



# EASTERN CAPE ACADEMY OF SPORT

## NEWSLETTER

- [INSIDE THIS ISSUE:](#)
- [ATHLETE ACHIEVEMENTS](#)
- [TRAINING CAMPS](#)
- [EDUCATION AND TRAINING](#)
- [SPORT FOCUS SCHOOLS](#)

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

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

Liyema Nxobo (Mini Trampoline) and Khanyile Mbolekwa (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 Liyema 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 Liyema, 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**



**sport & recreation**  
Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA





## *ATHLETE ACHIEVEMENTS*

### *BOOI AND MATIKINCA STRIKE GOLD AT AUSC REGION 5 CHAMPIONSHIPS*



Eastern Cape Academy of Sport boxing superstars were victorious at the African Union Sports Council (AUSC) Region 5 Youth Games held in Maseru, Lesotho from 3 -12 December. Sheer punching power from Tisetso Matikinca, 17 in the boys 54kg division, annihilated his opponent in the first round to show why he is ranked number 1 in South Africa. He quickly went onto the front foot and a ferocious body shot sucked the air out of his opponent and the referee had already seen enough, waving the contest over.

His compatriot Moyisi Booi, boys 51kg division was awarded a split points decision over his Zambian opponent exactly as it was supposed to be. ECAS is proud of you and we wish you many years of success.

### *ECAS DAZZLING BOXING ATHLETES CLAIM 5 MEDALS AT SANABO CHAMPIONSHIPS*

ECAS Boxing athletes claimed five medals at the SANABO Championships that were held in Cape Town on 5-6 October. Nothing could've held Moyisi Booi, Tisetso Matikinca, Sinqobile Joxo (BCM District) and Vuyolwethu Dila (OR Tambo District) from winning their gold medals with Andrea Plaaitjies (Nelson Mandela Metro District) claiming her silver medal. Under the championships pressure, they handled the moment with incredible presence, maintaining a distance yet still dictating their contests. Moyisi Booi and Tisetso Matikinca were selected to represent South Africa at the AUSC Region 5 Championships scheduled for 3 -12 December in Maseru, Lesotho. Congratulations to you and your respective coaches, your medal will be an inspiration for other athletes and for generations to come.



### *AYABULELA DWATSHELA WINS MEDAL AT ASA 10KM CHAMPIONSHIPS*



Talking of momentum Ayabulela Dwatshela of the OR Tambo District continued with her great form when she claimed a bronze medal in the junior girls category at the ASA 10km Championships that were held in Durban, 31 October. The young talented athlete crossed the finish line in a time of 00:38:41 to take 3rd position behind Gene Coetzee 00:35:41 and Naledi Makgatha 00:36:40 who finished first and second position respectively. Cwenga Nose (Chris Hani District) incredibly finished in the top 30 in the senior men category, after crossing the finish line in 00:30:03. Congratulations on your achievement!



### *ADVANTAGE SUPER 8 TOURNAMENT*



Eight players and two coaches travelled to Cape Town to participate in the prestigious Growth Point Super 8 Tennis Tournament that was held from 10 -15 December. The tournament was very important for the players as it is one of the biggest events in the TSA calendar. The tournament attracts the best players from all over South Africa, which exposes the players get to the highest level of tennis. Each player played no less than seven matches with Lindokuhle Coko, Inathi Magadaza, Lathitha Puwe and Lathitha Peter winning one match each but showed high levels of commitment throughout the tournament. Two players stayed behind to be coached at the academy under the Match Foundation Sponsorship. This brought hope to others that anything is possible through sport participation.

### *GOLD MEDAL FOR MBASA QILINGELE AT THE EASTERN CAPE POWERLIFTING CHAMPIONSHIPS*

Eastern Cape Academy of Sport Athlete Mbasa Qilingele of the Nelson Mandela Metro District took home a well-deserved Gold Medal in the para-bench press at the Eastern Cape Powerlifting & Bench Press Championships. The event took place at Cape Recife High School, Gqeberha in October.

The 19-year-old successfully lifted 78kg to clinch top spot in the women U/80kg division and went on to qualify for the SASAPD National Disabled Bench Press Championships to be held in March, Gauteng. Mbasa proved her consistency when she achieved a personal best of 82.5kg in the para-bench press to take first place in the powerlifting competition held in December.

ECAS congratulations Mbasa on your achievements and wishes you all the best for the upcoming championships.



### *A GOLDEN DAY FOR THE EASTERN CAPE ACADEMY OF SPORT: NMB DISTRICT JUDO TOURNAMENT*



Eastern Cape Academy of Sport is proud to congratulate the athletes for their exceptional performance at the Nelson Mandela Bay District Judo Tournament.

The athletes landed 9 Gold Medals in their respective weight categories at the competition held at the Fairview Sports Centre, Gqeberha in November.

