

the **MEDALLIST**

sport, science, knowledge



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from the CEO'S OFFICE



hpc Moving Forward

It seems like only yesterday that we were basking in the glory of the success of our Olympians at the London Olympic Games, but this fleeting moment has since past and a renewed focus towards Rio de Janeiro has kicked in. It has been back to the drawing board in plotting our assault on our target of seven medals for the Rio Olympics.

I know that Mr. Gideon Sam the President of SASCOC was severely criticized for his "12 for 2012" campaign, but for the hpc who committed to the "12 for 2012 and beyond", the "and beyond" has now kicked in, in earnest.

For the hpc it is imperative that to achieve the seven medals that we want to win in Rio in 2016, we continue building on the **winning culture** that we have been endeavoring to create for the past eight years and in the words of entrepreneur Steve Carver and founding partner of the win-win group who once said that:

"To win is great, but to not know why you have won is unforgivable"

His approach in a nutshell was that he first learnt a lot about people and then ways in which you can go about changing people's mindsets. He spoke about getting people to do things together and by repeating this process – created habits within the group and ultimately created a culture of sorts. For this he introduced the word "teamship" to create an environment where people are comfortable not necessarily being a leader in the group, but never losing a sense of

accountability and responsibility. He suggests that one should create a sense of belonging for all involved and then build on that.

He summed up this introduction of creating a culture by defining it as: Culture is what happens in the dark. Although coming from a business perspective, he did touch on a number of points relevant to the sport environment. Steve mentioned that no matter what the setting, there is a difference between how we engineer plans and processes to how it plays out in the real-world setting.

As I mentioned in my last Editorial "Success is not a destination ... success is a moving target... our aim must continually be adjusted if we want to keep it in our sights!!!"

This has become more evident in the months since the last Olympic Games where there have been a number of exceptional performances in the world of sport and we need to constantly stay abreast of these achievements and adapt our programmes to ensure that we do not aim too low and find we come up short on the final day of reckoning.

Failure is actually a big part of success. Failure sends a successful person in a new direction towards his or her next success. Little is as important in any endeavour than learning how to handle failure and disappointment.

The recent performances of our swimmers and athletes at their respective World Championships is a perfect example of how we need to accept these failures and plan more astutely for the future whilst creating this winning

culture. We cannot harbour on our past performance but rather focus all our attention at the monumental task that lies ahead of us if we wish to achieve the ultimate prize in world sport.

Michael Jordan said, "I can accept failure, everyone fails at something; but I cannot accept not trying".

- Become brilliant at the basics
- Begin with the outcome and plan backwards
- Systematic thinking – be disciplined in your thinking during periods of winning and losing.

Reverting back to Steve Carver, he tracked back towards the concepts of values and beliefs and linked them in to a culture. He stated that values and beliefs affect attitude and that attitude ultimately affects behaviour. Steve emphasized how important it was to know what values and beliefs the people you are working with have. They need to be known, discussed and understood. This will make it easier to plan an approach to achieve the best results possible.

We have a lot of work to do between now and Rio and we are up to that task. We now just need some of our athletes to also make that mind shift!

Toby Sutcliffe



SASCOC & SA Sport

Text: Gideon Sam President, South African Sports Confederation and Olympic Committee

The funding challenges we face for sport in South Africa are not unique to us. Many countries on the continent experience similar problems. Quite recently at the Think Sport Seminar, Professor Danladi Musa from Nigeria raised similar sentiments that sport on the continent battles to convince governments to apportion more funds to sport. If they do make the effort, the bulk of the money is for football. What should a sports movement do when faced with such challenges?

There are in my view a number of issues that we need to address to enable sport to operate properly in a country and to make it easier for those who can make a contribution to do so. In the South African context the issue of mandates, that is to say, who does what in sport, is something that must be confusing to many standing outside sport. This confusion makes it easy for corporate South Africa to throw up their hands and say: "who should we listen to?". The Sports Indaba of 2011 was an attempt to deal with some of the issues, but once again we got bogged down with the implementation plan because the funding was not forthcoming from the Treasury.

Secondly, a quick survey of the South African sports terrain does not really engender confidence in people standing on the touchlines to come forward to plough their money into sport. As a nation we have to get to a point where we understand clearly who makes policy and who implements it. Many out there find a niche for themselves and continue to dabble in sport regardless, because they find the funds and do their own thing. Can we stop them? No! When we cannot monitor policies by making the requisite funds available, we are in for a hiding precisely

the tune gets the followers. South Africa can ill-afford a situation where people make so many financial sacrifices and still expect to get the most talented athletes to make it to the top. They are bound to fall by the wayside. Funding sport is, in my view, a government imperative. Once this starts happening the corporate world will take an interest. There are of course no guarantees for this, but the models of sport funding in some developed countries are delivering good results. There are lessons that we can learn from these countries.

Notwithstanding all our funding challenges, we also have too many Federations that are dysfunctional. It is difficult to pinpoint where the problem is. One way of looking at it is to say that many Federations in South Africa are still heavily dependent on volunteers. With the demands being made on sport, it is not viable to have volunteers running our Federations. Already the athletes are demanding that we up our game, because they are semi-professionals or professionals who can suffer great financial losses if the Federations are run at an amateur level. This being the case, South African sport finds itself in dilemma, because without proper funding you cannot appoint the necessary personnel you need. At Sascoc we recently reviewed all our Federations and, true to our expectations, some still have a long way to go to satisfy the demands of a professional outfit. We can, however, never do without all the volunteers involved in South African sport today. We have to strike a healthy balance between professionalism and volunteerism to take sport forward in our country. Many Federations outside the big three run respectable offices, but when funding dries up they stumble from one crisis to the other. Surely, this cannot be good for South African sport.

The situation described above creates enormous challenges for Sascoc when it comes to preparation



and presenting athletes for multi-coded events internationally. In each quadrennial we have to identify athletes that must represent the country at these events. All things being equal, Sascoc should be able to receive nominations from Federations for the best athletes in the elite programmes of the Federations. We should set the criteria in consultation with Federations, as we normally do, to get the best to be taken to these events. It has been a serious effort from our side at Sascoc to get all the Federations to support the set criteria. Though it is a process involving all to arrive at the set criteria, misunderstandings still occur. These misunderstandings normally end up in court when athletes feel that they have not been given a fair chance. That to us clearly indicates that in those Federations where this occurs, the Federation did not understand why we had to set criteria. No amount of talk at General Meetings of the organisation will help if there is a measure of unprofessionalism in the way we run our Federations. We unfortunately have to drag Federations along kicking and screaming because South African sport must be competitive in the international arena. We took a decision after Beijing and said: that is not who we are and we refuse to go to the Olympics and Paralympics underprepared. We also decided not to take holiday-makers to these prestigious events.

Public support for what Sascoc is all about will only come about when people understand the South African sport system. A parent will phone from Port Elizabeth saying his or her child has been selected by a club to go to a competition overseas. What can Sascoc do to get the child there because as a family they do not have money. Such requests clearly indicate

that they do not understand what Sascoc stands for. I sometimes listen to some talk-radio stations where sport is the subject and the number of callers bashing Sascoc and the SRSA are really disturbing, because it shows serious ignorance. In such a climate, public support for what we stand for and do is difficult to track. We do know, however, that good performances will always make people forget the mistakes we make in sport. We are therefore left with very few choices. The sports movement must produce the results because that is what the public wants. These results must be produced consistently and at a very high level. What it means is that we cannot afford to produce one athlete now and then take ten years to produce an athlete who can perform at that same level. A case in point here is Hestrie Cloete and Penny Heyns. These are two of our great performers at a high level. And true to South African form, we have not been able to "clone" them. Our task as the sports movement has been cut out for us: perform consistently and the public will give their support to us.

At Sascoc we agonise over these glaring shortcomings of the South African sport system, and though we do our best to tackle the challenges, we know that we have a long way to go. Too many kids with talent miss the boat because of socio-economic hindrances at an early age. Too many sport administrators go about their task frustrated by the challenges they face. Too many athletes believe that the system is against their progress to the top and too many people who can contribute financially to Federations simply do not care. We pause and ask: Qua Vadis, South African sport? I guess the jury is still out on the matter.

If only...

Text: Wilhelm de Swardt Images: Reg Caldecott

During the past 15 years this phrase was often heard in local athletics circles during discussions about the long-term planning for events such as the Olympic Games or World Championships.

To be honest, some coaches and administrators came up with brilliant ideas and proposals that would certainly have helped South African athletes in their quest to win medals when it mattered most.

But the reality was that these ideas usually remained nothing but dreams. The sad refrain could always be heard: "If only we had the money... If only our athletes could have the opportunity, etc".

But it would seem that for South Africa's talented young athletes Christmas came early this year. The High Performance Centre (hpc), based at the University of Pretoria, announced that they are establishing a new athletics academy.

The academy hopes to put South Africa back at the top level of international athletics by focussing on the development of young athletes. According to Danie du Toit from the hpc, this project will be a first of its kind in South African sports.

"Thanks to our benefactor, who wishes to remain anonymous, we will be able to approach Athletics South Africa (ASA) for the first time without having to ask anything from them except to accept and support our new project.

"At long last we have the money that everybody has been wishing for. We can, now, begin to help

young athletes to fulfil their ambitions."

According to Du Toit, the benefactor was quite specific about which athletes should receive assistance.

"He defined the athletes as 'needy', but without reference to 'race'.

"Needy athletes are athletes who do not have access to decent schools or proper coaching.

"I think children from the 'platteland' could certainly benefit from this."

During the first year, 30 athletes, born between 1997 and 2000, will receive bursaries to do their schooling at the TuksSport High School while they receive world-class coaching and complete scientific support from the hpc.

The monetary value of the bursary will amount to around R148 000 per athlete.

"Our benefactor also specified that he wanted the young athletes to receive international exposure so that they would not be total novices if they should be selected to represent South Africa at a World championship or the Olympic Games.

"Another major spin-off will be that, although some of the athletes might not turn out to be world beaters, they will still benefit from the good education that they will receive. This will enable them to study at universities or other educational institutions on completion of their schooling at the TuksSport High School."

According to Du Toit their main

challenge at the moment is to select the 30 athletes.

"Our aim will be to increase the intake to about 60 by 2015, and eventually to 100.

"We would prefer to be able to liaise with coaches and administrators in each of the provinces to identify the top candidates for the bursaries, but for this year it will not be possible."

"Time is really of the essence. The hpc will run several talent identification camps before the end of the year."

Lindsey Parry, head of the hpc Athletics Academy, is satisfied with the standard of the athletes who attended the two-day selection camp in Pretoria during weekend 24-25 August.

"At least ten athletes have been identified to be in line for bursaries," Parry said

"It was especially encouraging for me to see that there were such well-coached athletes from the townships."

"Although some of the kids who were tested were not in great shape, we did not mind. The more athletes we see, the better the chance that we will find the real talent."

"There were quite a few talented young sprinters but, unfortunately, there were not that many middle and long distance athletes. Nevertheless, one or two of those who attended did impress."

According to Parry they prefer young track athletes who are between 13-16 years of age.

“But this does not mean that a talented 17-year-old athlete has no chance of receiving a bursary. One year of quality coaching and scientific support is still better than none at all.”

All the candidates for the 30 bursaries have to be identified by October in order for the Academy’s Trust to have time to make their decisions. However, Parry emphasized that this does not mean that other, perhaps more talented, athletes will not be in line for bursaries afterwards.

“We are constantly liaising with James Evans and Hendrick Ramaala from Athletics South Africa (ASA), who are in contact with the coaches in all the provinces, to help us identify new talent.

“Athletes will be in contention for bursaries until January 2014. It is possible that as many as 40 athletes will by then have received bursaries.

Du Toit emphasized that the hpc is not trying to “high jack” South African athletics with their Academy.

“I know there will be thinking along those lines but there is no truth in it. Even though the athletes are based in Pretoria they will still represent their respective provinces at the South African Championships.”

“Our only aim with the Academy is to try and help South African athletes to excel at the highest level.”

The Academy will certainly play an important role to help with the revival of women’s athletics.

It is rather disconcerting that Caster Semenya, medallist in the 800m at the 2012 Olympic Games in London, and Sunette Viljoen, South Africa and Africa record holder in the javelin, are the only South African athletes who are truly capable of competing against the world’s best at the moment.

Statistics paint even a more a bleak picture of the standard of female athletics in South Africa.





Since 2007, South African senior records have been bettered only in the 800m (once), 3 000 steeplechase (once), long jump (once), triple jump (twice), discus (once) and javelin (on numerous occasions).

The rest of the records are all at least 10 years old. It is frightening to think that some date as far back as 1984 (Zola Budd – 4:01.81 in the 1 500m); 1986 (Myrtle Bothma – 53.74 in the 400-hurdles) and 1989 (Evette de Klerk – 22.06 in the 200m).



It is also disturbing that Semenya and Tsholofelo Thipe (400m) are the only black South African female athletes to have competed at the Olympic Games since 1992.

There certainly have to be more capable black female athletes in South Africa.

Since 2005 Semenya and Viljoen have been the only two female South African athletes who have won medals at senior World Championships.

Another disconcerting statistic is that since 1994 only four women – Heide Seyerling (gold in 200m), Justine Robbeson (gold in javelin), Marizca Gertenbach (bronze in javelin) and Tazmin Britz (bronze in javelin) - have won medals at the IAAF World Junior Championships).

Taking all of this into account it becomes clear that there is definitely a big need for a proper Athletics Academy.

For more information: www.hpc.co.za.”



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Text: Vata Ngobenji, Chief sport writer for the Pretoria News Images: Reg Caldecott

not if... when

Ask any aspiring golfer what their dream is and the answer is almost unanimous, to play in The Masters.

At the tender age of 22, Daniel Slabbert is hoping that in the not too distant future he will be walking on the fairways of the famous Augusta National and soaking in the cheers from the thousands of golf followers who make the annual pilgrimage to the United States.

For Slabbert it is not a matter of if he will ever play in The Masters - but when?

