



NEWSLETTER Q2 - JULY TO SEPTEMBER 2023

ATHLETE ACHIEVEMENTS

Triumphs Amidst Challenges at 2023 World Championships



Jaco Smit

After running his season best time of 20.15 seconds, Luxolo Adams progressed to the semi-finals of the Men's 200m at the World Athletics Championships in Budapest, Hungary in August.

Although the ECAS star sprinter missed out on the final, and bowed out of the semis with on an uncharacteristic 6th place finish, Luxolo's quarter final time of 20.15 seconds secured him a spot in the 2024 Paris Olympics where the man from Joe Gqabi district now has his sight firmly set.

Sarah Baartman sprinter Jaco Smit took to the track at the track at the Para-Athletics World Championships in France in July, in search of silverware. Although the competition proved tough for the Academy talent, he used the opportunity and pushed himself to a new personal best time in the 100m (T12) crossing the line in 11.00 seconds, meeting the qualifying standard for the 2024 Paralympics Games set to also take place in Paris France.

In the T12 400m, Jaco also managed a respectable 5th place finish and much like fellow Academy sprinter Adams, he now has his targets set on 2024 international competition.



Luxolo Adams

2023 JUDO COMMONWEALTH CHAMPIONSHIPS IN GQEBERHA

Our Academy's Judokas participated in the Judo Commonwealth Championships hosted in Gqeberha. The dynamic display of sportsmanship and dedication took place at the Feather Market Hall and Academy Judokas were primed and ready for the competition.

Our athletes emerged as true stars, each showcasing their exceptional skills on the mat:

- Kamokgelo Koloï (-55kg): Gold Medal.
- Ndalo Mbengashe (-50kg): Gold Medal
- Lwazi Mapitiza (-100kg): Silver Medal.
- Singobile Shongwe (-60kg): Bronze Medal.

These impressive achievements are a testament to the work and passion that our athletes bring to the world of Judo.

Congratulations to all Academy judokas for their outstanding performances and incredible results.



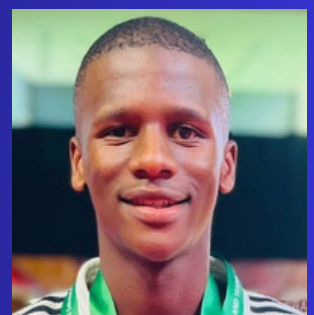
Lwazi Mapitiza
(Centre)



Kamogelo Koloï
(Left)



Ndalo Mbengashe
(Centre)



Singobile Shongwe



Academy Judoka Claims Bronze at Inaugural IBSA Challenge

Talented Academy Judoka, Ndyebo Lamani from Nelson Mandela Metro, excelled at the International Blind Sport Federation (IBSA) Judo Small Country Challenge in Finland from July 2nd-7th. In the visually impaired -73kg category, he displayed an impressive combination of power and finesse, earning a well-deserved Bronze medal.

Lamani's continued hard work paid off, cementing his reputation in the global Judo community. The experience he gained from this competition is priceless and will undoubtedly contribute to his growth as an athlete in the sport.



Ndyebo Lamani (Right)

International Surf Rescue Challenge Gold

ECAS swimmer Keira van Heerden delivered a remarkable performance at the International Surf Rescue Challenge, held in South Padre, Texas, from 20 to 23 September. Competing for Team South Africa, Keira exhibited exceptional skills and unwavering determination throughout the grueling three-day competition.

The team achieved the following results:

- First place in Surf Mixed Relay
- First place in Rescue Tube Rescue
- First place in Mixed Ocean Lifesaver

Keira's remarkable performance substantially contributed to the success of the South African Protea Youth Team, who emerged as the overall champions of the International Surf Rescue Challenge.



Keira van Heerden (centre) with teammates

Valuable Experience Gains At The World Aquatic Championships



Kaitlynn Horne

ECAS swimmers Kaitlynn Horne and Myra Viduya participated at the 9th World Aquatic Junior Championships in Netanya, Israel, from 6th to the 10th of September.

Although the Nelson Mandela Metro duo missed out on silverware, the Championships provided a great opportunity for our young swimmers to test themselves against the the best globally and set new targets for themselves in the upcoming season.



