



NEWSLETTER: Q4 - JANUARY TO MARCH 2024

ATHLETE ACHIEVEMENTS

Academy Athletes Shine at International Para-Athletics

Grand Prix



Jaco Smit (Right)

Academy para-athletes Jaco Smit and Sadha Felix have made their mark at the 15th Fazza International Para Athletics Grand Prix in Dubai held from February 13 to 15.

Jaco Smit, representing the Sarah Bartman district, showcased his speed by securing a Bronze medal in the 100m (T12) event with a time of 11.12 seconds. With his sights set on the Paris Games, Smit is determined to surpass his personal best of 11.00 seconds this season.



Sadha Felix (Right)

Not to be outdone, Sadha Felix from Nelson Mandela Metro also impressed, matching his Academy mate with a Bronze medal in the Men's Long Jump (T38) event with a leap of 6.35.

Congratulations to both men on the performances at the International Grand Prix.

SA Juniors at Southern Africa Tennis Championships

The 2024 ITF/CAT (International Tennis Federation and Confederation of African Tennis) Southern Africa Junior Teams Championship took place in Windhoek, Namibia from 10 to 14 January and our South African U16 and U14 teams emerged as overall winners, surpassing Zimbabwe and Botswana.

ECAS's rising star, Lonwabo Majeke (Buffalo City Metro) and teammates Morgan Jordaan, Alegra van der Walt and won all their matches in the round-robin format U16 girls' category securing a flawless record and a 3-0 win against Botswana in the final.



Lonwabo Majeke(Left) with teammates



The U16 boys mirrored the success, claiming the title with a 2-0 victory over Mozambique. While Zimbabwe took the U14 girls' title with a 2-0 win against South Africa, the U14 boys dominated, securing a 2-0 victory over Botswana to claim the overall title.

2024 Trisome Games - Turkey

The 2024 Trisome Games took place in Turkey where athletes from all around the world gathered to compete on the track, field and in the water.

Academy Para Athlete Rentia Oosthuizen (Sarah Baartman district) relished the opportunity, producing 3 well deserved Bronze medals in the women's 800m Walk, Shot Put and team 4 x 200m Freestyle Relay.



Rentia Oosthuizen (right)



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NELSON MANDELA
UNIVERSITY



ASA GRAND PRIXES



Nikithemba Hani



Tjaart v.d Walt



Mongezi Mgobe

Academy athletes left their mark at the ASA Grand Prix events held in Potchefstroom, Pretoria & Johannesburg. Our Academy stars rose to the challenge and delivered these outstanding performances:

Potchefstroom Grand Prix (GP1):

- Nikithemba Hani: Secured Gold in Men's Long Jump with a leap of 7.85 meters.
- Mondray Barnard: Claimed Gold in the Men's 110mH crossing the line in 13.77 seconds.
- Tjaat van der Walt: Earned Silver in the Men's 400m (46.69 seconds).
- Sherwin van Staden: Clinched Bronze in the Men's 100m in 10.53 seconds (pre-program), and also finished 4th in the Men's 4x100m (RSA B Team).

Pretoria Grand Prix (GP2):

- Nikithemba Hani: Achieved Silver in the Men's Long Jump, covering a distance of 7.83 meters.

Joburg Grand Prix (GP3):

- Mondray Barnard: Gold in the Men's 110mH crossing the line in 13.74 seconds.
- Aphelele Nkonyeni: Claimed Gold in the Men's Senior 3000m Steeple Chase (pre-program) in 09:05.46.
- Mongezi Ngobe: Achieved Bronze in the Men's Senior 3000m Steeple Chase in 09:16.17.

Well done to all for the commendable results, setting the stage for the USSA Championships and ASA Senior Championships ahead.



