



EASTERN CAPE
ACADEMY OF SPORT



sport & recreation

Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



NELSON MANDELA
UNIVERSITY

NEWSLETTER Q3 - OCTOBER TO DECEMBER 2024

This quarter has been filled with empowering workshops, achievements, and significant progress in athlete and coach development. From international victories to local training initiatives, our community continues to excel in its commitment to sporting excellence.

EDUCATION & TRAINING

Coaches' Education: 3rd Edition Short Learning Programme

The third edition of the Coaches' Short Learning Programme (SLP3) focused on Understanding and Applying Concepts of Periodization.

Held on 23 November, the workshop provided 28 coaches with insights into structuring training programs and monitoring athlete performance. Practical sessions ensured that coaches could translate their learning into actionable strategies.



COSAFA ECAS Workshop: Empowering Women's Football Coaches



A three-day workshop in Gqeberha brought together 20 football coaches focused on advancing women's football. Topics included Athlete Profiling, Training Periodization, and strategies for coaching the female athlete.



Facilitated by Nelson Mandela University Sport Scientists, the workshop has set the foundation for elevating the quality of women's football coaching in the province.

District Coaches' Workshops: Advancing Coaching Excellence

The ECAS Coaches' Skills Workshops visited the Alfred Nzo and Sarah Baartman districts, hosting 40 and 21 coaches, respectively.

Participants gained hands-on experience in fitness testing, warm-up drills, and designing annual training programs. These workshops highlight ECAS's commitment to empowering coaches at the grassroots level.



CONQA Elite Sport Summit

From 29 to 31 October, ECAS service providers attended an international conference in Cape Town, themed "Pushing the Boundaries of Human Performance." The event brought together some of the world's most accomplished experts in the field, offering invaluable insights through nine engaging topics presented over two days.



For ECAS attendees, the opportunity to engage with global leaders in the field was both encouraging and transformative. The exposure not only enriched their professional knowledge but also fueled their determination to implement the insights gained into their work with athletes and organizational structures.

ATHLETE ACHIEVEMENTS

IBSA JUDO GRAND PRIX: LAMANI CLAIMS BRONZE



Academy Paralympian Ndyebo Lamani showcased his exceptional talent at the IBSA Judo Grand Prix held in Astana, Kazakhstan, this November. Competing in the Men's U/72kg (J1) division, Lamani earned a bronze medal, marking another milestone in his career.

His achievement has secured him a global ranking of 3rd in his category, highlighting his dedication and skill. Congratulations, Lamani—we're excited for what's next!

IBA YOUTH WORLD BOXING CHAMPIONSHIPS

Amila Gongqa, competed at the IBA Youth World Boxing Championships held in Montenegro on 23 October to 05 November. Fighting in the 60 kg youth division, Amila was the only south african to make it to the quarter final stage where he bowed out.



Congratulations to the Amathole youngster on the achievement.

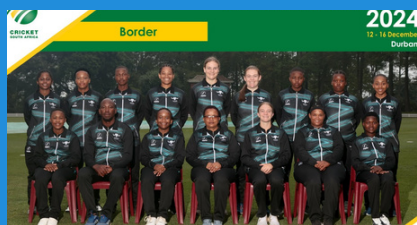
IBA AFRICA ELITE BOXING CHAMPIONSHIPS: DILA CLAIMS BRONZE



OR Tambo district's Vuyolwethu Dila showcased her talent on the continental stage, competing in the Africa Elite Boxing Championships held in Kinshasa, DR Congo, from 19–27 October 2024.

Fighting in the Elite Women's 48kg division, Dila delivered a strong performance, capping off a successful year by securing a bronze medal in the semifinals.

Her podium finish is a testament to her dedication, growth, and consistency in the sport. Congratulations to Vuyolwethu on this outstanding achievement! We look forward to seeing her continued success in the ring.



CSA NATIONAL CRICKET WEEK

The Border U19 Women's Cricket Team showcased their skills at the CSA National Cricket Week in Durban, winning two of their four matches played.



A highlight of the week was Holly Harris's selection for the South Africa U19 Ladies B Team, a testament to her outstanding performance.

SASA-II NATIONAL GAMES

Academy athlete Inga Nqabeni returned to a hero's welcome at Sigcau Special School in OR Tambo after stellar performances at the SA Schools Athletics II Championships in Gqeberha. Competing in the U20 Men's category, Inga secured:

- Gold – 100m
- Silver – 200m
- Gold – 4x100m Relay

These achievements brought immense pride to his school, community, and ECAS. Well done, Inga—your hard work is paying off!



ATHLETE FITNESS TESTING

JOE GQABI HUB TESTING: PREPARING FOR SUCCESS

Athletes from the Aliwal North Middle Distance Hub and Burgersdorp Sprint Hub participated in a comprehensive testing session at Maletswai Sports Grounds.

Assessments focused on strength, flexibility, and endurance, with additional life skills training to balance academics and athletics.



NM METRO JUDO HUB

Athletes from the Nelson Mandela Metro Judo Hub underwent their 3rd round of fitness testing at the NMU High-Performance Complex.

Testing focused on anaerobic capacity endurance testing and physical assessments, body weight, muscle mass, preparing for SA Trials in February 2025. Best wishes to our Academy judokas as they undergo final preparations.



MIDDLEBURG WOMEN'S RUGBY HUB: TRAINING FOR EXCELLENCE

The Middleburg Women's Rugby Hub continued their impressive run of form, showcasing their dominance in the 10s Rugby format with back-to-back tournament victories to close out 2024.



The team began their preparations in November with a fitness and skills testing session at Midros Stadium, where players focused on improving their speed, strength, scrum techniques, and high ball catching. Their hard work and dedication paid off in spectacular fashion as they defended their Nelson Mandela Bay 10s Rugby title on 30 November in Dispatch, displaying quick hands, sharp footwork, and well-coordinated teamwork.



Building on that success, the Middleburg women conquered the George 10s tournament, held from 17–19 December, securing yet another championship victory to cap off a dominant season.



This quarter has been a showcase of determination, talent, and commitment from athletes, coaches, and stakeholders. ECAS remains steadfast in its mission to empower athletes and coaches, ensuring a brighter future for sports in the Eastern Cape.

Thank you to all our stakeholders, partners, and supporters for helping us shape the future of sports in our region.



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NELSON MANDELA
UNIVERSITY



Eastern Cape Academy of Sport
P.O. Box 77000
NMU
Port Elizabeth
6013

Physical address:
Human Movement Science
Department
NMU South Campus
University way