At first glance one would easily think that Slabbert is fueling a pipe dream that will never happen but it is in talking to him and realizing his achievements beyond the adversity of his disability that one realizes that Slabbert's dream can become a reality.

Everything about Slabbert's rise to the top of golf is normal, from his powerful drive to his ability to use his tenacious fighting spirit to consistently be better than his peers, but not everything about Slabbert will be normal if he does indeed live his dream of teeing off at Augusta.

You see, Slabbert has one leg and in a sport that requires almost every fibre of your being to even play as a professional, it is beyond normal that Slabbert could be playing in the Sunshine

Tour and eventually at The Masters one of these days.

"I have a lot of dreams but I would love to play in The Masters," Slabbert said of his ultimate dream.

As distant a dream as The Masters may be, it is the fact that Slabbert is even playing golf that many would say is already a dream come true for a young man who not only lost his leg in a freak accident at the age of 14 but almost lost his life.

"I was jumping on a trampoline alongside the farm house. I landed slightly off balance, and it shot me towards this small window. My left leg went through the window, and that was it," Slabbert said explaining his trampoline accident on his family farm in Sishen.

Every major artery and tendon above his knee was severed instantly.

Slabbert was rushed to the nearby town of Kathu but the local hospital did not have enough blood for him.

It was decided that Slabbert would be sent to Kuruman by ambulance but on the way there the ambulance had a puncture.

However, Slabbert managed to get the much needed blood transfusion and was later transferred to Kimberley where

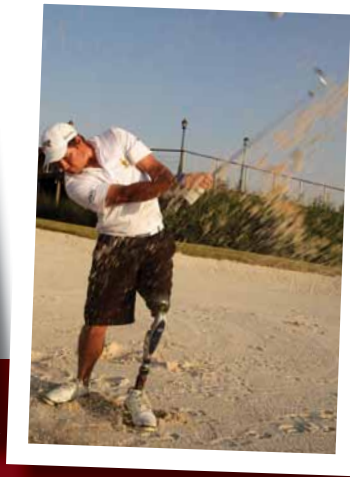
he spent six days after his amputation.

The miracle was not that Slabbert was himself back on the farm but it was his meteoric rise within the world of golf afterwards that has surprised many besides Slabbert.

"Golf was always a passion and dream of mine since the age of 12. I always practiced to make sure that I have a good handicap before I had my accident. Initially after my accident I didn't want to play as I would have issues with the transfer of weight and so on. But I'm the type of person when I do something I must do it properly or I mustn't do it if I can't do it right. I came back and practiced harder than before but I also made sure that I enjoyed it," Slabbert said.

It was through adversity that Slabbert was able to exploit all of his talents and even though he has already achieved much in his fledgling golf career, there is the burning desire to play with able-bodied golfers on a regular basis sooner rather than later.

Having now won three consecutive Nedbank SA Disabled Open titles and the coveted Swedish Invitational in August this year, Slabbert is set to turn the world of golf on its head when he aims to emulate Oscar Pistorius' feat of competing at the London Olympics.



The Swedish Open is regarded as the unofficial world championship of disabled golf and after falling short two years ago when Slabbert finished in fifth place, he was almost flawless this year from day one until the last day.

"I'm really glad I did it, I'm very happy to have won it. I played it two years ago and I finished fifth but this year I changed my approach. There are two different types of golfers, those who focus purely on golf and those that do the golf and have the correct mindset towards their game. I practiced harder than I ever did and I made a mindset change," said Slabbert about his Swedish Open win.

"I really want to play in normal tournaments with able-bodied golfers. What Oscar showed me is that anything is possible if you put your mind to it."

"It is a pity that disabled golf is not part of the Paralympic movement as there are not enough countries participating."

"In the next four years it is important that I get myself on the Sunshine Tour but that will all depend on how I play," Slabbert said.

Slabbert may sound like a seasoned professional already but he is still a young adult at heart and outside of the golf Slabbert enjoys hunting, fishing and driving 4x4's.

Having fallen in love with Pretoria since joining the Tuks Golf Academy it comes as no surprise that Slabbert enjoys playing golf at Copperleaf, Serengeti just outside of Kempton Park and the Gary Player Golf Course in Sun City.

In the same way that Slabbert is undecided on which is his dream golf course, his golfing idol is not just one golfer but a mix of local and international golfers that Slabbert wants to emulate in attaining his dream of playing at Augusta.

"There are a lot of people I look up to but I am more interested in their game than what they have achieved. I love Ernie Els' fluent swing and Tiger's aggression. I don't really have an idol and for me it is more about their game and how they do it than saying that particular person is my idol," says Slabbert.

As far as it is from Sishen to Georgia in the United States, Slabbert has proven that he has what it takes on the golf course, in his heart and in his mind to make real what many only dream of.



WENDA

Text: Wilhelm de Swardt Images: Reg Caldecott

How will Wenda Nel (Theron) respond to the philosophical question of "Is the glass half-empty or half-full?"

Judging by what has happened in her athletics career during the past two seasons, her answer to this question will tell much about her attitude to life.

Nel, who is sponsored by the hpc, set the fastest times in the 400-hurdles, last year as well as this year. Although she ran faster times than the B-qualification for both meetings, she was not selected for the South African team that competed at the 2012 Olympic Games in London, nor for the team that went to the IAAF World Athletics Championships in Moscow.

She won three consecutive national titles from 2010 to 2012.

Another major disappointment for Nel was when she went down hard during the final of the 400-hurdles at the South African championships in Stellenbosch.

Going over the last hurdle, Nel made a tactical error which caused her to lose her balance.

But on the positive side, Nel's best time of 55.36s, which she ran last year, put her third on South Africa's all-time list. Only Myrtle Bothma (53.47s – 1986) and Surita Febbraio (54.05s – 2003) were able to run faster times.

But to get back to the question of whether the glass is half-empty or half-full:

"I guess for me the glass will always be half-full. In spite of having had

some disappointments, there is still much for which I am grateful.

"One of my main assets as an athlete is my passion. I really love sports and I will be forever grateful for my God-given talent.

"As long as I am able to run, I will live out my passion to the fullest. This is what motivates me to train every day and it also enables me to push myself to the limit, trying to run faster times whenever I compete.

"I would like to continue until at least 2016, and maybe even a year or two after that.

"But I have an important decision to make before October. I am considering to quit my job in order to focus full time on my athletics career for at least a year. Maybe I will combine my training with studying again.

"I won't say it is impossible to work, train and compete at the same time, but it is definitely not ideal. You do tend to miss out on

some important training from time to time.

"It was in fact my husband, Jacques, who suggested that I should take a sabbatical from my work to focus on athletics. His support means a lot to me and I am really grateful for it. But I will try to find a part-time job, because I have bills to pay."

When Hennie Kotze, her coach, was asked whether Nel would be able to run faster times, he answered 'yes' without hesitation.

Some commentators consider Nel's lack in length to be a possible handicap when she competes in international racing.

She is only about 1.60m tall.

According to Kotze: "Wenda's length is not a problem at all. Morocco's El Moutawakel Nawal, who is only 1.62m tall, won the gold medal at the 1996 Olympic Games in Atlanta in a time of 54.61s. Wenda compensates for her lack in length with her natural strength and leg speed."

It is not surprising that Nel rates her participation at the 2011 World Championship in Daegu as a definite highlight.

"To compete at a World Championship is every athlete's dream. It was an amazing experience for me to compete against the world's best. I had the opportunity to run against Melanie Walker (2009's World Champion). I must admit that I was rather nervous at first. When I walked out onto the track, I began to have doubts about my own abilities."

"You cannot help but wonder whether you are really good enough to compete against the world's best."

"But then you realize that you have worked just as hard to be there as any of the top athletes."

When asked what she needed to work on to improve her times in

the 400m hurdles, Nel said:

"Actually, an athlete has to realize that there will never be a moment when you will be able to sit back and say that there is nothing more for you to learn.

"There will always be something on which you can improve to make you that little bit faster.

"I will definitely have to watch my weight. It is important that I stay as close as possible to my racing weight.

"I also think I need to become a little bit stronger and, to achieve that, I will have to spend more time in the gym. But it will require a fine balance.

"It will not help at all to do a lot of hard work in the gym in the morning only to find that your legs are dead in the afternoon so that you cannot do proper track work."

Nel grew up in Worcester and matriculated at Worcester Gimnasium.

"At school I participated in athletics, netball and tennis. In Grade Five I represented Boland at the SA Primary School Championships in the 70m hurdles and I won a silver medal.

"Another definite highlight was when I won two gold medals and a silver at the SA Schools Championships when I was in Grade Seven.

"I won the 200m hurdles and long jump (new SA record) and finished second in the 80m hurdles. For this I received awards as the best field athlete, as well as the best athlete of the meeting."

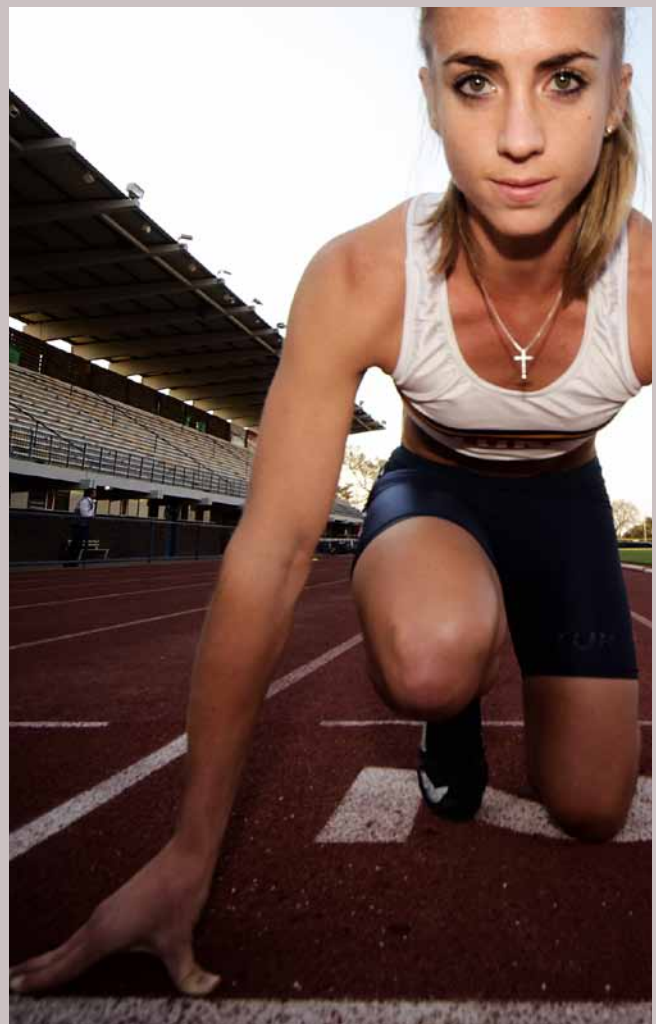
Nel's sporting abilities at school were certainly not restricted to running fast times.

"I also excelled as a netball player. I was selected for the Boland schools' team from Grade Six to Grade Ten and I even captained the team on a few occasions.

"But from Grade 11 my focus shifted to athletics. I began to specialize as a hurdles athlete."

According to Nel she only began to specialize in 400m hurdles in her second year at the University of Pretoria.

She never regretted this decision.





Text: Rick de Villiers Images: Reg Caldecott

Renaissance Swimmers

Marlies Ross

The Renaissance man or woman: champion of variety, scorner of specialisation, polymath. The individual medley swimmer: defender of diversity, detester of tedium, poly-aquate. Or, by another name, Marlies Ross.

In the last two months the name of this TuksSport High School learner has dropped from the lips of radio DJs, nestled in the pages of Marie Claire, and sounded over TV screens across the world. By far the youngest member of the South African squad at this year's FINA World Championships in Barcelona, some thought she was being thrown into the deep end. But to qualify for the world stage is not a matter of opinion: it's all down to beating an unbiased clock and shaving off impartial seconds.

'I was shocked when I got the call to tell me I'd made the cut,' Ross says. 'When we finally arrived in Barcelona after a gruelling training camp, it was even more unreal: the arena was so grand, so full of people, so full of flashing cameras. But there was wonderful camaraderie in the team, and everyone was very supportive. Chad (le Clos) was really great and put my nerves at ease. He told me to forget about everything and just treat it like a normal gala.'

She did. And in making it to the second heat of the 200m IM, she also improved her personal best by two seconds. But 2013 has been far from normal. In her annus mirabilis, she has leapt from 42nd to 29th in the 200m IM world rankings. And apart from her bow in Spain, she's been raking in medals throughout the year. At Senior Nationals she snapped up gold in the 200m IM, and at the SA Short Course Championships she claimed bronze in the 400m IM.

Given her performance at senior level, it almost goes without saying that Ross is virtually unbeatable in her age group. That doesn't mean she's giving anyone a chance. Since her return from Barcelona, she's been training for next year's Junior World Champs. All-rounder that she is, Ross will be competing in no fewer than six events: the 100m and 200m Freestyle, 200m IM, 100m and 200m Breaststroke, and the Medley Relay.

'I feel I do better the more I take on,' she says. 'It's tough doing so many different events and styles, and it's difficult to maintain a good balance, but somehow I manage to focus better when there is more to focus on.'

Caydon Muller

Like his schoolmate and fellow swimmer, Caydon Muller also believes in diversifying his portfolio. Initially a backstroke specialist, he added freestyle to his repertoire when he came to TuksSport High in 2010. Now, in his matric year, Muller competes in six events (50m, 100m, and 200m in both backstroke and freestyle).

To the uninitiated, swimming is swimming. But to those in the know, the marriage of disparate styles is the measure of true versatility – one of the reasons why the University of Arizona has offered Muller a scholarship for 2014.

‘I can’t quite explain it,’ Muller remarks, ‘but it’s almost as if backstroke and freestyle require different types of fitness. It takes double the effort, because you’ve got to give equal attention to both styles. And at galas, you’ve got to learn to pace yourself for different events. For instance, I’ll swim in a backstroke heat just before I compete in a freestyle final. In the end, I suppose, it’s a matter of timing.’

