



High Performance Complex
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Eastern Cape Academy of Sport 2020 / 2021 Annual Report

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The Home Of Legends

A large vertical graphic with a light blue background and radiating lines. At the top 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 center of the graphic is a collage of various athletes in action: a volleyball player, a boxer, a target shooter, a tennis player, a judo practitioner, a medalist, and a swimmer. At the bottom of the graphic are four logos: the Eastern Cape Provincial Government logo, the National Lottery (NLDTF) logo, the Eastern Cape Provincial Coat of Arms, and the Nelson Mandela Metropolitan University logo with the tagline 'for tomorrow'.

Index

Message from ECAS Chairperson	4
Academy Background	6
ECAS Commission	8
Academy Staff	10
Programme Structure	12
Athlete Selection Criteria	12
Academy Services	13
Athlete Representation	14
Programmes	18
Education and Training Programme	26
Sport Focus Schools Programme	27
Academy Exposure	28
Associated Sponsors	30

*ECAS Commission Chairperson
Ms Jean Miggels*



Hope revives a desperate soul. Hope inspires and heals, it changes a life. And that life can change the world. Your gifts, both large and small will allow us to reach more people around the world with the life-changing hope!: Quote by: **Nick Vujicic**

The year 2020 was an uncertain year for the sporting fraternal, not knowing when the athletes will return to sports, not be able to practice or to prepare for competition Covid 19 hit us hard as a country, the world, and we are still losing family members, sport activist, athletes. May the Lord strengthen the families and sporting fraternal, they will all surely be missed, and may soul's rest in peace. Through all the difficulty and challenges we kept the faith, and believe that things will get better. We had to give our vehicles back that were transporting athletes to and from their homes to practice and events due to financial implications and the cutting of the budget. Without the transport available to our athletes it became a huge challenge for them. We also had to put our partnerships with Future Life and Puma on hold. Through all the challenges we still have some successful stories to tell. ECAS is a beacon of hope to our talented athletes and coaches to achieve their goals, dreams, to make the impossible, possible. At ECAS athletes are encourage to arise above their circumstances and to pursue their dreams, and to have a sense of purpose. 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. ECAS is giving an opportunity to develop, support and to restore confidence, dignity and self-worth of the athletes and coaches. Educational programs for athletes/coaches to make the right choices in life to enhance their sporting career and to take ownership of the opportunity that has been given to them to better their lives. 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, behaviors 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, and we are looking forward to 2021 when athletes go to Olympics and Paralympics making us proud in the Eastern Cape. • Establishing High Performance Centre's in all districts was achieved and are functioning, but due to covid we could not open our doors . • The focus schools is up and running. • Smaller hubs were established. * A new board was elected and I want to wish them all well in during their term. To the outgoing board members I want to thank them for their valuable contribution and commitment during their term. We want to take the opportunity to thank all our sponsors and PARTNERS such as DSRAC, SASCOC, NMU, ECSC, 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. We want to congratulate all athletes that has qualified for the Olympics and Paralympics , we know that they will make us proud 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 for the financial support that guarantees the success and existence of our academy.

Thanking you.

PLEASE STAY SAFE AND GOD BLESS.

National Perspective - SASCOC 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 fore-front 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.

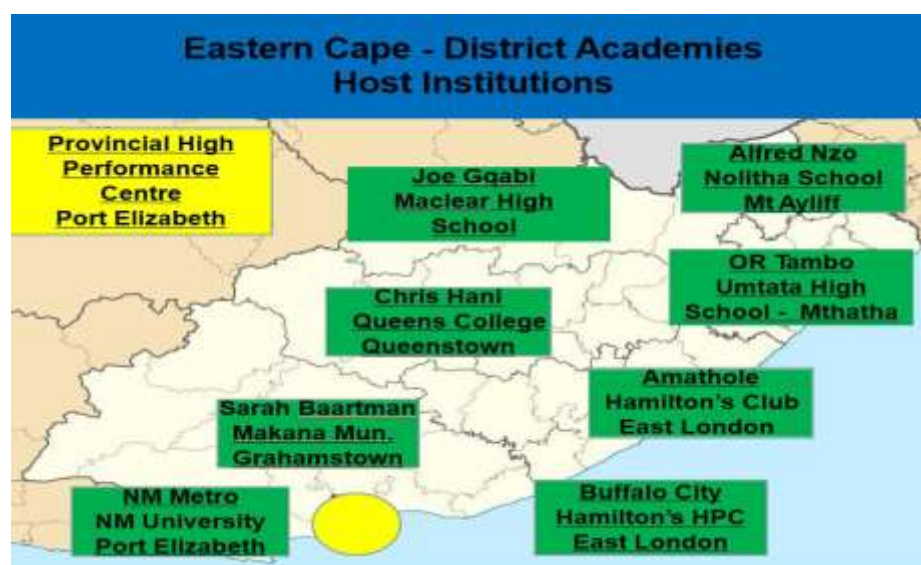
The mission of ECAS is to develop excellence in sport through the coordination and facilitation of sport science and logistical services to assist athletes, coaches, officials and administrators in performing optimally at national and international level.