The three-day High-Performance Judo Training Camp hosted at Bonzai School, Gqeberha in October by the Nelson Mandela Metro District Academy prepared the athletes for the NMB District Judo Tournament.

The components covered during the camp included fitness and judo specific training, facilitated by Mr. Mtombeli Vena who was assisted by coach, Sondisa Magajana and Siyabulela Mabulu.



## *ECAS WELCOMES THREE NEW STAFF MEMBERS*

The Eastern Cape Academy of Sport is pleased to announce the appointment of three Assistant Managers. In their new roles as District Coordinators, they will organize all ECAS programmes which include liaising with sports federations; school sports structures; district sports councils on talent identification and talent development while mentoring Individual Athlete Programmes (IAP) to ensure that quality athletes are produced comprehensively.



Ms Sibulele Bandiswa Tuswa (Amathole District) started in her new position from 1 January 2022. Ms. Tuswa obtained her Bachelors Degree in Sport and Exercise Science as well as Honours in Sport and Recreation Management at the University of the Western Cape. She aims to give her best as well as to have a positive influence on the people she crosses **paths with and hopefully play a part in their achievements. Sibulele is inspired by other peoples' successes and she believes that each and every individual can learn from each other and feed off each other's' strengths and expertise. Her goal is to maintain fruitful relationships** with all stakeholders to ensure improved results from all athletes within the Amathole District Academy system. We are thrilled to have you in our team and we hope you will have an amazing time working with us.

Mr Quintin Xolile David Madadasane (Chris Hani District) assumed this position from 1 December 2021. Quintin has been part of the Academy family for the past 4 years as an intern who aided all programmes and coached athletics in the Joe Gqabi District after the completion of his BSc in Sports Science and Physical Education in Cuba. Through his inspiration of developing youth through sports and making positive changes in the community through sports, his goal is to develop and mentor as many athletes as possible, so they can be up outstanding members of society. We are confident that you will be successful in your new role and work to the best of your capabilities for achieving your goals.



Mr Marshall Marsh (Nelson Mandela Metro District) assumed duty on 1 September 2021. Marshall has been part of the Academy for the past six years as a Data-Management Coordinator. He started as an intern at the Academy after completing his Degree in Human Movement Science at Nelson Mandela University. Marsh was also on the Academy Programme as a wheelchair tennis athlete from 2009-2017. As a wheelchair Tennis player, he has represented South Africa internationally on numerous occasions between 2010 – 2015. As a veteran athlete, he is currently training to participate at the 2022 Commonwealth Games in London, as he hopes to qualify for the Para-Powerlifting (Bench-Press) event. Academy Manager, Mr Hermann Terblanche, expressed his feelings upon the **appointment of Mr Marsh. 'Marshall will be an inspiration to all our high-performance athletes and will change the lives of many young athletes on the programme, and we wish him all the success and happiness in his new role as Academy Coordinator.**

**A warm and enthusiastic welcome to you all! You're here because we believe in who you are and what you have to contribute to the Academy.**



## *TRAINING CAMPS*

### *MIDDLE & LONG DISTANCE TRAINING CAMP*



The Eastern Cape Academy of Sport reigning U/23 4km national cross country champ, Cwenga Nose and national U/20 800m silver medalist, Aviwe Hoboloshe attended the High-Performance Middle & Long-Distance Training Camp held in Gqeberha from 4 December to 4 January 2022. The four-week long camp was facilitated by Mr. Mike Mbambani. Eastern Province Athletics top long distance runner, Melikhaya Frans also took part in the training camp and was a true inspiration to the athletes. The purpose of the training camp was to ensure the following; Fitness levels are maintained throughout the holidays, higher mileage training and speed sessions, instill discipline on training methods, importance of nutrition and education on aerobic training. The Eastern Cape Academy of Sport in conjunction with Madibaz Athletics would also like to thank Mr. Mbambani for assisting the athletes during this period. He will continue to coach the athletes as they will be based in the Nelson Mandela Metro District this year.

### *TRAINING CAMP: NELSON MANDELA METRO DISTRICT*

### *JUNIOR TENNIS PLAYERS PREPARE FOR GROWTH POINT SUPER 8 TOURNAMENT*



The Nelson Mandela Metro District Academy organized and hosted a Tennis Training Camp at the Kemsley Park Tennis Club, Gqeberha in December which was attended by ten junior players from the Advantage Tennis Hub to prepare for the Growth Point Super 8 Tennis Tournament that was held in Cape Town from 10 - 15 December 2021. The camp was facilitated by Mr. Luyanda Senti who was assisted by Mr. Michael Mbolo, both from the Advantage Tennis Hub with testing done by Eastern Cape Academy of Sports Scientist Mr. Jason Le-Roux. The main purpose of the camp was to assess the current fitness levels of the athletes prior to the competition, by covering fitness and physical assessment tests including technical and tactical drills.