A matter of timing, and a labour of love. Both Muller and Ross spend almost as many waking hours in the water as they do on land. The only thing that interrupts their training schedule is the time they spend at school. On occasion, not even that gets in the way. By the end of this year, Ross will have missed 42 days of school and Muller over three weeks.

But if keeping several balls suspended in the air isn’t a trademark of the Renaissance swimmer, then what is? For Ross and Muller, it also comes down to turning a dazzling routine into concrete results – something that they’re both shaping into an art.





Technically speaking

Text: Rick de Villiers Images: Reg Caldecott

Matthew Chase and Michaela Whitebooi will tell you that winning isn't everything. Winning with style is.

In most sports, technique is a means to one end: beating your opponent. Very seldom is technique the goal itself, because ultimately it's the score sheet that matters. But for judokas like Matthew Chase and Michaela Whitebooi, technique is everything.

It's a point of condensation, of compression, of seamless synthesis. It's the moment the dancer becomes the dance, the moment conscious effort sways before the graceful impulse of method utterly absorbed.

'In judo, you've got to use everything you have to outsmart your opponent, both in mind and in body,' explains Matthew, the South African judo champion at

both under-20 and senior level. 'A good example would be my big fight at the Junior African Championships in July this year where I won the bronze medal. I came up against an opponent from Tunisia who had outwitted me in the same competition the year before. I was nervous, but I had to put the past behind me. In the end I overcame my fear and beat him in golden score.'

Michaela, his 17 year-old teammate and the SA no. 1 at under-20 and under-17, also believes that success in judo boils down to mind over matter. 'There are two things I love about judo: getting a difficult technique right after lots of training, and then using that technique in competition.'

Given her recent performance at the USA World Cadet Championships in Miami, Michaela doesn't seem to struggle with getting things right in competition. Fighting in the 44kg as well as the 48kg category, she walked away with the gold medal in both events – even though she was carrying an injury.

'In one of the semis I over-rotated and hurt my back. At first I didn't want to fight in the final because the pain was too much. But then I thought, "I've made it this far, I might as well try". So I did, and I won! All I had to do was focus on my technique and the rest came naturally. And after the fight, my back didn't even hurt at all!'

For both Matthew and Michaela,



success is the product of years of dedication. Matthew, now approaching 15 years in the sport, still remembers the reason he got into it. 'I was 7 years old when I got my first taste of judo. My sister was competing at a national tournament, and I was blown away by the skill of all the judokas. As I watched the senior males competing I saw some of them do amazing throws. The crowd went crazy and I told myself that I want fight like that one day.'

At the top of his sport in SA, Matthew's tacit promise to himself has come true. In the last few years he has medalled at three out of four international competitions. In 2011 he qualified for the Junior World Champs (2011), and in the last calendar year the 20 year-old

has kept an unbeaten record in South Africa.

But neither Matthew nor Michaela is resting on their laurels. For next year, Michaela has set her sights on two major competitions: the National Trials in February, and then the African Championships in July. Having experienced a recent setback at the World Cadets' Championships (also in Miami) where she was knocked out in an early round, Michaela is rearing to get back on top.

'I was very sad when I lost in August. And I was the only one who cried!' she confesses. 'But I realised it isn't the end of the world. Now I'm training harder than ever, and I want to prove myself at next year's big

competitions.'

Matthew, in his turn, is looking towards the 2014 Commonwealth Games in Glasgow. 'It isn't hard to motivate yourself for big events like this. I've always try and keep in mind why I'm at the hpc and how hard I worked to get here. My dad always says: "God has brought you this far and He will take you further." The trick is to train as hard as you can, and when the day comes you just let the technique take over.'

If ever there was an example of an older athletic legend guiding a younger athlete to legendary status, it is Maria Mutola coaching Caster Semenya.

Mutola (Mozambique) has often been dubbed the greatest female 800m runner of all time.

Although she had never won a world record, her consistency, her dossier of excellent performances at major championships, as well as her ability to compete at the highest level of the sport for well over a decade, are unmatched.



Mutola is the fourth athlete who competed at six Olympic Games. She was a three-time world champion in the 800m as well as a one-time Olympic champion. That is not all, she has also won the world indoor title on seven occasions.

Her time of 1:55.19 is the 8th best of all time. Semenya is currently 13th on the IAAF's all-time list with a time of 1:55.45.

Semenya makes no secret of the fact that Mutola has always been her idol. It was not surprising, therefore, when Mutola started coaching Semenya after the 2011 World Championship in Daegu.

With Mutola's guidance, Semenya won a silver medal at the Olympic Games in London last year.

Unfortunately, a knee injury has kept Semenya on the sideline for most of the season.

"Caster suffered an injury after the Olympic Games in London. Her left knee was very painful.

"It is the same knee on which an operation was done in Limpopo when she was seven years old.

"The knee has troubled her ever since.

"During the 2011 IAAF World Championship in Daegu, she was in great pain.

"With the help of a physiotherapist, who worked on Caster two to three times a day, she was able to win the silver medal in the 800m.

"Last season she had some pain, but it was bearable. After the Olympic Games, however, it became so bad that she was forced to take a break.

"She also did rehabilitation at the hpc two or three times a day, and has become stronger. By the end of April she was in very good shape.

"Unfortunately for her she injured her right ankle early in May. Therefore, there was a logical reason for her not to compete," Mutola explained.

Mutola reckons that Semenya is a better athlete than she was at the same age.

"She ran 1 min 55.45sec when she was 18. At that age, I had yet to break two minutes."

According to Mutola, Semenya's biggest obstacle is in her own mind.

"She has to motivate herself. She has to trust her own abilities and believe that she is capable of running real fast times again.

"I am confident that she will only need one good race to regain her confidence. Once she has made this breakthrough, she will be able to achieve times in the region of 1:55.00 and faster.



"When you run without achieving success, it becomes difficult to persist. However, I think she does believe that she can go faster and I'm here to motivate her and share some of my experience with her.

"There is no need for Caster to make the same mistakes that I made when I was running."

Mutola is a firm believer that you don't wait for the other athletes to dictate matters when you are running an 800m race.

"It is important for me that Caster should dominate every time she races, because when you do that you earn the respect of your rivals."

The humiliation of the gender controversy definitely still lingers in Semenya's mind and she remains media shy.

Mutola understands. "It's difficult for her to handle the media because the 2009 gender issue is always raised.



"The media does not know the real Caster. She is a normal person when she is with her friends and when she is training.

"Like any other athlete, she gets upset when things go wrong, but when everything is going well again, she has a good sense of humour."

Mutola believes that Semenya is capable of breaking the women's 800m world record. This record (1:53.28) was set by Jarmila Kratochvilova in July 1983, and is the longest standing track and field record.

"You need a perfect race, with exactly the right people in it, to be able to break a record like this one."

At the time of writing, Semenya missed out on qualifying for the World Championship in Moscow.

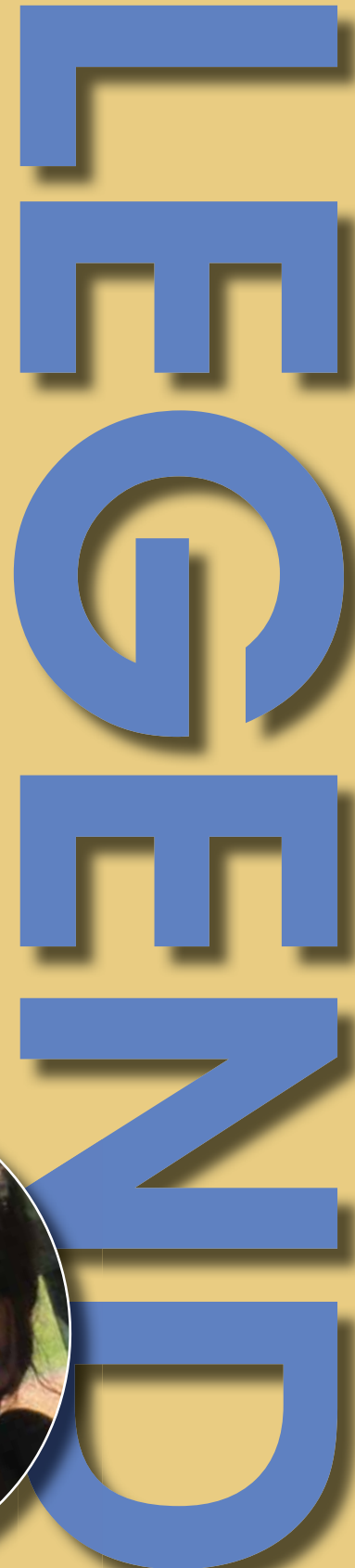
She has only competed in three races lately, with a best time of 2:01.86.

But the plan is that she will compete in some of the remaining Diamond League meetings and it will not be surprising if Semenya should end up winning some of them.



Maria Mutola

Text: Wilhelm de Swardt





for the love of cricket

"I say

I don't like cricket. Oh no, I love it

I don't like cricket. No no, I love it."

These words from the Dreadlock Holiday Lyrics, sung by Bobby Cliff, are certainly applicable to Rob Walter, the newly appointed Titans coach.

To say that Walter is passionate about cricket, would be an understatement.

He does not just love the sport per se. He also loves the challenges that are an intrinsic part of playing good cricket.

Walter finds it very rewarding if he can help a team or individual players to achieve success.

It is fitting that Walter has at long last been appointed as the Titans coach. His blood is certainly 'blue'.

He learned to play cricket while he was at school in Pretoria and played for the Northern Schools team. He then went on to play a few games for the Northern B team before he seriously started to coach.

Walter's CV as coach is impressive.

He was the conditioning coach of the Proteas up to the recent Champions Trophy series.

Before that he was involved as an assistant coach for the Titans with Dave Nosworthy. He started the University of Pretoria's High Performance Cricket Academy in 2008, was the Director of Tuks Cricket, and worked with Delhi Daredevils and Pune Warriors as

well.

Because the Titans have been the most successful franchise in the country since the system was put in place in the 2004-05 season, much will be expected of Walter.

The Titans have won nine trophies in as many years, but had to go without silverware last summer.

"I have not really set myself definite cricket goals for the season. My first priority will be to create a healthy cricket environment at the Titans, one in which the players will be stimulated to extend their mental and physical boundaries.

"I firmly believe that players should be allowed to express themselves fully while playing.

"I want the players to play 'thinking' cricket. To win the crunch matches that really matter, a player sometimes has to be able to think out of the box.

"As a franchise coach, it will also be important for me to produce cricketers for the national squad.



Text: Wilhelm de Swardt

“While I was working with the national team during the past few years, I have noticed that there is a false perception that it is easy to make the transition. This is not true.”

“I hope to narrow the gap between playing for a franchise and what awaits cricketers when they are selected to play for the Proteas,” Walter said in an interview with Sapa.

When playing at domestic level, the batsmen received the odd loose ball, allowing them more time to settle at the crease, he said.

“Look at our recent game against England, there were no freebies. The batsmen were forced to make a play under pressure,” he said, referring to the Champions Trophy semifinal when the hosts thrashed South Africa by seven wickets, with 12 overs to spare.

“There were no bad balls to release the batsmen and to get an innings going. And if the top batsmen were under pressure, imagine what it was like for the

younger guys stepping in to bat in that situation.”

The domestic four-day competition is still seen as an important part of the game, despite the Titans’ poor performance, finishing bottom of the log last season.

“It is the pinnacle of our cricket. To play Test cricket for South Africa is what every young cricketer aspires to do, so my focus will be on getting us back up and running to where we were in the past.



“It’s a double-edged sword as the shorter format has definitely increased the pace of four-day and Test cricket, but certainly the approach of younger cricketers to the longer format needs some work,” Walter said.

There was a definite skills set required to perform at first-class level and he said he planned to create an awareness of how four-day cricket needed to be approached.

Having been involved with the hpc Cricket Academy, Walter believes that a scientific approach can help players to achieve the cutting edge at times when it matters.

“Having the hpc Cricket Academy in Pretoria is definitely beneficial to the Titans. The Academy is the place where young players are groomed for the larger cricket arena.

“The main benefit of the hpc Academy is that players are taught to do the basics right.

“I will certainly liaise closely with the Academy, because it can be an ideal feeder team for the Titans.”

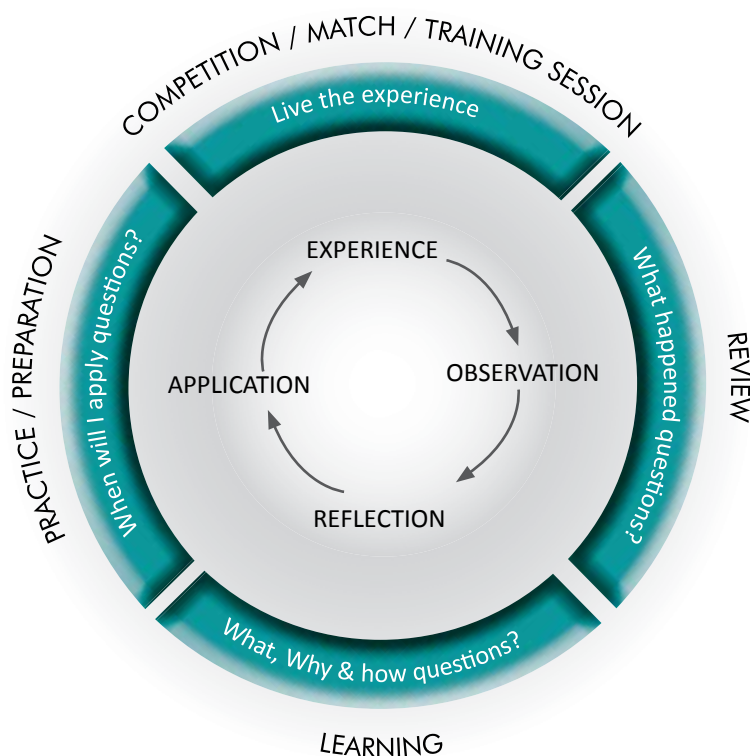
The Coaches' Role in Learning



Text: Maurice Aronstam & Monja Human

Continuing with our coaching theme we look at how coaches can help the learning process in athletes. We have all heard the sayings; 1) why do we fall? So we can learn to stand up, 2) a mistake is only a mistake if you don't learn from it, and 3) let's throw them into the deep end. Inherent in all of these sayings is that learning from experience is a critical part of continued developing.