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 Saneliswe Sobahle
MEC Representative



Mr Leo Fleisher
SASCOC



Mr Bafundi Makubalo
DSRAC



Mr Anga Ngcebetsha
DSRAC - School Sport



Mr Isaak Klaas
Federation Representative



Dr Andile Bhovungana
Medical Representative



Dr Simthandile Toni
MEC Representative



Mr Akhona Mgijima
Coaches Representative



Mrs Khosi Msimka
SALGA



Ms Anita Madike
Athlete Representative



Mr Goodman Ndaba
SRSA Representative



ACADEMY STAFF- PROVINCIAL OFFICE:



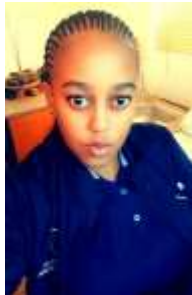
Mr Hermann Terblanche
Academy Manager



Ms Bongisa Sishuba
Financial Officer



Mr Marshall Marsh
Data Management Coordinator



Amanda Maseku



Mr Loyiso Ntombana
General Assistant



Ms Busisiwe Mdabula
Office and Gym Cleaning Assistant

Sport Science Staff - High Performance Units



Mr Jason Le Roux
Sport Scientist
Port Elizabeth



Mr Pravesh Naidoo
Conditioning Specialist
East London

District Academy Coordinators



Mr Clinton Gunkel
Alfred Nzo



Ms Neliswa Njani (Acting)
Amathole / Bufflao City



Mr Loyiso Ntombana (Acting)
Chris Hani



Mr Godfrey Leeu
Joe Gqabi



Mr Hennie De Klerk
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 2020-21

Individual Assistance Programme (IAP) (Residential and Districts)

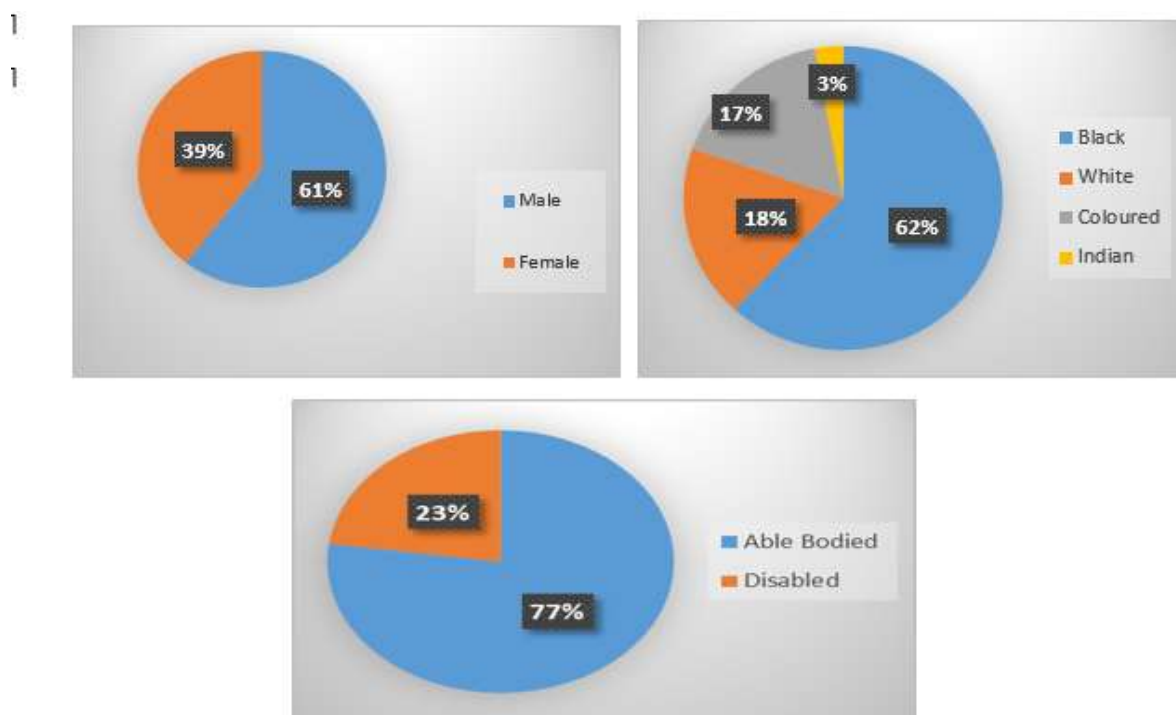
Code	Number of Athletes
Athletics	25
Boxing	15
Swimming	6
DISSA	7
Triathlon	1
Table Tennis	4
Cycling	1
Judo	5
Gymnastics	4
Archery	1
Modern Pentathlon	1
Weight Lifting	1
Total	71

Representation Breakdown:

Male	Female
43 (61%)	28 (39%)

Able Bodied	Disabled
84 (77%)	7(23%)

Black	White	Coloured	Indian
44 (62%)	13 (18%)	12 (17%)	2 (3%)