Mondray Barnard



Sherwin v. Staden



Aphelele Nkonyeni

TRIUMPHS AND INSIGHTS FROM THE ASA YOUTH, JUNIOR & U23 CHAMPIONSHIPS



Bryan Katoo

Athletes from across the nation competed for top honours at the ASA Youth, Junior & U23 Championships held in Pretoria at the Pilditch Stadium. The event saw Academy athletes putting in commendable efforts, with some shining brightly at this prestigious event. Notable among them were:

- Bryan Katoo: Seized the Gold in Men's U20 400m with an impressive time of 46.52 seconds.
- Mondray Barnard: Secured Silver in Men's U23 110m Hurdles, finishing in 13.58 seconds (0.02 seconds from Gold).
- Cindy Strydom: Earned Bronze in Women's U18 High Jump with 1.69m clearance.

Well done to the medallists for the exceptional results. The moment also provided an opportunity for assessment and collective determination to readjust for improved performances in the future.



Cindy Strydom



Mondray Barnard



ACADEMY ATHLETES IGNITE SASAPD NATIONAL CHAMPIONSHIPS



Ayabulela Langa

The SASAPD National Championships unfolded in Bloemfontein in March, providing a platform for athletes to exhibit their talents and hard work invested throughout the season. Among them, Academy athletes delivered standout performances, with remarkable achievements:

Buffalo City Metro:

- Ayabulela Langa: Dominated the (F34) Junior Women category, clinching an impressive trio of Gold medals in Discus (13.93 m), Shotput (5.01 m), and Javelin (11.19 m).



Marshall Marsh

Nelson Mandela Metro:

- Marshall Marsh: Seized Gold in the Senior Elite Men U88kg Powerlifting, showcasing immense strength lifting 152.5 kg.
- Mbasa Qilingele: Displayed prowess in the Senior Elite Women U86kg Powerlifting, claiming Gold with a lift of 80 kg.
- Sadha Felix: Stole the spotlight in the (T38) Senior Men Long Jump, soaring to victory with a remarkable leap of 6.22 m.
- Sinesipho Mahlatshana: Exhibited exceptional skill, earning two Silver medals in the (F54) Senior Women category for Javelin (11.21 m) and Discus (10.71 m).
- Hayley Benecke: Showcased talent and determination, securing Silver in the (F37) Junior Women Discus (13.7 m) and Shotput (5.91 m).



Sadha Felix



Mbasa Qilingele



Sinesipho Mahlatshana

Sarah Baartman district:

- Jaco Smit: Demonstrated speed and precision, claiming Silver in the Senior Men 100m T12 with a timing of 11.04 seconds.



Jaco Smit

The Academy athletes and the entire EC Team's outstanding efforts resulted in an impressive 3rd place overall finish at this year's SASPD National Championships.

HOLLY CLINCHES GOLD AT SA NATIONAL ARTISTIC CHAMPIONSHIPS

Buffalo City Metro's talented athlete, Holly De Bruyn, showcased her skills at the SA National Artistic Championships in Gqeberha. Her performance was nothing short of remarkable as she clinched 2 Gold medals in the Junior Free Solo and Junior Technical Solo categories.

Additionally, Holly secured a Bronze medal for her contribution to the Eastern Cape Technical Team event.

Congratulations to Holly for her consistent dedication and outstanding results.



Holly De Bruyn



FORMER ACADEMY ATHLETE ZANELE MDODANA JOINS PROTEAS NETBALL COACHING TEAM



Zanele Mdodana

Proud product of our Academy Programme who also played a crucial role in our Academy administration team, Zanele was appointed as Assistant Coach of the Proteas Netball Team.

As she takes on this new challenge with the national team, we extend our heartfelt congratulations and unwavering support, with all confidence that her expertise will contribute significantly to the success of the Proteas Netball Team.

TRAINING CAMPS AND FITNESS TESTS

BORDER CRICKET FITNESS TESTING & SKILLS CAMP

In February the Border Cricket Women's team (EC Inyathi) gathered in East London for a fitness testing and skills training camp. The camp kicked off with a fitness testing session with the NMU High Performance Complex's Josh Du Preez to gauge the athletes' fitness levels and progress. A mental toughness session followed under the guidance of mental performance coach, Ryan Adams.

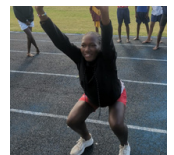
The women were then put through their paces with an intensive session focused on fitness and refining their skills for the upcoming league fixtures, under the watchful eyes of their coaches.