When we were growing up as children we viewed learning as a once off event that happened, and that was it. If we didn't know, someone taught us, and then we knew. When coaching young kids this is often seen when they are taught a new technique or skill. After practicing it a few times they regard the learning as having taken place and want to move on to the next thing. They've been taught; they can now do it. Only as we get older do we start to realise that learning is a process, not an event.



The learning process is a continuous process that seemingly effortlessly flows from one stage into the next.

1. Experience: Here we are actively engaged in the experience.
2. Observation: Here we become aware of what went on around us and inside us while engaged in the experience.
3. Reflection: Here we identify what principles can be learned that will be beneficial in the future.
4. Application: Here we consider (and train) how and when we can apply what we have learnt to a new situation.

Now let's look at this from a coaching perspective. We are always looking for independent athletes able to make good decisions under pressure. In most sports, during competition coaches are not able to assist in decision making, it must be done by athletes in the heat of battle. This is why it is important to break away from the traditional view that athletes practice and play and coaches reflect and plan. Athletes lead the direction of the learning, guided along the way by the coach.

Coaches can help the learning process by asking the following in the different stages:

1. **Experience:** Gain an understanding of the athlete’s experience by asking questions about the experience. Coach can also share his/her experience with the players.
2. **Observation:** Gain an understanding of the preliminary learning of the athlete. Again the coach can share his/her observations as well.
3. **Reflection:** Ask the athlete to identify what principles they have learnt that may be applicable in future situations. The coach might also have certain principles about the sport that is relevant here.
4. **Application:** Ask the athlete how and when this learnt knowledge is relevant for future situations and how this will be practiced or used in preparation for future matches/competition/training sessions.

Allowing the athlete to consistently be part of the reflecting and planning leaves them with a sense of empowerment in their sport. Taking the time to assist the athlete in this process will help create independent and responsible athletes, but also be aware that to do this in a meaningful way takes some time. When coaches are under time pressure, often they step into the trap of just telling and not assisting in the purposeful learning of the athlete. At the outset of sessions, when giving your intentions and expectations, allow athletes to also give their expectations of the session. This will allow them the responsibility to help plan their training and be accountable to the expectations they set. Identify a few times in a training environment and competition environment where you are willing to take the necessary time to do this. Maybe at the conclusion of a session/match/race ask the athlete to identify the top principle(s) (3 or less) learnt in that experience and focus on asking the relevant questions for each learning stage, doing each of the identified principles separately. Let’s look at two examples, one where some learning has taken place, and one where the learning has really helped in the development of the athlete:

LEARNING STAGE	BEN	JOHN
Experience	<ul style="list-style-type: none"> • Played a gruelling 5 set tennis match and won. 	<ul style="list-style-type: none"> • Played a gruelling 5 set tennis match and won.
Observation	<ul style="list-style-type: none"> • That was a tough match physically. • In the heat I felt dehydrated. • I lost focus at the end of the match. 	<ul style="list-style-type: none"> • Physically I started to fade towards the last set and was not as quick on my feet. • In the heat I felt dehydrated and wished for more energy. • My opponent’s backhand was strong when I hit shallow in the court but was weaker when I kept the ball deep in the court. • I lost focus mentally when my body started to show signs of taking strain.
Reflection	<ul style="list-style-type: none"> • I need to work on my fitness. • Next time I must drink more fluids on hot days. • When my fitness improves I will focus better. 	<ul style="list-style-type: none"> • My endurance was tested but what almost cost me today was my speed while fatigued. • I must work out a strategy to drink more often in matches and to find out if what I’m drinking is giving the best nutritional value. • In the next tournament keeping the ball deep to this specific player’s backhand will place them under pressure. • My focus was drawn away from playing each point on merit because I started to pay attention to my heavy legs.
Application	<ul style="list-style-type: none"> • I will run harder in my next fitness session with my trainer. • I will remember to drink more fluids in the next tournament. • I must improve my focus next time I’m in a gruelling match. 	<ul style="list-style-type: none"> • I am going to ask the trainer for 4 speed sessions to help me keep up my speed in the next tournament. • I will try my new drinking routine in practice for this week and make adjustments if needed. I will also compare my drinks to two other sports drinks to see which will give me the most energy. • In the build-up to my next tournament two practice sessions must be aimed at leaving the ball deep in the court. • This week in training I will experiment with a few cues to remind myself to get back to the ball rather than wondering if my legs will hold up when they feel heavy.

Allowing athletes to take the lead in their own learning, assisted by the coach or parents, will help create responsible athletes able to make proactive decisions.

How to manage sport injuries while training and competing



Text Jean-Pierre du Plessis, hpc

Every athlete needs to be in top shape to compete at the highest level. From the first phase in off season training to the last competition the athlete competes in, the athlete must give their best everyday, every moment.

It is said that a great coach knows how far to push the athlete before an injury occurs. This couldn't be further from the truth. Every athlete responds differently and needs an individual approach but all of them need to push the boundaries in order to be the best.

Roland Schoeman once told me that a great athlete is one who accepts the pain and learns to love it. So during training, recovery sessions and on the physio beds there will be pain however it is of the utmost importance to differentiate between pain that will benefit you and pain that warns you about an injury. It will happen that you as an athlete or one of your athletes get a bit fatigued, overtrained or experience a more serious injury.

It is the responsibility of both the coach and the athlete to seek the right professional help. As a medical unit we work as a team

to encourage quick recovery and a quick return to the sport. But it is the management of an injury that determines the outcome.

Know that prevention is better than cure so make sure all the right training recovery strategies are in place.

1. Cooldown
2. Hydration
3. Ice baths
4. Massage
5. Stretching
6. Nutrition (taking in the right nutrients will help speed up your recovery, consult with a dietician)

First contact after injury is crucial. The professional should follow a TOTAPS approach

Talk: ask questions. How did it happen? Where is the pain? Etc.

Observe: look at injured part. Does it look swollen? Compare it to the non injured counterpart

Touch: feel it carefully, feel for heat, swelling, etc.

Active Movement: let the athlete move it in pain free range

Passive Movement: assist the athlete in movement.

Skill test: to be done by a professional.

After an injury occurs guide the athlete to the right professional, either to the team Physician, Physiotherapist, Sport Therapist or Biokineticist. They will assess the athlete and make sure if the injury is serious, acute or overuse. Once this is determined it needs to be communicated to the coach what the management of the injury will be and who the professional or contact will be for that duration of rehabilitation.

The professional will determine the tissue type, the severity and if there will be primary consequential versus secondary consequential

injuries. Sometimes rest is needed or alternative training might be suggested, e.g. water running. Compliance to the management of the injury as proposed by the professional is necessary to achieve optimal recovery.

One of the biggest challenges facing an athlete is getting injured close to major competitions or qualifying meets. What if it is the competition that has been the focus of the year? Do you compete or do you rest? The professional will assist and give advice on the situation. The sensitivity and seriousness can't be stressed enough. It should be looked beyond the competition. Might competing worsen the injury? Will the athlete be at a competing level? What other competitions will take place later the year? It is not necessary to compete in every competition. Choose the ones you want to excel in carefully.

Now for the training prior to that competition. It is important to get the athlete as strong as possible without putting strain on the injury or causing any imbalances. Stopping activity involving the injured part from high impact or repetitive movements will take a lot of extra strain of it. It is important to rest more than to train more. If there is a hamstring strain for example where the athlete can still train at 75 % don't do high intensity activities. Focus on eccentric or assisted movements, massage, dry needling, light cycling and stretching. As the injury gets better more focus can be put on concentric and higher intensity activities.

If the injury is not too severe and it is necessary to compete it will be advisable to maintain the injury until after the competition and then as soon as the competition is done full intervention should be

undertaken.

Where to go when:

Sport Therapist/ Sport Massage Therapist: Weekly recovery prior and during injury. This will help to loosen the tight muscles and will also provide the athlete with a body that can train harder.

Physiotherapist: If an injury occurs. For diagnoses, first phase rehabilitation and strengthening. Vital as primary contact person when an injury occurs.

Sport Doctor: For severe injury or when conservative treatment is not effective enough. To get a concrete diagnoses.

Biokineticist: Strengthening. To get the athlete back to the sport and to a competing level. Also very effective with muscle imbalances.

hpc physiotherapists

012 362 9850 / physio.hpc@up.ac.za

General sports physiotherapy practice which also offer:

Biomechanical Analysis

- Functional movement analysis to identify :
muscle length- and strength imbalances
movement impairments
areas at risk for injury
- Correction of the above and injury prevention
- Stretching programmes
- Strengthening programmes
- Identification of incorrect muscle recruitment patterns with correction

Massage

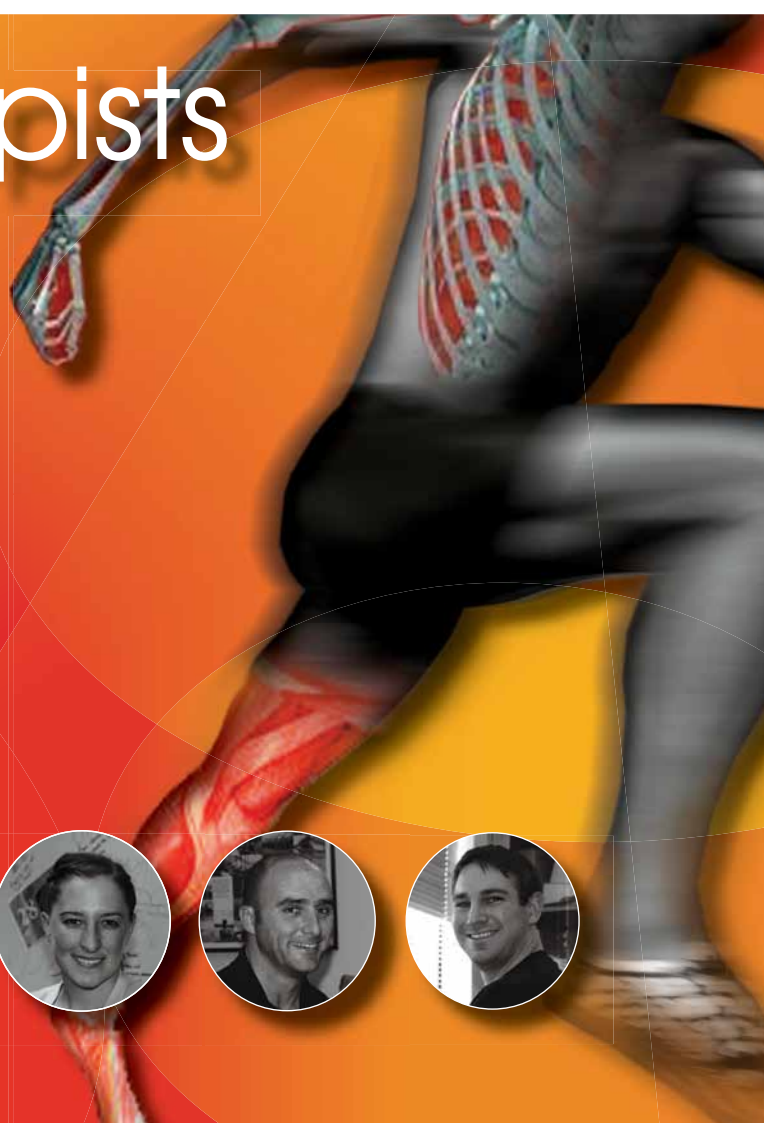
Includes sports, pre-event, recovery & pregnancy
Massage therapist also available

Individual and group Pilates classes

Rehabilitation which improves:

- Posture
- Strengthens stabilisers
- Flexibility
- Circulation
- Skill-based conditioning

Spinal alignment, postural correction and Lyno Method



Lights.. Camera.. Action!



= FEEDBACK

Text: Amy Bathgate, Biomechanical & Video Analyst, hpc

With a shot at Olympic glory at stake, some of the world's top athletes differentiate themselves from each other by mere hundredths of a second, millimetres or fractions. Being the most talented is no longer enough; top athletes also have to ensure they are better prepared. They understand that their only sustainable advantage is to learn and improve faster than their opponents. In their search to find these marginal gains, they often turn to technology, data collection and video analysis to assist them through feedback to find areas for improvement and enhance the learning of new skills.

In the general domain of skill expertise, objective feedback rarely follows action. Physicists often have to wait for years to obtain validation of their theories; doctors seldom get immediate confirmation that their diagnoses are accurate. Elite athletes, on the other hand, can get immediate and precise feedback for every movement that they make, right down to the tiniest manoeuvre. Many have become used to using scientific knowledge and data feedback to optimize the way they train, making it more efficient and effective. Coaches sometimes call this "accelerated learning". Many athletes at the hpc haven't merely mastered their sport; they have mastered the art and science of learning, and use these services at their fingertips to their best advantage.