High Performance Hubs (Provincial and Districts)

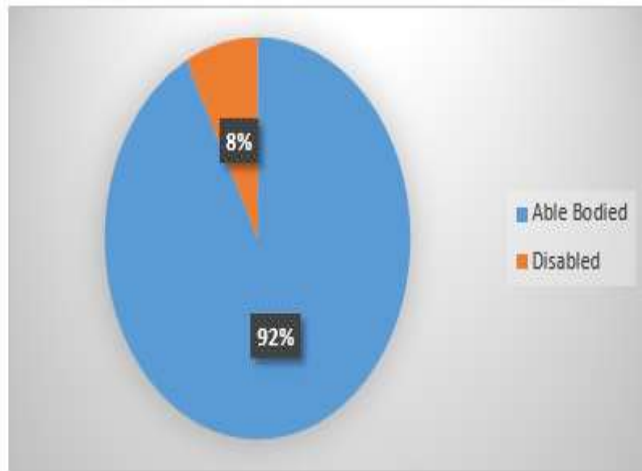
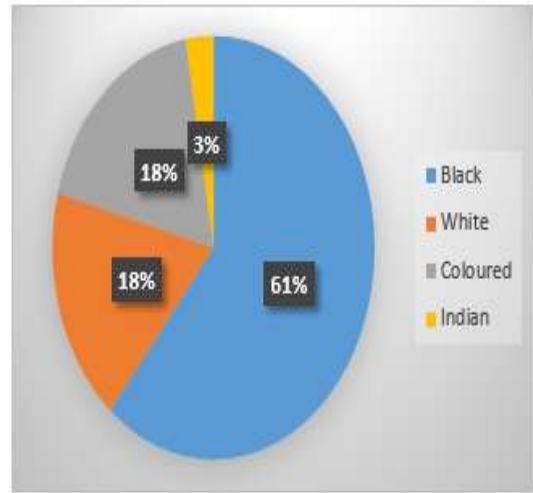
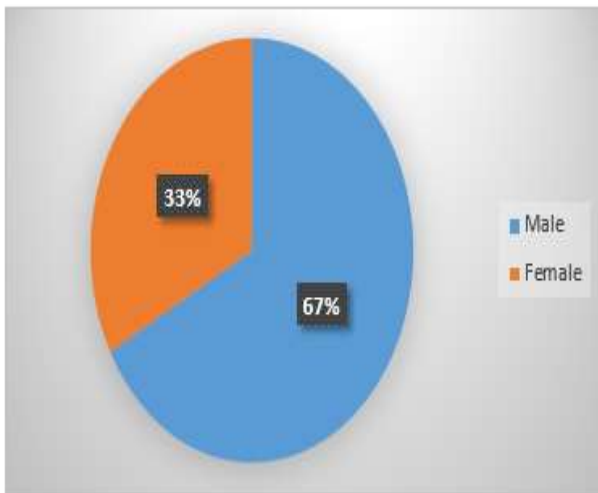
High Performance Hub Name:	No of Athletes
District: Alfred Nzo	
Kwa Impisi Athletics	20
Cabazana Boxing	17
District: Amathole	
Elliotdale Athletics	20
Seymore Boxing	15
District: Buffalo City Metro	
KWT Sprinting	14
Swimming	8
Border Cricket Academy	10
District: Chris Hani	
Queenstown Boxing	20
Rugby (Woman) Middleburg	25
District: Joe Gqabi	
Maclear Rugby (Residential)	23
Sprinting (Burgersdorp)	36
Netball	18
Middle Distance (Maclear)	15
District: Nelson Mandela Metro	
Judo	6
Disabled Sports	7
Cycling	8
Tennis/Squash	8
District: O.R Tambo	
Dan's Tennis Academy	29
Ngobozana Athletics Hub	21
District: Sarah Baartman	
Gymnastics	9
Grahamstown Boxing	11
Total:	340

Athlete Segregation/Representation Breakdown (High Performance Hubs):

Male	Female
228 (67%)	112 (33%)

Black	White	Coloured	Indian
44 (61%)	13 (18%)	13 (18%)	2 (3%)

Able Bodied	Disabled
84 (92%)	7 (8%)



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:

	Service	Comments
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 at various NMU hostels 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	NMU Sports Bursary	This bursary is managed by the <i>NMU - Madibaz Sport</i> . The size of the bursary depends on the level of participation of the athlete.
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 - 2020/21

Athletes	Original District	Sporting Code
1. Jaco Smith	NMM	Athletics(Disabled)
2. Bathandwa Dyanti	BCM	Swimming
3. Mlamli Ndondlo	NMM	Judo
4. Kelsey Van Schoor	NMM	Cycling
5. Jason Butler	BCM	Athletics
6. Nikithemba Hani	Chris Hani	Athletics
7. Leonard Mgoqi	Joe Gqabi	Athletics
8. Darryl Lottering	Sarah Baartman	Athletics
9. Sherwin van Staden	Sarah Baartman	Athletics