### *ELLIOTDALE MIDDLE DISTANCE TRAINING CAMP*

The Elliotdale Hub of the Amathole District successfully hosted a 4-week middle-distance training camp in December at the Nyandeni Great Place. Six athletes took part in the training camp, which was facilitated by Mr. Zolile Makwayiba. The camp's main purpose was to prepare top athletes that have been selected to compete at provincial and national championships. The facilitator is also planning to have another week's camp before the provincial championships to observe the athletes' level of fitness and performance.





## *EDUCATION AND TRAINING*

### *ECAS PRESENTS 3RD SHORT LEARNING PROGRAMME*

The High Performance Complex (HPC) team in conjunction with ECAS presented the 3rd Short Learning Programme (SLP) which took place in November at the Nelson Mandela University South Campus, High Performance Complex in Gqeberha. Coaches representing various sporting codes from all eight districts in the province attended the SLP. The topic of the SLP was “Understanding and Applying Concepts of Periodization” consisting of three, one-hour theory slots entirely focusing on athlete development & specialization; periodization; and athlete monitoring. Participating coaches also had the opportunity to pose questions pertaining to the subject matter. The SLP included practical sessions on athlete workload monitoring and how to create periodized annual training programmes. These sessions allowed the coaches to interact with the facilitators while providing positive feedback on what they have learned throughout the day in the theory sessions and how they had implemented the concepts they have learned from the previous SLP’s.



### *ECAS VIRTUAL EDUCATION SESSION*

Eastern Cape Academy of Sport in conjunction with Nelson Mandela University presented a virtual education session on “Periodization and Training Concepts”. The session took place in November hosted by ECAS Sports Scientist Mr. Jason Le-Roux on Microsoft Teams. Mr. Le-Roux is a Nelson Mandela University alumni with a Bachelors Degree in Sport Science as well as the South African Universities Squash Coach. The aspects covered in the session include; setting goals and objectives, periodization, and progressively loading stress. The presentation was very productive and interactive, with positive feedback received from coaches of various sporting codes in all eight districts. They were also provided with information regarding how they can better train their respective sport’s athletes. The Academy truly appreciates your willingness to participate, with undivided attention, in the complicated methodology outlined in the presentation is evidence of your commitment to our success.



**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

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

**TOPIC:**

**Principles of Training**





Brought to you by Medibaz HPC in association with ECAS





## *ATHLETICS COACHES WORKSHOP: SPRINTS & MIDDLE DISTANCE*

Eastern Cape Academy of Sport in conjunction with the HPC Team from Nelson Mandela University, hosted a sprints workshop on Saturday, 2 October 2021 and a middle distance workshop the following week on Saturday, 9 October 2021 with the aim of enhancing understanding and skills with regards to Annual Training programmes for athletes at competitive level. The workshop specifically focused on Education and Training of school-level coaches, as they were preparing for the 2021/2022 track and field season. Generic scientific principles on athlete profiling, periodization methods and techniques as well as injury prevention were discussed with the 80 coaches who attended the two sessions.



## *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 at the Kelway Hotel, Gqeberha. 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. The first session was based on women in sport as well as women living with breast cancer in sport. Former netball and boxing athlete, Ms. Zuki Mashелеle spoke about her journey after she was diagnosed with breast cancer, how this affected a sporting career and how she overcame her fears.

Our specialist wellness counselor and optimal performance coach Ms. Melonie Globel who specializes in Elite and High Performance Athletes facilitated the second session. Her topic was "Climbing your Mount Everest" which focused on skills to move to the top and how to look at challenges and obstacles of sport differently. There was a lot of interaction between her and the delegates and group discussions. 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.





## *SPORT FOCUS SCHOOLS*

### *SUMMER INDOOR NETBALL LEAGUE & PROVINCIAL SUMMER GAMES*

The Summer Indoor Netball League was held in the Nelson Mandela Indoor Centre, Gqeberha from 15 October -14 December. The Eastern Cape Academy of Sport, Sport Focus School in the Nelson Mandela Metro District set the bar very high, with 19 Pearson High School Netball Players across various age group categories making the Nelson Mandela Bay (NMB) Netball and EC Netball Teams in 2021. Five U/19 Pearson High School netball players went on to represent the NMB Netball Team who participated at the Telkom Netball Junior Tournament from 2 - 7 October in Pretoria while the U/15 netball team finished in 9th place at the Kay Motsepe Schools Netball Cup from held in Magaliesburg from 15 - 16 October. These Pearson players were joined by 6 Players from Cathcart High were part of the Eastern Cape Team. ECAS would like to congratulate both schools for their massive hard work and dedication. Five players represented the Joe Gqabi Netball Team who participated in the Provincial Summer Games; namely: Nathi Masiza, Sesethu Nxele, Lesedi Hlahatsi, Simlindle Mapehela and Ivile Manzi. Lesedi Hlahatsi was then selected for the Provincial Team to participate at the National Summer Games in December, in Gauteng.



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