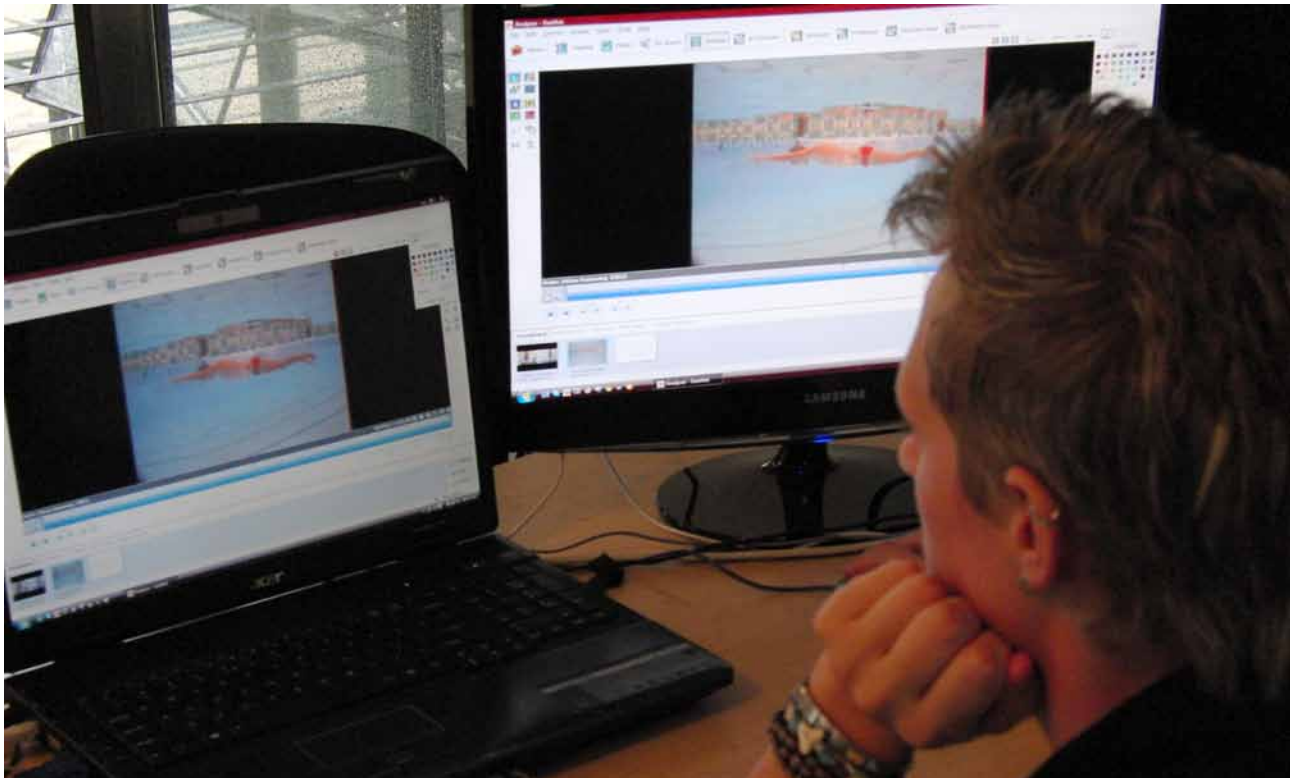


Most sporting skills are technically challenging. The body sometimes has to perform in a foreign environment, the ability to breathe can become part of an acquired skill, and identifying what we do right and wrong isn't always so easily understood. Developing these qualities can take months, most likely years, of repetition to attain what is known as a "feel" and technical efficiency. So what's on hand to help us learn more about what we actually do when performing sporting skills? Well, other than a trusted coach, the real answer is embedded in the art of performance and video analysis...

The benefit of using performance analysis is primarily based on the significant increase in learning opportunity that it provides. Video technology can equip athletes with accurate post-performance assessments that can help form constructive self-criticisms. This information can then be reviewed at anytime, and used in comparison with previous performances or other elite competitors. What is more substantial, however, is that evidence in academic journals suggests that visual feedback reduces the natural computational burden imposed on the brain as it attempts to plan movement dynamics. Basically, ever heard the saying "a picture paints a thousand words"? Well, that's exactly what video analysis does for the brain; it allows it to clearly understand and recognize what happened and what is needed for improvement.

During the National Aquatic Championships held in Port Elizabeth earlier this year, the top swimmers in the country (many from Tuks and the ranks of the hpc sponsored athletes) raced through the water in their attempts to qualifying not only





glory, but also for international events. To assist them, and unbeknown to many involved, those races - every start, every lap, every turn, and every finish - were being videotaped and recorded for analysis. A video analyst on pool deck as part of the Northern Tigers Swimming team (thanks to TuksSport), armed with digital cameras, and strategically positioned for the most accurate shots, documented the races, and analyzed and presented the data and footage for review to coaches throughout the country. The goal was to help the swimmers (and their coaches) to identify faulty techniques and strategies, and improve performance times in the near future. No longer was it just lap times; every split was analyzed and compared so that on review the swimmers and coaches could assess where they were above their competitors (both nationally and internationally) and where they were behind. Was it a poor start? Did they swim at Olympic speeds but have slow underwater work on the turns and finishes? Were they shortening their strokes in an attempt to lift the cadence? This data assisted in pin pointing the areas for improvement.

But despite competition being the best environment to gather data, training sessions are often where the best interventions can be implemented and the greatest value can be gained. On a weekly basis, swimmers in the elite swimming squad at Tuks also had access to underwater video analysis and biomechanical advice. This squad included 2012 Olympians and many 2016 potential Olympians, looking for the edge to reach their goals. Underwater footage was reviewed during the session in a frame by frame manner to highlight strengths and weaknesses, and compare current performances to other athletes, or previous performances. The swimmers then had ample opportunity to correct the highlighted deficiencies and view the changes accomplished, if any, after a conscious effort. But these services were not, by any means, isolated to swimming. Other sports also experienced similar advantages, both in competition and training. On the athletics

front, both track and field athletes have benefited from some kind of performance and/or video analysis intervention. Running, jumping and throwing techniques have been analyzed using high speed cameras and specific modules of the Dartfish Video Analysis Software that allow "ghosting" of one performance over another one, or "strobing" of clones so that an entire sequence of phases within a jump can be looked at simultaneously. This allowed athletes to closely compare individual attempts and identify differences which may have influenced performance, and also to break movements down into key positions, and assess each key position individually, with both the preceding and succeeding frames visible. Biomechanical variables such as stride lengths, velocities, take-off and release angles, ground contact time, etc. were often also assessed and compared to international competitors. And with the speed at which technology has developed, it has also been possible to almost instantly make footage available

to overseas based or touring coaches through online platforms.

None of this, however, would be possible or advantageous, if injury withheld any of these athletes from training or competing. The functional movement screen has also been a key factor in the journey of many athletes to reaching their dreams. By highlighting inefficient movement patterns and eliminating weaknesses and dysfunctions, injury risk was generally lowered and athletes could focus their training on maximizing their personal potential for performance. Hand in hand with strength and conditioning personnel, the data from a functional movement screen is used to create training programmes which are individually designed to eliminate personal weak links, maximize movement efficiency and improve performance variables relevant to the athlete's sport.

“We look for performance variables that an athlete may not feel or a coach may not see”.



The Gauteng Province "Comrades Project Initiative"

Text: Menzi C. Ngcobo, Biokineticist, Institute for Sport Research, University of Pretoria

Running is probably the most simple and easily accessible form of physical activity. Running does not require fancy paraphernalia apart from a stop watch and a good pair of running shoes. You don't even need a coach or belong to a club at a recreational level, the world is yours to explore and your body is the coach. The golden rule is to listen to your body and have realistic expectations of what you can achieve. However, if you have ambitions to compete at an elite level or to take part in a race such as the Comrades marathon you will definitely need assistance in achieving your goals. Coaching advice along with sport science and medical support can leave a dent in your wallet unfortunately. Elite athletes have sponsors to cover the costs for the aforementioned services.

The Gauteng Provincial Government identified twenty athletes this year to be part of their "Comrades Project Initiative". They teamed up with the High Performance Centre to provide the selected athletes with the following services: Video analysis of their running gait and functional movement, sport science testing, training programmes, strength and conditioning, as well as running shoes supplied by New Balance.

The video analysis was twofold, the first objective was to analyse their movement quality in order to identify areas of weakness and potential injury. Functional Movement Analysis indicates specific patterns and compensations associated with a specific sport discipline. As

much as the athletes struggled through the tests, the entire group seemed to thoroughly enjoy the assessment as the information gathered was very useful in designing their strength and conditioning programmes. The second objective of the video analysis was to study their running technique particularly their lower-limb mechanics in order to establish appropriate shoes for their running style. The assessment was done both barefoot and while the athletes were wearing their current choice of running shoes.

The video footage of the running gait analysis was then sent to New Balance, one of the leading sports shoe manufacturers in South Africa. As per their motto for the year 2013 "Let's Make Excellence Happen", New Balance thought this would be an ideal opportunity together with the High Performance Centre to contribute to making excellence happen for these athletes. By placing these athletes in the correct footwear they were able to prepare with less risk of injury and cover the high mileage that is required for Comrades training with maximum support and cushioning provided by the correct choice of New Balance footwear for each athlete.

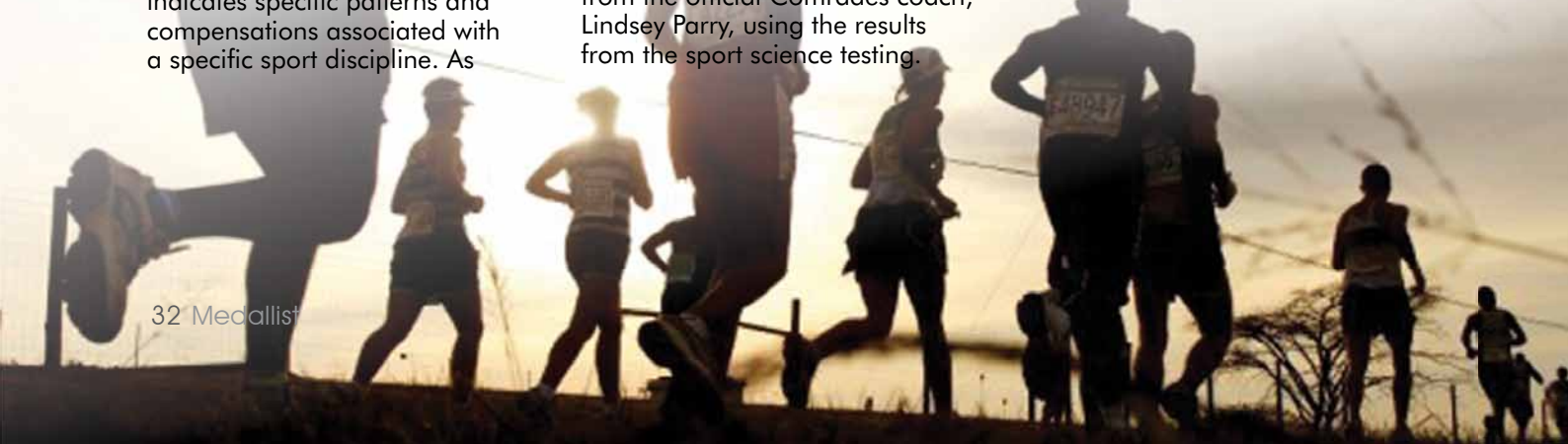
The sport science testing was a great opportunity for each athlete to gain vital information regarding their current level of fitness. Testing also provided valuable insight and assistance regarding a more structured training plan and advice. Each athlete received an individualised training programme from the official Comrades coach, Lindsey Parry, using the results from the sport science testing.

The athletes were given excellent training advice by Lindsey and his support staff, the majority of the athletes ran close to their predicted times.

Twenty athletes from the "Comrades Project Initiative" competed at this year's Comrades marathon. Eighteen athletes completed the race within the 12 hour cut off time; two of the eighteen athletes were blind runners who completed the race without their guides as the guides could not keep up with them. One of the two athletes who did not complete the race got to the finish after the cut off time and the other athlete did not complete the race "bailed" after the 70 kilometer mark due to injury. The medallion count for the race includes two silver medals, five Bill Rowan medals and ten bronze medals and one Vic Clapham medal.

In order for such a project to reap more benefits, a long term intervention strategy should be implemented at least six months prior to the race to assist these athletes in taking their performances to the next level and continue improving along with some new athletes joining the programme.

The High Performance Centre and New Balance would like to congratulate all the athletes on their achievements at the 2013 Comrades marathon. Both parties would certainly like to be a part of this project next year again in partnership with the Gauteng Provincial Government.



HOW BIKINETICS ASSISTS AFTER INJURY?



Text: Cindy Helena - Biokineticist at the Institute for Sports Research, UP

Possibly of all the practitioners involved in the rehabilitation process, the biokineticist and the role that they play, is perhaps the least understood. Biokinetics can be regarded as the science of movement and the application of exercise to improve functional performance (BASA, 2013). A biokineticist uses movement as a prescription to heal, focusing on resolving the source of the problem, rather than reducing symptoms, by means of movement and physical activity to restore and maintain quality of life (Coetsee, 2008). The very definition of Biokinetics indicates the basis of their function, with 'BIO' meaning life and 'KINESIS' meaning movement (Grenfell, 2010). Biokineticists function in association to health and medicine, and are recognised by the Health Professionals Council of South Africa (BASA, 2013).

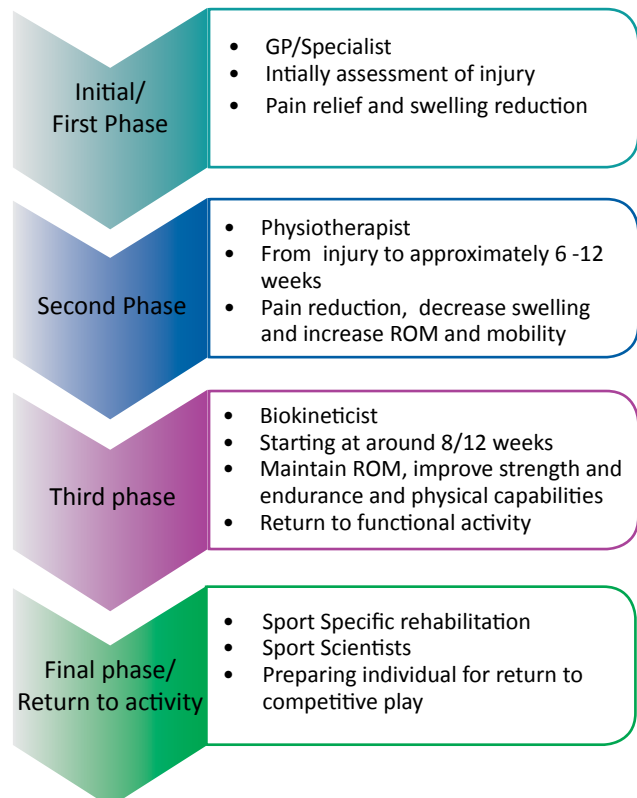
A biokineticist is a clinical practitioner who:

- Operates as a rehabilitation specialist
- Provides interventions as a means to prevent disease or injury
- Enhances physical performance

In order to appreciate the role of a biokineticist after injury, the entire process of rehabilitation needs to be understood.