District Programmes

District: Alfred Nzo

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes
Athletics (Middle Distance)	1. Amanda Detshe
	2. Mongezi Ngobe
	3. Aphelele Nkonyeni
	4. Luthando Ndongela
	5. Sinoyolo Mayela
	6. Ndiphile Dlesi

2. District High Performance Hub

Alfred Nzo District Kwa Impisi Athletics Hub	
Athletes Names	
1. Siyamcela Xolo	11. Siyabonga Mnyamana
2. Yanelisa Gumbo	12. Luyanda Mthafa
3. Amanda Shush	13. Nxolo Mcetywa
4. Asisipho Dumile	14. Anathi Ntola
5. Mongezi Wayse	15. Siphosakhe Ntshothovu
6. Wendy Ntshangase	16. Nomnikelo Mankazantshuza
7. Manyaba Zimbini	17. Avelile Ngathi
8. Sibonise Ntola	18. Yamkela Bhekiswa
9. Akhona Mgunyelwa	19. Olothando Gumbi
10. Sisipho Poni	20. Akhona Hlongwe
Alfred Nzo District Cabazana Boxing Hub	
Athlete Names	
1. Pumla Vakalisa	9. Yonela Lusungulo
2. Naledi Mgcwaba	10. Aphelele Makhwethu
3. Zikho Hlanelela	11. Siphumelele Mambi
4. Cele Ziyanda	12. Atabile Mankanku
5. Asiphe Maband	13. Angawethu Msitshana
6. Nqobile Rigaza	14. Alungile Rashu
7. Awande Khofu	15. Lelethu Tshekiwa
8. Simamkele Kofane	16. Phumlani Vakalisa
	17. Siphetele Mtolo

District: Amathole

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes
Athletics	1. Aviwe Hoboloshe
Boxing (Open)	2. Zanele Kebeni
	3. Anele Ruka
Judo	4. Anelisa Tsipa

District: Amathole

2. District High Performance Hub

Amathole District Elliotdale Athletics Hub	
Athlete Names	
1. Lutho Thulani	11. Thembakazi Rhawutini
2. Mhlola Iviwe	12. Philasande Zithebe
3. Akhona Mpola	13. Sanele Ngqongwqana
4. Ntombomzi Tywalana	14. Vuyokazi Mbi
5. Boy-Boy Tshabiso	15. Songezo Gxeku
6. Abenathi Dlavuthwa	16. Lwando Labhobha
7. Ongeziwe Shiliga	17. Oyama Mbokothwana
8. Mbulelo Mbhobhana	18. Lumka Siswana
9. Onesipho Vene - vene	19. Thandazwa Sidiki
10. Ezile Nzima	20. Lindokuhle Mbhobhana

District: Amathole

Amathole District Seymore Boxing Hub	
Athlete Names	
1. Sikelele Gomfa	9. Sive Solani
2. Kamvelihle Nyangile	10. Likhona Manzi
3. Athule Robeni	11. Lihle Doro
4. Elvis Boucher	12. Nkululeko Solani
5. Inga Dakuse	13. Mandisile Xhayimpi
6. Pina Olievuur	14. Ayanda Gangqa
7. Athule Fortuin	15. Sigcobile Solani
8. Sivenathi Nomtayi	

District: Buffalo City Metro

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes Names
Athletics	1. Cheris Sims
	2. Saxola Manase
	3. Zoe Griessel
	4. Jenna Killian
Boxing	5. Asemahle Wellem
	6. Asakhe Hedeni
	7. Moyisi Boo
DISSA	8. Alex Marais
Modern Pentathlon	9. Rhys Poovan
Swimming	10. Kate Meyer
Triathlon	11. Tayla Jade Van Huyssteen
	12. Travis Saunders

2) District High Performance Hub

Buffalo City Metro District King Williams Town Sprinting Hub	
Athlete Names	
1. Delarise Christian	8. Liso Jonas
2. Taylor Christian	9. Tyrique Saper
3. Entle Futshane	10. Quintiano Matthews
4. Lunathi Jaceni	11. Sivuyise Kholiwe
5. Thimna Doyi	12. Llinamandla Ndzumo
6. Gcinikhaya George	13. Siyabonga Ntshunsha
7. Sivuyise GadaOlwethu Mqiki	14. Olwethu Mqiki
Buffalo City Metro District Swimming Hub	
Athlete Names	
1. Joshua Emslie	5. Tayla Botha
2. Tori Voke	6. Tumi McDonald
3. Conner Voke	7. Duncan Cleland
4. Alofonso Janse Van Rensburg	8. Layla Vahed
Buffalo City Metro District Border Cricket Academy	
Athlete Names	
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

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes
Athletics	1. Buhlebenkosi Khala
	2. Cwenga Nose
	3. Emihle Mketi
Swimming	4. Gareth Voster
Table Tennis	5. Cohl Simons
	6. Nitaya Mc Cuur

2. District High Performance Hubs

Chris Hani District Women's Rugby Hub - Middleburg	
Athletes Names	
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	

