder and a pathway for athletes who excel at District level, and has an association with NMMU Sport, which provides study opportunities in an effort to keep our athletes in the province.

Dale formed part of the ECAS IAP Program in the Chris Hani District. In December 2014, he was part of the South African Team that travelled and competed at the Zone 5 Games in Zimbabwe. He managed to reach the final in the 200m event, but was part of the team that won Gold the 4 X 100m relay.

"It feels so good to be afforded this opportunity to relocate to PE as opportunities like these do not come everyday. I can't wait to produce my best and follow my dream to one day compete on the world stage. I want to compete at the highest level and represent my country at the Olympics one day. My message of encouragement to aspiring athletes is to stay focused and disciplined. I would also like to take this opportunity to thank everyone who has made this possible for me, but most importantly I would like to thank God Almighty", said Dale.

"We are excited and very thankful for this magnificent opportunity afforded to Dale so he can pursue his dream and also get an opportunity to study Sport Management at NMMU, we really appreciate it", Said Zelna Williams, Dale's mother.

Dale has settled well in Port Elizabeth and is producing great results in the local events. We are looking forward to even more stellar performances and results.



Picture above: Dale Williams finishing his 200m race at the recent NMMU Athletics Event.

Picture to the right: Dale (far right) in Zimbabwe with the relay team after winning Gold in the 4 X 100m.

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