- These are basic guidelines used during the rehabilitation process. The time frames highlighted by each phase are in no way concrete. Each individual is assessed and progressed according to their individual capabilities and responses to treatment.
- Each phase has one specific practitioner; however all the practitioners should be actively involved in the entire process, allowing decisions to be made that can include multidisciplinary input.
- Biokineticists generally function in the 3rd phase of rehabilitation, usually after a referral from the physiotherapist. The biokineticist may also work in phase 4 in close correspondence with the Sport Scientist in order to slowly release an individual back to play in order to decrease the risk of re-injury.
- As mentioned, the rehabilitation goals are specified according to the individual's needs and capabilities, for example, aggressive rehabilitation will be better suited to an injured athlete that may be pressured to return to play, with more conservative treatment being given to a more sedentary individual. Certain injuries may also demand a longer recovery time when compared to less severe cases.

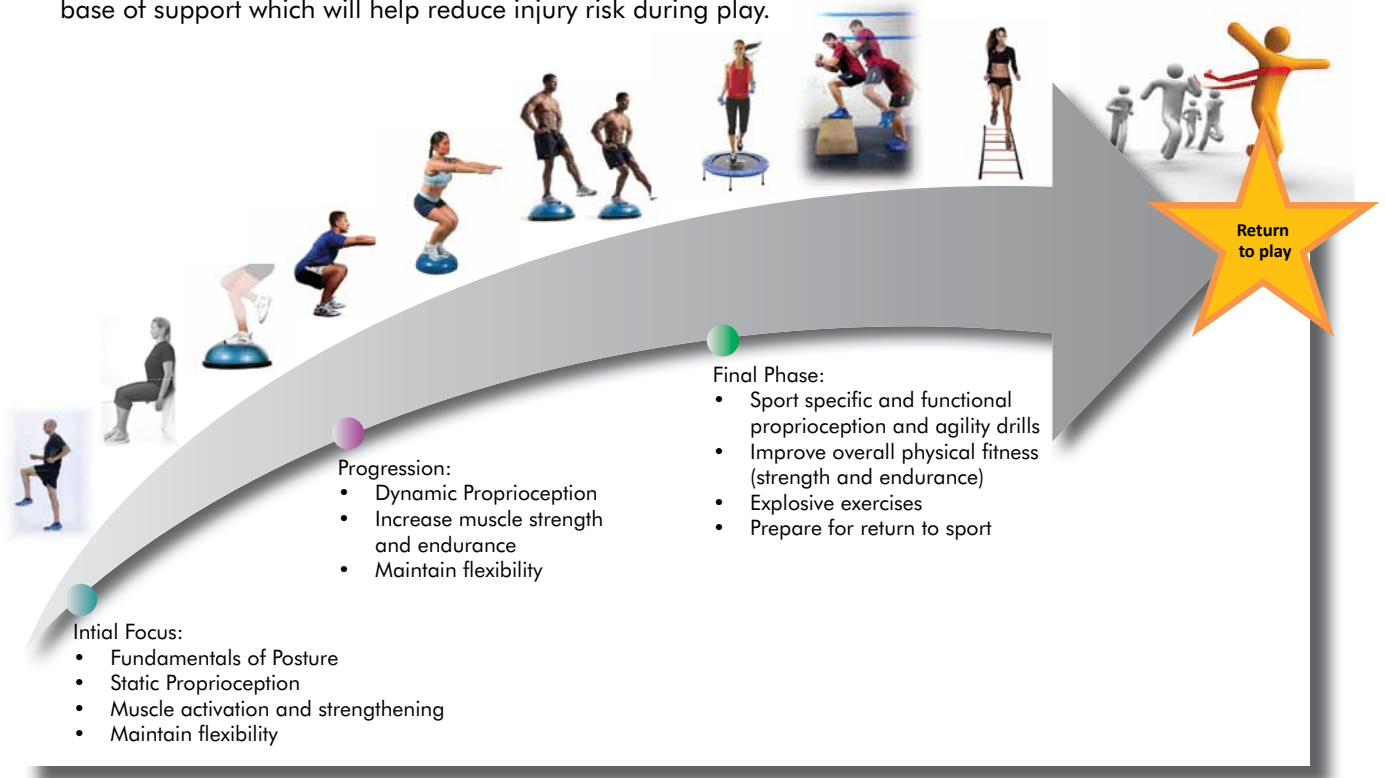
The flow chart represents a simplified explanation of the rehabilitation process; indicating each practitioner's specific role.



Once an individual starts with the biokineticist, there will be an initial evaluation, where important details are collected and used to guide the exercise prescription. This evaluation includes a full history taking, postural analysis, flexibility, injury specific tests and strength tests, which will highlight certain deviations that may cause insult to injury. All this information will then be used in the exercise prescription. The programme prescription is much more than a simple training programme. It involves scientific application in order to precisely meet the necessary requirements to rehabilitate the particular injury.

The three fundamentals of every programme include:

- Strengthening of the weak and underactive muscles
- Stretching of the overactive muscles and maintaining range of motion
- Proprioceptive exercises, which focus on training the ability to adapt to the environment, aid to improve the base of support which will help reduce injury risk during play.



The schematic illustration above highlights the systemic process that a biokineticist follows when rehabilitating an injury. Initially the process focusses on the athlete establishing the fundamentals of posture, how to activate his/her muscles correctly and to maintain and improve the injured joints' range of motion. The process then slowly progresses towards more challenging and sport specific activities that will ultimately prepare the athlete to return to play.

Biokineticists make use of a wide variety of modalities during rehabilitation to attain the best results.

Examples of these modalities are:

- Isokinetic Machines
- Therabands
- Stability and Pilates balls
- BOSU and wobble boards
- Indoor heated swimming pools (hydrotherapy)
- Resistance machines
- Free weights

- Cardio machines, e.g. stationary bicycles, treadmills

Biokineticists focus on exercising the entire kinetic chain, rather than the injured joint in isolation (Coetsee, 2008). So, for example, if suffering from a knee injury, focus will not only be on increasing the strength of the structures around the knee, but also around the hip and pelvis and ankle. The rehabilitation will also include exercises that allow for more functional movement of the entire lower quarter.

In conclusion, after an injury, the biokineticist assists in the third and final phase of rehabilitation which focuses on progressively preparing the athlete physically to return to sport.

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Biokinetics & Sports Science



Institute for Sports Research
University of Pretoria

Institute for Sports Research (ISR)

The Institute for Sports Research - University of Pretoria – is a well-established institute that includes biokinetic services, sports science testing and conditioning, contract research and the management of UP student gymnasiums.

The ISR Biokinetics Division is staffed with highly qualified and registered biokineticists (all registered with the Health Profession Council of South Africa). This division provides supervised clinics and classes aimed at the prevention and treatment of health related conditions to both UP environment and the general public alike. Additionally, it encompasses its private practice, namely Krüger, Steenkamp & Krüger Biokinetics, which offers biokinetic assessments and rehabilitation of a number of conditions.

Services provided

- Orthopaedic assessments & rehabilitation
- Cardiorespiratory & metabolic ailments
- Neurological conditions and Isokinetic strength testing
- Hydrotherapy & arthritis classes
- Pulmonary function testing
- Corporate health testing
- Pilates classes & sports kids classes and programmes

Biokinetic assessments and subsequent rehabilitation sessions are claimable from the medical aids.

The ISR High Performance Division is staffed with highly qualified sports scientists & biokineticists. Some of the services offered by this division, include:

- Specialist “sport specific” testing & rehabilitation
- VO₂ max testing
- Bike set up
- Sport strength conditioning and programming
- Running shoe evaluation

For more information – contact the Institute for Sports Research at:

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www.up.ac.za/isr



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Determining fatigue levels

Text: Dr Org Straus, hpc

Fatigue, overtraining and poor performance are definite buzz words in all professional sporting codes these days. There are a lot of different factors contributing to these conditions. Internal factors such as medical causes and training or nutritional issues can be measured and corrected, whereas external contributing factors such as international travel over different time lines, hectic competition schedules, pressure to perform and financial factors to mention a few, are a bit more complex to resolve.

There are many possible causes of tiredness in sportspeople like overtraining syndrome, viral illness, inadequate nutritional intake, depletion of iron stores, insufficient sleep, chronic fatigue syndrome, dehydration, allergic disorders, asthma, magnesium/zinc/vitamin B deficiencies, jet lag, anemia, medication use, hypothyroidism and psychological stress, to name a few.

Athletes in heavy training are constantly tired but can easily differentiate between normal healthy tiredness and abnormal tiredness. Abnormal tiredness is accompanied by a deterioration of training and competition performance and the condition is not easily reversed. Healthy tiredness can be reversed with rest for a day or two.

It is difficult to determine fatigue levels because there are just too many possible contributing factors. Fatigue levels can seldom be measured through blood tests or other medical interventions unless it is caused by a medical condition. Fatigue usually presents as poor race performance even when training performance stays more or less the same. When severe fatigue levels occur, training performance will also deteriorate.

Studies done over the past few years have found decreased cortisol levels in patients suffering from fatigue. Cortisol levels also differed between men and women athletes, with lower morning cortisol levels found in women than in men. Cortisol helps the body fight psychological and physical stress. These studies also found that in cases of fatigue and chronic fatigue syndrome almost all bodily functions and equilibrium are disturbed. The accurate collection of samples to test for cortisol can be complex ranging from saliva, urine and blood samples.

Questions that you should ask yourself to distinguish between normal or abnormal tiredness are the following:

Do I fall asleep during the day?

Is there a constant feeling of fatigue or does the tiredness only occur during or after exercise?

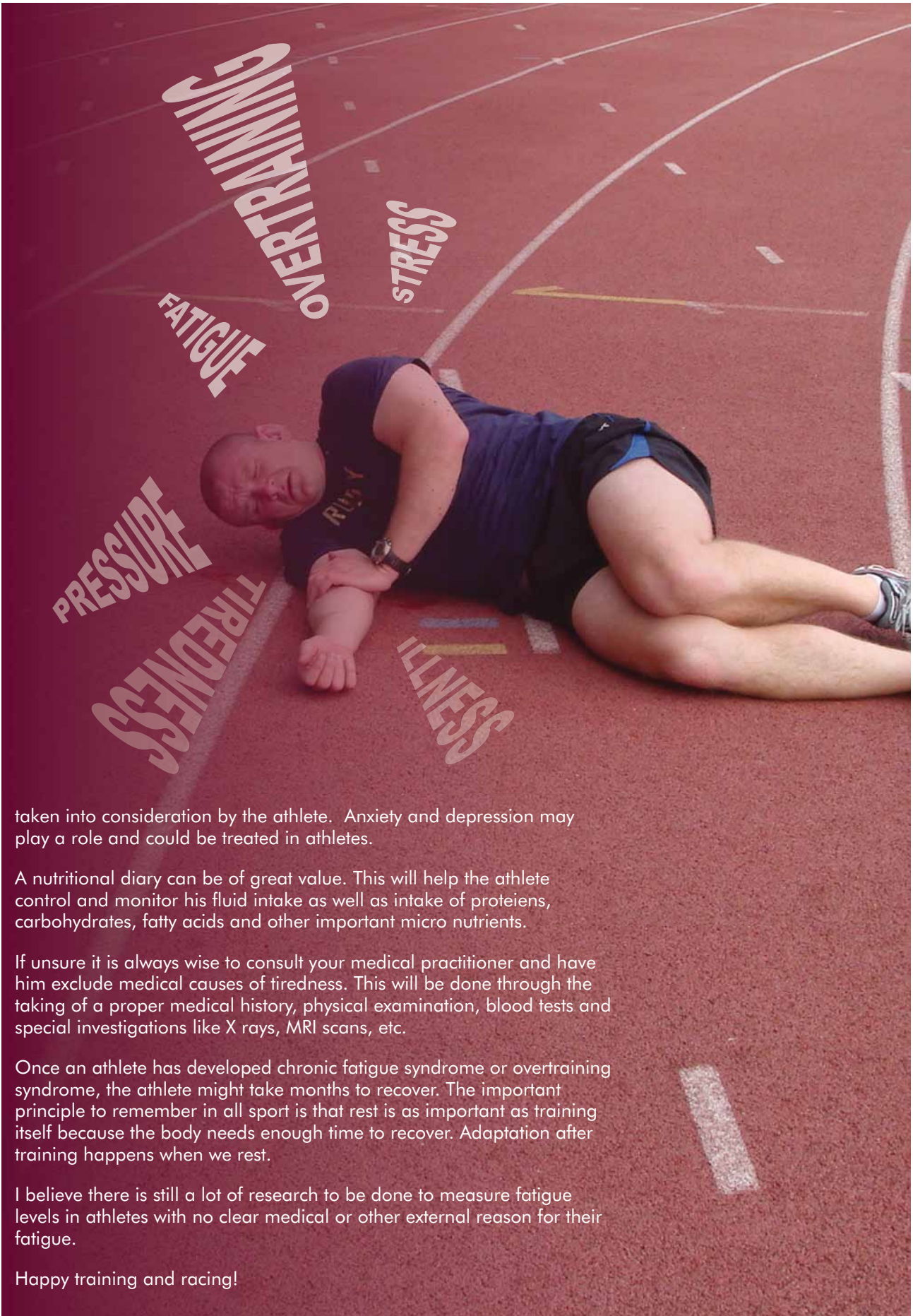
Is the tiredness constant or intermittent? The latter may indicate a venue where a certain allergy occurs or dehydration in humid weather, etc.