Chris Hani District Queenstown Boxing Hub	
Athlete Names	
1. Kamva Qaku	11. Someleze Nteyi
2. Lihle Denga	12. Sinethemba Jako
3. Owam Mana	13. Makadunyiswe Cwenz
4. Lutho Dyosi	14. Vuyiseka Malotana
5. Thimna Ntetha	15. Thina Tywakathi
6. Lukhanyo Matiso	16. Anathi Ngongoshe
7. Bongukuhle Mguzulwa	17. Asemahle Mbebe
8. Olwam Mkhosana	18. Carol Peter
9. Qhamani Lesley	19. Zusakhe Tembani
10. Olothando Mhlalakaza	20. Owam April

District: Joe Gqabi

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes
Athletics	1. Bulali Mnyamana
	2. Ethan Du Plesis
	3. Thapelo Madala

District: Joe Gqabi

2) District High Performance Hubs

Joe Gqabi District Burgersdorp Sprinting Hub	
Athletes Names	
1. Thandokazi Keyisi	19. Mikhulu Sphondo
2. Sihl Nhanha	20. Nangamso Gobani
3. Siphesihle Sothuko	21. Motheo Mokoena
4. Esona Bhodla	22. Rorisang Monyane
5. Ndiyamthemba Ramolebatsi	23. Mra Raisa
6. Olwethu Ndamase	24. Sihle Nhanha
7. Leonard Mqoqi	25. L Mamo
8. Siyanthanda Moss	26. Sonwabise Mfuniselwa
9. A Malgas	27. Dinwa
10. Anam Manzana	28. Sipiwo Swarts
11. Vincenzo Booysen	29. Siyamdumisa Mzayifani
12. Agcobile Pati	30. L Paolus
13. Athabile Mayekiso	31. Athule Mbekwa
14. Megan Snyers	32. Asemahle Tukashe
15. Lwando Siralili	33. Earl Booysen
16. Ayamthanda Bozo	34. S Paulos
17. Zubenathi Nkomonye	35. Ntombana
18. Zimkhitha Koli	36. N Mxokiswa

Joe Gqabi District Maclear Rugby Academy Hub	
Athletes Names	
1. Anam Ntuli	13. Phaphama Mthi
2. Lokisang Selebal	14. Emihle Mbewu
3. Samkelo Mvumvu	15. Lilitha Halom Lunqe
4. Bango Sodinga	16. Oyintanda Mkeleni
5. Thandukuphila Zibaya	17. Siphesethu David
6. Zamide Damba	18. Sazi Mbena
7. Amkela Nkalitshana	19. Owami Mqamelo
8. Kuyavuyisa Tyekela	20. Sakhe Pikini
9. Brian Mdlalo	21. Samkelo August
10. Ngcali Silevu	22. Uzusakhe Harmans
11. Yonela Mampintsha	23. Mnikelo Gongo
12. Siqhamo Maketa	

Joe Gqabi District Maclear Netball Hub	
Athlete Names	
1. Bukho Gova 2. Asemahle Tafeni 3. Aphiwe Klaas 4. Anelisa Sokumani 5. Naso Ntelezi 6. Ayakha Ntanyana 7. Sisanda Phoswa 8. Zandile Mankayi 9. Okuhle Fitshane 10. Lindokuhle Malgas	11. Iviwe Khanye 12. Tazley Grewe 13. Esethu Msuthwana 14. Vuyile Mbulali 15. Unakho Masiza 16. Lilitha Ndakisa 17. Siyahluma Mtyofisi 18. Zintle Kapa
Joe Gqabi Middle Distance Athletics Hub	
Athlete Name	
1. Vuyani Yawa 2. Zizipho 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. Sneathemba Mduna 12. Busi Ngogodo 13. Luvuyo Mbane 14. Andiswa Mpeyi 15. Sicelo Mkhetho 16. Ntabeleng Mokati

District: Nelson Mandela Metro

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes
Athletics	1. Ryan Jordan
Boxing (Open)	2. Linamandla Mbatha
	3. Asamahle Bayeni
DISSA	
Athletics	4. Sadah Felix
Judo (Visually Impaired)	5. Ndyebo Lamani
Powerlifting	6. Mbasa Qilingele
Gymnastics	7. Dinielle van der Poll
Judo	8. Lwazi Mapitiza
	9. Siyabulela Mabulu
Swimming	10. Alard Basson
	11. Alaric Basson
Weightlifting	12. Jaden Pretorius

2) District High Performance Hubs

NMM Cycling Hub	
Athletes	
1. Andrea De Waal 2. Mischka Strydom 3. Ayabulela Buzo 4. Benjamin Brown	5. Ceajay Bosman 6. Patrige Chimwendo 7. Caylem Essan 8. Luvuyo Msuthu
NMM Judo Hub	
Athletes	
1. Luzuko Ziwa 2. Babalo Magqabi 3. Siyabulela Mabulu	4. Lwazi Mapitiza 5. Ndyebo Lamani 6. Mlamli Ndlondlo
NMM Disabled Sports Hub	
Athletes	
1. Benecke Hayley 2. Matlatshana Sinesipho 3. Groeners Julie-Ann 4. Xhango Hlumelo	5. Adonisi Sinothando 6. Jarman Lennon 7. Dakin Brett