Myra Viduya

Impressive Finish in World Triathlon Series Final

ECAS star triathlete Jamie Riddle took part in the World Triathlon Series Final. The grueling event was hosted in Pontevedra, Spain from 22 to 24 September and Jamie set out to make a statement.

The Nelson Mandela Metro athlete had a great day in the water keeping to the front of pack. Mechanical issues on the bike forced multiple stops and Jamie finished off his campaign with a good run to finish in 7th place, his highest position at a world cup to date.

The Academy is proud of his effort and achievement and we look forward to even better performances in the near future.



Jamie Riddle

ECAS Boxers Shine at the AFBC Championships



Lubabalo Lusizi



Sanele Sogcwayi



Sinovuyo Mtintelwa

The African Boxing Confederation (AFBC) Men's and Women's African Boxing Championships held in Yaounde, Cameroon from July 30 to August 5 were a showcase of remarkable boxing talent from across the continent. Our Academy boxers, representing both ECAS and the South African National Boxing Team, were among the best.

Our boxers from the Buffalo City Metro, Nelson Mandela Metro, and O.R Tambo districts faced formidable opponents, putting their skills, commitment, and determination to the test. Here are the results:

- Nelson Mandela Metro's Lubabalo Lusizi: Elite Men (-48kg) - Gold Medal
- Buffalo City Metro's Sanele Sogcwayi: Elite Men (-60kg) - Gold Medal
- O.R Tambo district's Sinovuyo Mtintelwa: Elite Men (-51kg) - Silver Medal

Not only did these athletes achieve impressive victories and learn valuable lessons from the experience, but they also made significant contributions to the national team's overall effort, helping secure a commendable 6th place out of 28 countries.

The performances of our Academy athletes at the AFBC Championships brought immense pride to their districts, province, and nation. Their dedication, skill, and sportsmanship shone brightly, undoubtedly elevating the reputation of South African boxing on the global stage.

Academy Boxers Claim top Honors at National Championships



Nandipha Mvubu



Lubabalo Soga



Cwenga Qasana

Academy athletes excelled at the 2023 SANABO (SA National Amateur Boxing Organization Youth and Elite Championships). Three of our talented athletes were among the Eastern Cape Amateur Boxing Association (ECABO) members who achieved a remarkable victory at the national championship event this July. The ECABO Team's win is a testament to the success of their rigorous training camp hosted by ECAS, which played a crucial role in their preparation.

Nandipha Mvubu and Cwenga Qasana (O.R. Tambo District) as well as Lubabalo Soga (Nelson Mandela Metro) were among the ECABO's top performers. Our Academy's athletes achieved the following results:

- Nandipha Mvubu: Elite Women (57kg) - Gold Medal
- Cwenga Qasana: Elite Women (54kg) - Gold Medal
- Lubabalo Soga: Elite Men (54kg) - Gold Medal

We extend our warmest congratulations to the ECABO and our Academy athletes for their resounding success. We are confident in their continued triumphs as they continue to draw attention to the Eastern Cape's exceptional boxing talent.

ECAS Athletes Excel in Demanding ASA Cross Country Championships



Bongile Mbuweni

On September 16th, the ASA Cross Country Championships were held in Geberha at Nelson Mandela University, with several ECAS competitors displaying their prowess under challenging conditions. These three exceptional talents stood out in their respective categories:

- Joe Gqabi district's Bongile Mbuweni took home the gold medal in the u/16 boys' 6km event, demonstrating not only his physical prowess but also his mental resilience to claim the top spot on the podium.
- Alfred Nzo district's Anoxolo Mcetywa clinched a well-deserved bronze medal in the u/15 girls' 4km race and displayed composure that bodes well for future success.
- Silindokuhle Mbhobhana from Amathole district secured a bronze medal in the u/15 boys' 4km event and continued his impressive season form at the Championships, adding to the Academy's medal tally.



Silindokuhle Mbhobhana



Anoxolo Mcetywa

These rising stars have a bright future ahead, and their performances are a testament to their commitment to hard work and excellence.

Impressive Results from SASA Cross Country Championships



Anoxolo Mcetywa
(Centre)

The SA Schools Cross Country Championships held in Polokwane on September 30 was marked by several outstanding performances from Academy athletes.