How long has the tiredness been present and was it related to a certain event like a viral illness or overseas trip?

Are there associated symptoms like a sore throat or coughing and chest tightness after exercise, which may indicate disease or exercised induced asthma?

Guidelines for professional and other sportspeople to avoid overtraining and tiredness are to keep a proper training diary and do proper planning and periodization of training programmes. This will help the athlete to get adequate rest between hard training sessions. This diary should also include comments on amount of sleep, social events and other commitments such as sponsor functions, etc.

Psychological factors such as fear of mayor impending competition, concern about poor training, performance and fear of failure should also be considered and



taken into consideration by the athlete. Anxiety and depression may play a role and could be treated in athletes.

A nutritional diary can be of great value. This will help the athlete control and monitor his fluid intake as well as intake of proteins, carbohydrates, fatty acids and other important micro nutrients.

If unsure it is always wise to consult your medical practitioner and have him exclude medical causes of tiredness. This will be done through the taking of a proper medical history, physical examination, blood tests and special investigations like X rays, MRI scans, etc.

Once an athlete has developed chronic fatigue syndrome or overtraining syndrome, the athlete might take months to recover. The important principle to remember in all sport is that rest is as important as training itself because the body needs enough time to recover. Adaptation after training happens when we rest.

I believe there is still a lot of research to be done to measure fatigue levels in athletes with no clear medical or other external reason for their fatigue.

Happy training and racing!

Eat the small stuff!



Text: Nicki de Villiers, Registered Dietitian, hpc

Vitamin and Mineral needs of athletes ...

Micronutrients are essential for life. A well-balanced diet covers the needs for all micronutrients in healthy humans. The use of vitamin – and mineral supplements is only justified and necessary if a normal diet is unable to supply adequate amounts or if an individual has a deficiency. Because of the higher energy metabolism in athletes the question often arises if micronutrient requirements increase within the athletic population and if any micronutrient can increase performance.

Vitamins are organic compounds that the body require to prevent deficiencies and optimize health and growth. The human body needs small amounts of vitamins, but cannot synthesize these components and athletes need therefore to eat sources of vitamins. Most vitamins participate in processes related to muscle contractions and energy expenditure.

- Vitamins of the B complex group (thiamine, riboflavin, vitamin B6, niacin, biotin and pantothenic acid) act as cofactors for enzymes regulating the mobilization of carbohydrate from glycogen stores and fatty acids as well as protein breakdown.
- Folic acid and vitamin B12 are needed for the formation of red blood cells carrying oxygen through the body.
- Ascorbic acid (vitamin C) plays a role in the synthesis of carnitine, a transported necessary for fat oxidation.
- Antioxidant vitamins (mainly vitamins C and E) take part in the buffer system against free radicals, which are produced with a higher energy metabolism typical in athletes.

Minerals are inorganic substances naturally occurring in earth. Minerals are classified as macro-minerals and trace minerals based on the amounts that the human body need.

- Several minerals such as magnesium, iron, zinc and copper play a role in the energy system and acid-base balance.
- Iron is needed for the formation of heme in red blood cells that facilitates oxygen transport.
- Minerals (electrolytes) also affect muscle contraction.

Why do athletes possibly need more vitamins and minerals?

Vitamins

Physical activity increases energy expenditure that can potentially increase the turnover of several vitamins of the B-complex group. Energy production also increases the formation of free radicals (unstable, reactive and potentially harmful chemical substances). An excessive production of free radicals, or an insufficient protection against them can lead to membrane damage and an inadequate immune defence system. Anti-oxidant vitamins (mainly vitamin C, E and carotene) build up a protection system against the negative effects of free radicals. Highly trained athletes although have higher activities of anti-oxidant systems in the body and the additional need for exogenous anti-oxidant vitamins therefore may not be very high.

Minerals

Athletes lose minerals in sweat, but the amounts of micronutrients in sweat are very small. The losses of magnesium and zinc in sweat may although be important. Strenuous exercise can therefore lead to a possible increased requirement of magnesium and zinc.

Micronutrients are also lost in urine or feces and some studies on athletes confirm a possible increase of mineral losses through urine and feces.

Because of a higher free radical formation during strenuous exercise, the requirement for zinc, copper and selenium may also be increased.

Summary of the most important effects of vitamins and minerals on body functions related to athletic training and performance

	Energy Metabolism	Nervous Function and Muscle Contraction	Hemoglobin Synthesis	Immune Function	Anti-Oxidant Function	Bone Metabolism
WATER-SOLUBLE VITAMINS						
Thiamin	X	X				
Riboflavin	X	X				
Vitamin B6	X	X	X	X		
Folic Acid	X	X				
Vitamin B12	X	X				
Niacin	X	X				
Pantothenic Acid	X					
Biotin	X					
Vitamin C			X	X		
FAT-SOLUBLE VITAMINS						
Vitamin A				X	X	
Vitamin D						X
Vitamin E				X	X	
MINERALS						
Sodium		X				
Potassium		X				
Calcium		X				X
Magnesium	X	X		X		X
Iron	X		X		X	
Zinc	X			X	X	
Copper	X				X	
Chromium	X					
Selenium					X	

It is biologically plausible to assume that athletes with a high energy expenditure have an increased requirement for micronutrients

Does a deficiency of some vitamins and minerals affect athletic performance?

body may preserve riboflavin during times of a deficient intake by decreasing the urinary excretion thereof.

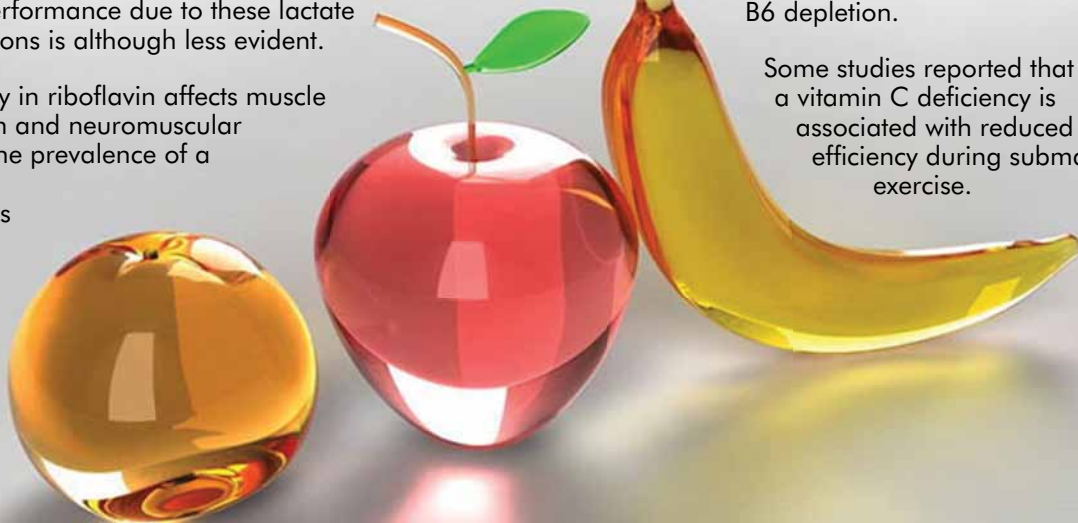
Vitamins

Studies have shown that a thiamine deficiency is associated with an increased exercise-induced blood lactate concentration. The deterioration of physical performance due to these lactate concentrations is although less evident.

A deficiency in riboflavin affects muscle metabolism and neuromuscular function. The prevalence of a riboflavin deficiency is although small and the

Vitamin B6 deficiency seems not to influence anaerobic capacity, speed or strength and it seems that muscle tissue is quite resistant to a vitamin B6 depletion.

Some studies reported that a vitamin C deficiency is associated with reduced work efficiency during submaximal exercise.



Vitamin D has multiple roles in human metabolism and a prolonged inadequate intake of and low status of vitamin D could increase the risk for bone fractures. Inadequate vitamin D status can also impair immune function and increase the risk for upper respiratory tract infections.

Minerals

Supplementation is warranted only if clear medical, nutritional and public health reasons are present

Iron deficiency without anemia may influence aerobic capacity and therefore impair endurance performance.

Zinc deficiency can lead to a decreased muscle endurance, although peak force seems not to be affected.

What should athletes do to improve micronutrient intake:

- Athletes that consistently need to perform at optimal level need to provide optimal fuel (nutrition) for this performance.
- Athletes should be creative in meal planning to broaden food choices and variety of intake.
- Athletes should avoid the elimination of groups of food without sensible replacement of food sources, e.g.
 - Fortified soy milk can supply calcium for athletes that eliminate dairy products.
 - Berries, tropical fruit or dried fruit can be a more inviting alternative for athletes who dislike fruit.
 - Vegetables can be added to pizza, soups, casseroles and stir-fries when athletes dislike cooked vegetable portions or salads.
- Athletes should remember that food sources provide a combination of anti-oxidants and other phytochemicals that provide greater benefits than isolated nutrients found in a supplement.

Optimizing Immune Function

The immune system of athletes is often taxed by poor nutritional practices and the cumulative stress of intensive training sessions. A range of factors can contribute to inadequate immune function, namely injury-related tissue damage and inflammation, physical stress of acute exercise or prolonged periods of training, psychological stress, environmental factors such as ambient temperature, the degree of pathogen exposure and nutrition. Healthy immune systems depend on sufficient energy, macro- and micronutrient intake.

Several vitamins are essential for normal immune function. Deficiencies of fat-soluble vitamins A and E and water-soluble vitamins folic acid, B6, B12 and C impair immune function and decrease the body's resistance to infection. Minerals known to exert modulatory effects on immune function, include zinc, iron, magnesium, manganese, selenium and copper.

Nutrition Strategies to Limit Exercise-induced Immune Depression:

- A good well-balanced diet should provide all the necessary vitamins and minerals, but if fresh fruit and vegetables are not readily available multivitamin supplementation should be considered.
- Athletes are advised to drink adequate fluids and provide adequate carbohydrate, protein and micronutrients through wise food choices.
- The best evidence supports the implementation of appropriate rest periods within the training programme and the use of a high carbohydrate diet and carbohydrate ingestion during prolonged workouts.
- Avoid getting a dry mouth, both during training and at rest by drinking fluids at regular intervals and maintaining optimal hydration levels.
- Avoid rapid weight loss and ensure adequate protein and micronutrient intake during periods of dietary energy restriction.
- Eat plenty of fruits and vegetables. Eat at least 2 cups of brightly coloured fresh fruit and vegetables per day. Add berries to breakfast cereal, a large salad alongside your lunch sandwich and an extra serving of vegetables at dinner and eat fresh fruits for snacks.
- Change the intake of refined grains to whole grains. Choose whole-wheat bread and cereals instead of white bread and cereals. Other good snack options include whole-grain crackers and popcorn.
- Include low-fat dairy products through the daily intake of low-fat yoghurt, milk and cheese.
- Choose low fat animal products for example chicken without skin or lean meat options.
- Try to include beans, legumes, seeds and nuts for additional protein sources. Add beans to salads or soups and add chopped nuts to salads or yoghurt.



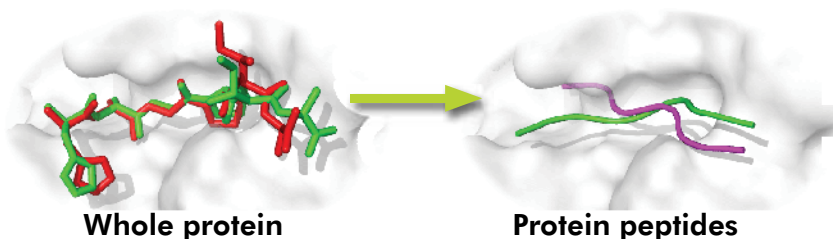
BENEFITS OF PROTEIN PEPTIDES IN SPORT

*Text: Riëtte Oldewage, Registered Dietitian
(SA) PVM Nutritional Sciences
(Proteins. Vitamins. Minerals)*

In 1990, PVM Nutritional Sciences became one of the first companies to include protein in Energy and Recovery Drinks. Research has indicated that adding protein to sports drinks have many benefits, namely:

- Aids in the recovery of damaged muscle damage as well as the synthesis of lean muscle tissue
- Has an insulintrophic effect, which helps to regulate blood sugar levels
- Facilitates faster fuel transport across the lining of the gut
- May enhance performance

Protein peptides are produced through the hydrolysis of whole proteins to produce smaller protein fragments. These smaller protein fragments are called protein peptides (or hydrolysates) and have a significant faster absorption rate than whole/intact proteins.



The benefits of adding protein peptides to energy and recovery drinks have many benefits, namely:

1. Has a faster absorption rate than intact proteins or amino acids.

Protein peptides therefore ensure increased amino acid availability during exercise compared to intact proteins which first have to be broken down to smaller units such as peptides or amino acids.

Specific peptide transport systems have been identified for di-(two amino acids bound by a peptide bond) and tripeptides (three amino acids), which have a greater carrier capacity than the amino acid transport system. Therefore, protein peptides cause increased amino acid availability to exercising muscle, than free amino acids alone.

2. Helps to stabilize blood glucose levels

Protein (in any form) help to stabilize blood glucose levels because it stimulates the release of insulin facilitating the uptake of glucose by working muscles. The introduction of protein hydrolysates to the market made the addition of significant amounts of proteins to sports drinks possible without causing any gastrointestinal or functional problems.

3. Enhances mental alertness

Peptides enhance mental alertness because it helps with the stabilization of blood glucose levels. Because it facilitates the uptake of glucose, it also ensures glucose delivery to the brain. Glucose is the brain's primary energy source.