NMM Advantage Tennis Hub	
Athletes	
1. Liya Sgobongo	5. Hlelokuhle Matika
2. Zani Njikelana	6. Sinazo Gulwa
3. Oluhle Senti	7. Live Sgobongo
4. Vuyo Qeqe	8. Tracy Williams

District: OR Tambo

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes
Athletics	1. Awethu Ntshotho
Boxing (Open)	2. Siyamthanda Wophela
	3. Sinovuyo Mtintelwa
	4. Vuyolwethu Dila
	5. Abulele Dwatshela
	6. Siviwe Gwebani
Table Tennis (DISSA)	7. Reaororisa Cheloane
Table Tennis	

O.R Tambo District Dan's Tennis Academy	
Athletes	
1. Mbiza Zukhanye	16. Mnyaka Ondela
2. Sobololo Banele	17. Mgwaleni Sive
3. Tiya Solomzi	18. Mnyaka Lubanzi
4. Malisa Siphelo	19. Gigogo Zizopho
5. Mnyaka Abongile	20. Nongqele Linamandla
6. Majali Uyanda	21. Nonkwelo Olwethu
7. Kunjana Mesuli	22. Mnyaka Asekho
8. Mangqobe Avuya	23. Mjali Lihle
9. Mgwenye Ophayo	24. Mgana Anathi
10. Hlazo Ezile	25. Mzamo Malikhule
11. Nongqele Emihle	26. Somhlamhlo Sinoyolo
12. Nomsobo Liyabona	27. Maligasi Anelisa
13. Manciya Inothando	28. Majibha Masizole
14. Manciya Ibenathi	29. Mtika Simthembele
15. Tiya Siziphiwe	

O.R Tambo District Ngobozana Athletics Hub	
Athletes	
1. Nomonde Sitshomo	12. Sipehelele Gwadiso
2. Zukisani Myakela	13. Sinokhanyo Mjeke
3. Bongani Ntuli	14. Mdidu Tshayeki
4. Kwanele Mpofana	15. Dwatshela Abulele
5. Amahle Zamla	16. Omdizela Monde
6. Unam Mkhazani	17. Cingo Apehelele
7. Zanele Mzila	18. Datshela Ithandile
8. Yanga Khetho	19. Dengazi Apehelele
9. Siyabonga Ngamntini	20. Mjobo Simamkele
10. Ezile Msana	21. Mjobo Lwazi
11. Nosisi Gulwana	

District: Sarah Baartman

1. Individual Assistance Programme (IAP)

Sporting Code	Athletes
Athletics	1. Valentino Verwey
	2. Dwayne Pharo
Archery	3. Yashin Naidoo
Boxing	4. Bonwabile Mnyungula
	5. Siphosethu Daweti
	6. Siphesihle Mpolweni
Gymnastics	7. Onke Mangele
	8. Siyabule Siwa
	9. Liyema Nxobo
DISSA	10. Rentia Oosthuizen

2. District High Performance Hubs

Sarah Baartman District Grahamstown Boxing Hub	
Athletes	
1. Kamvelihle Mbundweni	6. Liyema Ntuthelo
2. Mivuyo Rhalaza	7. Lithemba Hoyi
3. Sibusiso Makuliwe	8. Liviwe Fani
4. Emanuel Stempa	9. Mike Hlangana
5. Asthandile Pistoli	

2. District High Performance Hubs

Sarah Baartman District Gymnastics Hub	
Athlete Names	
1. Linathi Matyhotynana	7. Mpemelelo Jelu
2. Luyolo Nketseni	8. Masibulele Liwani
3. Mangaliso Simane	9. Siphosethu Kalase
4. Siyahluma Mandabane	10. Luvo Songelwa
5. Iva Marthinus	11. Qhama Dzedze
6. Sipkosihle Mpolweni	

Education and Training

In light of the challenges posed by the Coronavirus (Covid-19) pandemic, ECAS collaborated with internationally acclaimed service provider, CONQA, in order to enhance our digital strategy with regard to the enrichment and capacity building of our sport coaches and administrators.

ECAS identified a core group of High Performance Coaches and Administrators who accessed the CONQA Connect online Interactive sessions. Our Coaches and Administrators formed part of a global audience who connected via digital platforms.

ECAS in collaboration with CONQA Connect facilitated eight On-line interactive sessions in the 20-21 financial year. The session presenters ranged from top business leaders, leadership professionals and sports coaches from across the globe and covered various topics. Sessions were hosted once a month for a duration of 1 hour, with interactive Q&A sessions.

Some of the topics presented included the following:

- Talent Management
- Managing Uncertainty
- Culture and Sustaining Success across a variety of sectors
- Equity, Diversity and Inclusion
- Leadership Secrets that Drive High-Performance
- The Science Behind Leading Teams and How to make them Work.