MIDDLEBURG & LADY FRERE HUBS FITNESS TESTING

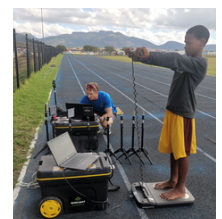
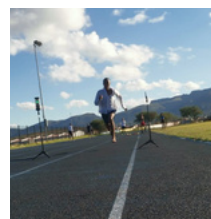


fitness levels, avoid injuries, and evaluate the effect of previously prescribed training programs to provide coaches with valuable and necessary feedback to improve training sessions and prepare the athletes for the upcoming leagues and championships.



In March ECAS Sport Scientist, Mr. Jason Le Roux visited both the Middleburg women's rugby and Lady Frere middle distance running Hubs in the Chris Hani district to conduct fitness tests.

The group sessions included functional movement screening, tests for strength, power and endurance to determine the athletes' current





EDUCATION & TRAINING

ECAS & DSRAC HOST COACHES' EDUCATION SEMINAR

In a collaborative effort with DSRAC, ECAS hosted the Coaches Education Seminar on January 27, 2024, at the NMU High Performance Complex. This event was designed for school-level coaches, officials, and educators within the Nelson Mandela Metro district. The primary objective was to elevate knowledge, refine skills, and enhance the overall effectiveness of coaching in various sports at the school level.

With 35 enthusiastic participants in attendance, the seminar delved into three critical subject areas:

- **Sport Nutrition:** Delivered by Dietician, Ms. Thandeka Mhlanga, this segment provided invaluable insights into optimizing athletes' nutrition for peak performance.
- **Anti-Doping Regulations:** SAIDS Clean Sport Educator, Mr. Mteteleli Biko, unpacking the workings of anti-doping regulations, equipping coaches with the necessary tools to ensure clean and fair competition.
- **Training Programme Periodization:** ECAS Sport Scientist, Mr. Jason Le Roux, shared knowledge and experience on structuring training programs to maximize athletic potential.

The seminar emerged as a success, providing attendees with a wealth of knowledge to plough back to their respective schools. This collective effort aims to elevate the quality and standards of Metro athletes, emphasizing ECAS's commitment to nurturing coaching excellence at the grassroots level.



Ms. Thandeka Mhlanga



Mr. Mteteleli Biko



Mr. Jason Le Roux

ENHANCING EXPERTISE: HOCKEY LEVEL 2 BRIDGING COURSE

The SAHA (South African Hockey Association) Level 2 Bridging Coaching Course took place on March 22nd and 23rd at the KC March Hockey Facility in Gqeberha, with 12 Coaches from the NM Metro region in attendance. Leading the course was Mr. Kurt Cerfontyne, a former Assistant Coach for both the S.A. Senior men's and ladies' National hockey squads, and an FIH (International Hockey Association) accredited Coaching Facilitator.





Spanning over two days, this intensive twelve-hour course covered theoretical and practical components, providing coaches with valuable insights and hands-on experience. Additionally, participants are required to complete three written tasks as part of their final assessment.

The coaches were eager to refine their skills to the benefit of athletes across various levels, from primary school teams to the Premier League. This dedication marks a promising start to their journey of growth and improvement.

Final Coaches' Short Learning Course - SLP 4

Elite coaches from over eight districts of the Eastern Cape province attended the last Short Learning Programme of the 2023/24 financial year. The final course was presented at the Nelson Mandela University High Performance Complex (NMU HPC) in Gqeberha.

The HPC sports science team of Courtney Musson, David-John Linford and Joshua Du Preez presented the SLP on the topic "How to collect and interpret the correct athlete data to enhance performance". The programme had three, 1-hour theory sessions each followed by 45 minute practical sessions focusing on the following methods:



- Planning your Training
- Recording Training Data
- Evaluating Training.

These sessions also included breaks for the coaches to gather in groups to discuss the methods, thereby providing them space and opportunity to network and exchange ideas.



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