Anoxolo Mcetywa, representing Alfred Nzo district, clinched the Gold medal in the 4km race for girls u/15.

Bongile Mbuweni from Joe Gqabi ran a fantastic race and earned the Bronze medal in the 6km race for boys u/16.

Amanda Detshe of Alfred Nzo district showcased her talent by earning the Bronze medal in the 6km race for girls u/19.

14-year-old Inam Mayeza of Alfred Nzo, Gxulu hub also claimed her self the Bronze medal in the girls u/14 4km.

Team honors were also achieved by the Eastern Cape u19 girls where Alfred Nzo duo Amanda Detshe and Indiphile Dlesi's performances helped secure the Gold medal.

The u/17 girls EC Team added Bronze to the tally with Ntombizine Thobela (Chris Hani district), Oyama Mzana (Alfred Nzo) and Abulele Dwatshela (OR Tambo district) forming part of the team effort.

Congratulations to all the winners for their magnificent performances, and for ending the season on a high note.



Inam Mayeza
(Right)



Amanda Detshe
(Right)



Bongile Mbuweni

CELEBRATING EXCELLENCE AT THE 2023 EC SPORTS & RECREATION AWARDS

Luxolo Adams claimed both the Sportsman & Sport Star Of The Year Awards. The man from Joe Gqabi had a remarkable season, achieving the qualifying standard for the 2024 Paris Olympic Games and setting a personal best time of 19.82 in the 2022 Diamond League, making it the second-fastest 200m time by a South African. His exceptional season form and results earned him the grand prize of a brand-new vehicle.

Jaco Smit (Sarah Baartman district) was named Sportsman of The Year For Persons With A Disability. Among his major accomplishments this season was achieving qualifying standard for the 2024 Paralympics during the 2023 Para-Athletics World Championships in France, placing him at 6th spot globally for the 100m T12. His inspiring determination and resilience are a true testament to his character.

Sinesipho Mahlatshana from Nelson Mandela Metro clinched the title of Sportswoman of The Year For Persons With A Disability, with season highlights of 2 Gold medals in Javelin and Discus, as well as a Silver medal in Shotput F37 at the 2023 SASAPD National Championships. Her dedication and hard work have paid off in a big way.



Luxolo Adams



Jaco Smit



Sinesipho Mahlatshana

FITNESS TESTING AND TRAINING CAMPS

VALUABLE ATHLETE FITNESS ASSESSMENTS IN THE CHRIS HANI DISTRICT



On June 27, the Academy conducted sport-specific tests on young athletes to evaluate their fitness levels and identify areas for improvement. Based on the test results, coaches can adjust training programs to enhance performance.

Athletes then participated in a training camp from June 30 to 4 July to prepare for upcoming competitions including the ASA Cross-Country Championships and SA Schools Cross-Country Championships. The Academy is committed to supporting young athletes as they strive for excellence.



EMPOWERING ATHLETES THROUGH PERSONALIZED GOAL SETTING



In September, ECAS hosted a new Athlete's Goal Setting program aimed at improving the athletes' goal setting skills towards goals that promote personal growth and are also deeply meaningful for each athlete. It involves finding goals that are firmly based on their individual data and personal experiences, ensuring a highly personalized and effective approach to the process. The athletes actively engaged in the sessions, absorbing valuable lessons and takeaways that will undoubtedly play a role in shaping their development for upcoming competition seasons.



EC UNDER-19 WOMEN'S FOOTBALL SQUAD PREPARES FOR GERMAN TOUR

During September, the Eastern Cape U/19 Women's football team recently underwent fitness testing facilitated by the ECAS at the Nelson Mandela University High Performance Complex.

The testing forms part of the team's preparations for matches against their German counterparts with the team set to travel to abroad for the encounters.



The testing included power, flexibility, speed and body mass tests to give the squad a clear picture of their current fitness levels and areas to improve in their final preparation for their matches and beyond the tour.

MIDDLEBURG WOMEN'S RUGBY GEARS UP FOR GENEVA SCHOLTZ TOURNAMENT



Over a fruitful 2-day training camp in September, our dedicated athletes from the Chris Hani Women's Rugby hub came together to fine-tune their skills and iron out any remaining kinks, preparing for the battles that await them in the tournament.