 <p>09:00 am (UK Time) 11 December 2020</p> <p>TONI CUMPSTON DIRECTOR: HIGH-PERFORMANCE HOCKEY AUSTRALIA</p> <p>BUILDING BLOCKS: CREATING THE STRUCTURE TO SUSTAIN SUCCESS</p> <p>Powered by Unisure health • life • global</p> 	 <p>12:00 UK Time (GMT+1) 15th October 2020</p> <p>KEVIN CLAYTON HEAD: DIVERSITY, INCLUSION & COMMUNITY ENGAGEMENT CLEVELAND CAVALIERS</p> <p>EQUITY, DIVERSITY & INCLUSION: THE KEY TO TEAM DYNAMICS</p> <p>Powered by Unisure health • life • global</p> 
 <p>12:00 UK Time (GMT+2) 12 November 2020</p> <p>DR. RYNE SHERMAN CHIEF SCIENCE OFFICER: LEADERSHIP HOGAN</p> <p>PRODUCTIVE PERFORMANCE: LEADERSHIP SECRETS THAT DRIVE HIGH-PERFORMANCE</p> <p>Powered by Unisure health • life • global</p> 	 <p>17:00 UK Time (GMT+1) 10th September 2020</p> <p>PROF. ARMIN PAJAND PROFESSOR: LEADERSHIP DEVELOPMENT TEXAS A&M UNIVERSITY</p> <p>THE SCIENCE BEHIND LEADING TEAMS & HOW TO MAKE THEM WORK</p> <p>Powered by Unisure health • life • global</p> 

Sport Focus School - Programme

The Coronavirus (Covid-19) Pandemic presented the Sport Focus Schools Programme with various challenges 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.

Among other services and support provided, the following are highlights from the Sport Focus Schools Programme :

1. All schools signed MoU's and Operational plans for the 2020/21 financial year
2. ECAS Welcomed Umtata High School and King Edward High School onto the Sport Focus School program for the 2020/21 financial year.
3. The number of Sport Focus Schools identified increased from six Schools in 2019/20 to eight Schools in 2020/21.
4. Sport specific and generic equipment items were delivered to the schools to facilitate further training (gymnasium equipment and field-based equipment)

The following is a list of the Sport Focus Schools within their various districts for the 2020-21 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



Academy Exposure:

1. Website: www.ecas.co.za



Website Statistics:

Number of site visits	Number of Newsletters uploaded	E-Learning material uploaded
10 236	4	10

2. ECAS Facebook Page:



Facebook Statistics:

Number of Posts made:	Number of People reached	Likes on Page
15	15600	2235

3. Newsletters

- The Academy released 4 quarterly news-letters during the financial year. Newsletters distributed electrically to the entire database of the Academy to +- 900 individuals per quarter.

ECAS QUARTERLY NEWS LETTERS 2020-21

(Front Covers only)



- INSIDE THIS ISSUE
- EXERCISE TIPS DURING THE COVID-19 PANDEMIC
- STAYING HEALTHY DURING COVID-19
- MANAGING THE PANDEMIC WITH FUTURELIFES
- SPORT FOCUS SCHOOLS PROGRAMME

Edition:
1st Quarter
Apr-Jun 2020

As a result of the rapid spread of the COVID-19 virus, an announcement was made that the Tokyo 2020 Olympic and Paralympic games would be postponed until 2021. On 24 March 2020, the International Olympic Committee (IOC), the International Paralympic Committee (IPC), the Tokyo 2020 Organizing Committee, agreed to postpone the Olympic Games and Paralympic Games, and select new dates: the Olympic Games in Tokyo will be held from 23 July to 8 August 2021 and the Paralympic Games from 24 August to 5 September 2021.

A direct impact was made on the athletes and players who have trained for the 2020 Tokyo Olympic and Paralympic Games for a long time. For some, the announcement of postponement automatically meant retirement and the eternal loss of opportunity. Athletes and their coaches have experienced a wide spectrum of emotional and cognitive reactions such as disappointment, frustration and confusion.

ECAS potential Paralympic athlete Jaso Sint, shared his thoughts and opinions on the postponement of the Olympic and Paralympic Games. Jaso Sint (broadly impaired T12, 100m, 200m and 400m) South African Champion had the following to say: "The Covid-19 Pandemic has disrupted my whole training culture and goals. The postponement of the Paralympic Games is both an advantage and disadvantage for me. It gives me more time to prepare physically as I did not get enough time to rest and recover when I returned from the World Athletics Championships held in Dubai in November 2019. The national lock-down imposed by the Government has negatively affected my training as all the Gyms and training facilities are closed. I must now improvise and be creative with my training, most of my training are now being done with more body weight exercises and running. I am positive that I will improve during this period as I am much more mentally prepared for any upcoming competitions."

ECAS wishes all our athletes and coaches the best of luck with their training regimes and urges all our athletes to stay safe and positive during these tough and uncertain times.



- INSIDE THIS ISSUE
- FRONTLINE IN THE PANDEMIC
- INTERNATIONAL ATHLETE ACHIEVEMENTS
- LEARNING AND KNOWLEDGE SHARING
- SPORT FOCUS SCHOOLS PROGRAMME
- SPORT FOCUS SCHOOLS

Edition:
2nd Quarter
July-Sep 2020

IN LOVING MEMORY OF MR MONWABISI MBANE (MOPS)



It is in loving memory that we think of Monwabisi Mbane, Mops as he was affectionately known by everyone, and the saying comes to mind "Death leaves a heartache no one can heal; love leaves a memory no one can steal".

For us, (your co-workers), it is difficult to wrap our minds around the fact that you, Monwabisi Mbane, are gone and no longer with us.

Mr Monwabisi Mbane (Mops) have been the District Academy Coordinator in the Buffalo City and Amathole Districts, based in East London. He was the Academy Coordinator since 2004.

We will remember Mops, the man from Alaka, for his commitment, diligence, and passion that he had for his work, athletes and sport in general. He influenced many people in his field of work and changed the lives of so many athletes who he worked with in different sport. Mr Mbane influenced many people in his field of work and go the extra mile...

What we must learn from your fine example of life is to "be the things we loved and admired most about your life", Monwabisi when we think of you it is mostly the loss which teaches us about the worth of things, things that you had in abundance, a high quality character, you brought to others things like happiness, joy, wisdom, kindness, compassion, care, interest and we can carry on...

When someone you love becomes a memory, the memory becomes a treasure. We will treasure your memory for the joy you brought into our lives. You always had time for a joke or ban, and we will surely miss that.



- INSIDE THIS ISSUE
- UPDATE ON ECAS ATHLETES PROGRESS DURING COVID-19
- E-LEARNING AND KNOWLEDGE SHARING
- SPORT FOCUS SCHOOLS

Edition:
3rd Quarter
Oct-Dec 2020

UPDATE ON ECAS ATHLETES PROGRESS DURING THE COVID-19 PANDEMIC

As we had some leniency in the lock down periods some of the ECAS athletes took advantage of this to increase the volume and training as they prepare for a successful 2021, in hope of more events taking place.

With none of the athletes back at full intensity and multiple gym and sport specific training schedules, many had started with increased training volumes and were hitting their sport specific training again, whether it be a athletics track, swimming pool or even the open road.

With some of the ECAS Gyms being open and allowed to be used with strict Covid-19 protocols, athletes could start some weight and resistance training again.

The majority of our athletes are doing home based training following individualized training programmes. Athletics Sprinting and Middle-Distance athletes were fully active with most training 5 times a week on sporting fields which were available to use as most of the training facilities were still closed under the restrictions imposed by the government. The swimmers were back in the pool once a day and up to 3-4 times a week.

ECAS Sport Scientist Mr Jason Le-Roux had the following words of encouragement for our athletes:

"There is a lot of frustration creeping in with events being postponed and athletes training and not competing. We encourage all athletes to stay focused on the long-term goals and use this opportunity to grow a large base and look for small rewards and growth in your achievements on the way. Stay focused on the now and competition that will come in 8 months' time and get excited as you grow the little things on your way to that competition."

Well Done and congratulations to all of you who have been continuing with your training. The end is coming, keep up the hard work and dedication and keep the long term goal alive!



- INSIDE THIS ISSUE
- LWAZI MAPITZA
- ATHLETE ACHIEVEMENTS
- E-LEARNING AND COACHES EDUCATION
- SPORT FOCUS SCHOOLS PROGRAMME

Edition:
4th Quarter
Jan-Mar 2021

AFRICAN BRONZE FOR ECAS JUDO STAR LWAZI MAPITZA

ECAS judo star, Lwazi Mapitza, achieved a major career highlight when he returned with a bronze medal from the African Judo Championships. The tournament took place in Antananarivo, Madagascar from 17 to 20 December 2020.



The 30-year-old Nelson Mandela University sport management student competed in the under-100kg body weight category.

Lwazi described his third place at the African champs, which he was attending for the fifth time, as the best achievement of his career. He had the following to say about his performance:

"My goal going into the competition was to bring back a medal, hopefully a gold medal, but I was still happy to return with the bronze." It was a really special moment and there was a feeling of relief at the end, as well as pride in achieving what I did.

It was an improvement on the 2016 champs, where I came fifth overall, so I am definitely happy with the way things turned out."

His aim now is to keep working hard at his craft as his success in December has provided strong motivation. Lwazi indicated that he would also love to attend at least two international Grand Prix tournaments in 2021, which would assist him in preparing for the 2021 World Student Games to be held in China in August 2021.



Associated Sponsors



Futurelife:



ECAS and FUTURELIFE® have been in partnership for the past 7 years. Through this partnership, FUTURELIFE® supports about +-150 ECAS athletes across all 8 districts in the Eastern Cape. Unfortunately, due to lockdown restrictions, no Futurelife product was distributed during the 2020/21 Financial Year.

Puma:



Unfortunately, due to lockdown restrictions, no PUMA products were distributed during the 2020/21 Financial Year.



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