The Geneva tournament, scheduled to take place in Middleburg from the 7th to the 8th of October, promises intense competition where the women from our rugby hub will get the opportunity to test their skills among nine other formidable competitors.



BORDER SENIOR WOMEN'S CRICKET TEAM SHAPE UP FOR THE SEASON AHEAD

ECAS facilitated a testing and training camp for the Border Senior Cricket team in August at the Buffalo Park Stadium in East London.

Assessments included strength, power, endurance and mobility and served as a baseline gauge of the teams fitness levels which provides a better understanding of where the team needs to focus their attention and training efforts to assure optimal fitness.

The fruitful session was followed by a training camp, where the women commenced work on their prescribed fitness programs in preparation for the season ahead.





EDUCATION & TRAINING

Coaches' Short Learning Programme - SLP 2

ECAS in collaboration with NMU Human Movement Science department hosted coaches from across the Eastern Cape for the second Short Learning Programme (SLP2). The session, titled "Physiological principles to optimize athlete training," was presented by NMU Sports Science specialists at the Kelway Hotel Conference Centre in Gqeberha. The program provided coaches with valuable insights into the applications of the topic in various sporting codes.

The programme outline included Metabolic demands, Pacing strategies, appropriate Warm-up and training methods, and Fatigue and Recovery techniques for specific sports. Coaches gained a deeper understanding of the physiological principles involved in athlete training and how to modify them for different sporting codes.

Overall, the SLP2 was a great success, leaving the coaches feeling inspired and equipped with new knowledge and skills to bring back to their respective districts.



Women in Sport Empowerment Seminar

On August 12th, ECAS in partnership with the Eastern Cape Sport Confederation hosted the annual Women in Sport Seminar at Kelway Hotel Conference Centre. With over 30 attendees from a variety of sporting codes, including those from as far as the Chris Hani district, the seminar was a huge success.

Led by Jean Miggels, the current vice-president of the South African Association for People with Disabilities (SASAPD), and Specialist Wellness Counselor, Melonie Gobel, the seminar tackled important topics such as the need for visible and accessible safety policies in sports environments to empower all individuals to improve the space for everyone's benefit.



Overall, the seminar provided a safe space for attendees to share their experiences, breathe, and start on the path to healing. It was a great opportunity to assist in creating a better space for our "guardians" and athletes, and for the betterment of sports in general.

SPORT FOCUS SCHOOLS

ECAS Sports focus school Queens College hosted its annual U/13 Rugby Development Tournament in September, where ten local primary schools showcased their young rugby players' talents.

A great success, the tournament not only promotes healthy competition but also nurtures rugby skills and spirit. The event contributes to advancing the sport of rugby in the Komani area, ensuring a bright future for the game.

Queens College Rugby also claimed top honors at the 2023 Eastern Cape Sports and Recreation Achievers Awards held in September, with the 1st Team awarded for School Team of the Year for their performances this season.



Schools u/13 Rugby Development Teams



The Queen's College 1st Rugby team had 7 players selected for the Border u18 side for the 2023 Craven Week Tournament, and 3 were selected for the Border u18 Academy team. They beat reputable district rivals Selborne College and Dale College in both home and away fixtures in 2023 and were unbeaten in the Border region in for the year.



2023 Queen's College 1st Team Squad



The Pearson High School Netball 1st Team took part in a netball festival hosted by Collegiate High School in Gqeberha from the 14 to 16 July. The tournament was a fierce contest against 6 other schools, namely Collegiate, Alex, Nico Malan, Stirling, Clarendon and St Andrews.

Pearson narrowly lost 16-18 in their first match against Nico Malan , but the ladies made amends and managed a convincing 22-11 win against Nico Malan in the final winning 6 of their 7 matches and claiming the Gold. Well done to the young ladies from Pearson High School.

Pearson High School Netball 1st Team



King Edward High School (KEHS) in the Alfred Nzo district participated in the annual Inter-Schools Athletics from the 4th to 6th August. Six schools took part in the contest where pupils battled it out on the track and in the field events to determine a winner.

Through exceptional performances on the track, their athletes dominated the competition assuring that KEHS came through as the overall winners of the event claiming the title and bragging rights till the schools meet again in 2024.

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Extending a warm Thank You to our Stakeholders for their support.



NELSON MANDELA
UNIVERSITY