4. Supports faster glycogen recovery

An increased insulin release may also help with glycogen recovery, because more glucose is available to muscle tissue. Glucose not used as energy fuel can be stored in the form of glycogen (the storage form of carbohydrates). The NUTRIM department of Maastricht University compared a sports drink containing protein peptides with a regular sports drink containing only carbohydrates. They found that peptides doubled the production of insulin after exercise and significantly reduced plasma glucose levels, showing that the uptake of glucose was accelerated, resulting in a faster glycogen recovery rate.

5. Preserves lean muscle mass and supports muscle synthesis

Protein peptides and carbohydrates during exercise help to promote a positive protein balance which preserves lean muscle mass and support the growth and recovery of muscle cells. It may also reduce muscle soreness.

6. May improve performance

Consuming protein and carbohydrates during exercise may increase performance by reducing the time to fatigue which is especially important for endurance athletes. Protein peptides support glycogen recovery and muscle synthesis which may improve subsequent exercise performance.

7. Supports the immune system

After consumption, peptides come in contact with brush border enzymes. Absorption occurs in the jejunum and ileum (part of the small intestine) which allows for the maximum stimulation of the brush border peptidase. This results in an increased blood flow and nutrient deliver to the gastro-intestinal tract which improves gut integrity. It also reduces the risk of bacterial translocation (entry of bacteria into blood circulation) which can compromise immunity.

8. Acts as pH buffering agents

Peptides act as pH buffering agents that may delay the onset of muscle fatigue.



Octane 4.0, Octane XTR and Reignite are of the first energy and recovery drinks containing new scientifically proven whey-derived protein peptides.

Whey-derived (dairy) protein peptides have a high biological value containing all 20 amino acids including glutamine. Compared to other proteins, it also contains more essential and branched chain amino acids. The advanced formulated energy drinks, Octane 4.0 and Octane XTR, includes 10% whey-derived protein peptides. Literature suggests that at least 5-10g per 500ml portion (1-2% solution) is required during training to exert beneficial effects. Reignite, the specialized recovery drink for glycogen storage and muscle synthesis, contains 16% protein including protein peptides and 6g glutamine per 75g serving from free amino acid, intact protein and protein peptide origin. **Because these products have been formulated with protein peptides according to scientifically substantiated amounts, the additional supplementation of protein during exercise is not necessary.**

Alfred Rheeder - PVM Nutritional Sciences. Should you require nutritional assistance contact PVM at (012) 804 7676 or visit www.pvm.co.za

PVM Nutritional Sciences offers superior nutrition through applied science. Since 1968 PVM, the producer of the worlds original energy bar, has remained dedicated to a cutting edge understanding of the biology of energy exchanges between humans and their environment. PVM is involved with numerous top athletes and sport teams and is also subcontracted to condition the Free State Cheetahs.



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PVM Quality Guarantee: Since 1968 we adhere to our Code of Ethics to ensure that we research, develop, produce and market quality nutritional products in a responsible and ethical manner. PVM guarantees that we endeavour to carefully disclose nutritional information at all times and that our products will not make unsubstantiated, irresponsible health or performance claims.

As part of our Code of Ethics, PVM guarantees that all our products are of the highest quality and that all ingredients used are deemed legal substances by WADA (World Anti-Doping Agency).



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Parental role in managing children's sporting injuries

Text: Mary Ann Dove - Performance Coach and Co-founder of Positive Sport Parent



We all know that playing sport has a number of benefits for our children such as improved fitness levels, self-esteem, coordination and self-discipline; however it can also put them at risk of incurring sports injuries. These injuries range from minor scrapes and bruises to more traumatic injuries like a broken leg or overuse conditions such as spondylolysis (defect of a back vertebra) or even life threatening neck and head injuries. As parents you can play a major role in the successful management of these injuries by displaying appropriate behaviours before and after they occur.

Minor Injuries

Minor injuries occur fairly frequently in young sportsmen and women and usually require some immediate attention and tender loving care from a parent and the child is able to resume playing sport quickly. Try not to overact in these instances as inappropriate over-concern can have negative effects and may lead to a more frightened child or eventually to a more vulnerable child in the long term. Scrapes and bruises are part and parcel of physical activity and growing up and should be expected from time to time as your child experiments with different activities.

However, always treat your child with respect. Never ridicule or belittle them in front of their peers, as this may be harmful to their developing self-esteem and enjoyment of sport. Reassure the

child that he/she will be cared for and the injury will be evaluated however small it may be. Acknowledge the child's feelings (pain, fright, and/or anxiety), provide emotional support, and convey a sense of protection and caring.

Traumatic Injuries

These occur less frequently in young children, but may increase as they grow older and participate in more serious competition at senior levels. They are also more likely to occur in contact sports such as rugby, hockey, football, squash and basketball. Only last week we witnessed a teenage rugby player break both bones in his lower leg during a school match, viewed over 190,000 times on YouTube. Appropriate, immediate on field evaluation is a prerequisite in these instances

particularly if the injury is to the head, neck or a limb where the growth plates may be involved. Qualified medical personnel should be allowed to do their evaluation before parents get involved and again your reaction may determine the outcome of your child's recovery.

Young athletes are not small adults. Their bones, muscles, tendons, and ligaments are still growing and that makes them more prone to injury. Growth plates—the areas of developing cartilage where bone growth occurs in growing children—are weaker than the nearby ligaments and tendons. As a result, what is often a bruise or sprain in an adult can be a potentially serious growth-plate injury in a child. Also, a trauma that would tear a muscle or ligament in an adult would be far more likely to break a child's bone.

Don't judge a child's reaction to an injury based on the child's age, sex, or size. Young children may vary greatly in their physical and mental development, temperaments, and reactions to and tolerance of pain and stress. Listen to the injured youngster and get his/her reaction to reentering a sport or activity. Sometimes hidden fears will be expressed that can be addressed by a caregiver who listens. A child's mental health and development are as important as his/her physical health.

Following traumatic injuries or for that matter any sports injury, the question that often arises is how soon can my child return to playing? This of course will depend on the nature of the injury. Unfortunately, with the highly competitive nature and winning motives of youth sport these days, we witness youngsters returning too soon to the sports field, very often under pressure from parents and coaches who want the child to play in a particular match or compete in an event for the benefit of everyone except what is in the best interests of the child's physical and mental health. Returning too soon not only exposes the adolescent to re-injury, risk of a chronic condition or injury to other parts of the body, but may also affect the child psychologically – increased fear and anxiety resulting in decreased performance.

No matter what the forces are for returning to sport, these general guidelines should be followed:

- Seek and respect medical opinion
- Your child is pain free
- There is no swelling
- Full range of motion has returned (compare the injured part with the uninjured opposite side)
- They have close to 90 percent of their strength (compare

- with the uninjured side)
- For lower body injuries – they can perform full weight bearing on injured hips, knees, and ankles without limping
- For upper body injuries - they can perform throwing movements with proper form and no pain
- They feel mentally ready to cope with the stress and demands of playing again

Concussion is an injury that requires specific guidelines particularly for, but not limited to the developing brain of the young athlete. It should be treated with the utmost care and responsibility and detailed protocols should be followed. These can be found at www.sportsconcussion.co.za

In summary, following a concussion parents should not permit their child to return to sport unless:

- Symptoms have cleared
- General & neurological examination is normal
- Computerised test has normalised
- A non-contact exercise programme has been initiated

In terms of International Rugby Board (IRB) regulations all age group rugby players who are concussed have to sit out from all rugby matches and practices for a required 3 week rest period. If he incurs a second concussion he should sit out the season, and the third time he shouldn't play rugby for a year.

Overuse Injuries

Although they also occur in adults, overuse injuries are becoming

more common among young sports people and thus parents need to be aware of their prevention and management. An overuse injury occurs from repetitive actions that put too much stress on the bones and muscles. In young athletes these can become more problematic because of the effect that may have on bone growth, which is only completed towards the end of the teenage years. Some of the common types of overuse injuries which parents may hear their children diagnosed with are:

Anterior knee pain: A sore and swollen knee under the kneecap usually caused by muscle tightness in the



hamstrings or quadriceps, the major muscle groups around the thigh.

Little League elbow: Pain and tenderness in the elbow typically occurring after the follow-through of the throw.

Swimmer's shoulder: Inflammation (swelling) of the shoulder caused by the repeated stress of the overhead motion associated with swimming or throwing a ball.

Shin splints: Pain and discomfort on the front of the lower parts of the legs often caused by repeated running on a hard surface or overtraining at the beginning of a season.

Spondylolysis: Resulting from trauma or from repetitive flexing, then overextension, twisting, or compression of the back

muscles. This can cause persistent lower back pain. Spondylolysis is commonly seen in kids who participate in cricket, soccer, football, weight lifting, gymnastics, wrestling, and diving.

A common characteristic of these overuse injuries in the young sports person is the amount of time the child spends playing the sport and as such parents should carefully monitor the intensity, frequency and duration of both training and competition of their child. Some sporting federations provide guidelines for the amount of training and competition that children should be allowed to do at the varying age groups. Overuse injuries can also be aggravated by:

- growth spurts or an imbalance between strength and flexibility
- inadequate warm-up
- playing the same sport year-round or multiple sports during the same season

- improper technique (for example, overextending when bowling a ball)
- unsuitable equipment (for example, non-supportive athletic shoes)

If any of the above become a concern parents should communicate with their child's coach to find out what is happening and intervene as necessary to prevent long term problems. As with other injuries pain is the body's way of saying there's a problem. Do not tell a child or adolescent to "play through the pain". Seek and follow medical advice. Depending on the symptoms and severity of the injury, treatment may vary from rest, to medication, to physical therapy to a modified technique or training schedule to prevent the injury from flaring up again.

Parental guidelines for preventing and managing injury in young sports people

- Enrol your child in an organised and properly managed sports programme
- Determine that coaches are properly qualified to coach the sport as well as trained in first aid and CPR
- All equipment should be properly used and safety/protective gear worn at all times
- The correct warm up and cool down exercises should be incorporated into practice sessions and matches
- Conditioning exercises such as age appropriate muscle strengthening and flexibility should be part of each practice session
- Proper techniques should be reinforced during the playing season
- Regular breaks both during practice and during the season should be instituted
- Play safe and within the rules of the game at all times
- Avoid heat injury by providing plenty of water to drink before, during and after exercise
- Prevent your child playing if in pain or very tired
- Stop the activity if there is pain
- Seek and respect medical advice for all serious and traumatic injuries
- Educate yourself regarding the different medical disciplines such as physiotherapist, biokineticist, podiatrist, chiropractor, occupational therapist, sports physician that may be able to assist with your child's care
- Communicate with your child regarding their injury
- Understand and be sensitive to their feelings regarding their injury
- Avoid early specialisation that may result in overuse injuries
- Don't rush your child back to the sports field for the wrong reasons



Strength and Conditioning for golf

Text: Gavin Groves, hpc

Golf strength and conditioning has rapidly become popular on the professional circuit as well as for the amateur golfer. The PGA Tour in America has a fitness trailer that follows the tour all year round, and there are hundreds, if not thousands of medical professionals, fitness professionals and doctors that are specialised in dealing with golf.

With facilities like the Titleist Performance Institute (TPI) offering certification tracks within the broad term "golf fitness", strength and conditioning for golf has finally caught up with other sports in terms of specificity of training.

The reason behind all of this is simple: if the body is what swings the club, golfers have to make sure their movements are functional enough to allow the golfer to swing the club without limitation. The movements required for golf are also very specific, hence the need for specificity, assessment and conditioning.

There are two main functions for training specifically for golf:

- 1) Improving Efficiency
- 2) Preventing Injuries

Efficiency is a term used to describe the repeatability of a golf swing. It has nothing to do with what the golf swing looks like (also known as style), and everything to do with correct sequencing of the body segments. If the sequence of the golf swing is efficient, maximal energy transfer from the various body segments occurs, and the golfer is able to execute his/her swing optimally, with the least amount of effort. It is

always interesting to see how the vastly different golf swings on tour all seem to get the same result out of the golf swing, and that is because biomechanically, tour players are all moving the same.

Preventing Injuries

Professional golfers hit the golf ball further than ever before. This is largely due to advancements in equipment and swing mechanics. Professionals may hit upwards of 2000 balls a week, channelling forces through very specific muscles and movements, and generate club-head speeds in excess of 100miles/hour. The vast majority of injuries (about 80%) sustained by professional golfers are related to over-use. Wrists, back, shoulders and hips are areas most commonly affected. The rest of the injuries are sustained through acute situations, or non-golf related situations.

Another term that we can use for the prevention of injuries is Longevity: how can the strength and conditioning programme increase a golfer's career?

Longevity allows the golfer to continue to compete for years at a competitive level, prolonging his career and increasing the potential for a substantial career as a professional sportsman. In fact, in the recent Open Championship at Muirfield, Phil Mickelson became the third golfer over the age of 40 to win the British Open in three years (the two previous winners being Ernie Els and Darren Clarke). During the same weekend of the British Open, Woody Austin (at 49 years young) won the PGA Tour event in the USA.

Gary Player, arguably the most successful international golfer in history, is well known for his beliefs on the importance of strength and conditioning for golf, and attributes most of his success as a golfer to his stringent workout routines.

Tom Watson, another very successful golfer still competing against the world's best golfers, stresses the importance of training in an article written by Dave Phillips, co-founder of the Titleist Performance Institute (TPI):

"You have to do it," Watson said. "And not just stretching. You need cardio, strength training, the works. I believe it's a big reason I'm still hitting the ball as well as I am hitting it now." Watson went on to say that he feels the most important area to focus on as you get older is your hips. "The first thing you lose is the ability to fire your hips," he said. "You have to really train that area hard."

As the golfer's body ages, a decline in the level of fitness is inevitable, but the rate of decline can be greatly reduced by regular and specific training.

Strength and Conditioning for golf has become one of the hottest topic trends around the world. In America, it is almost common knowledge that in order to improve your golf you need to address your fitness. In South Africa, golf fitness is not as well accepted, especially amongst the weekend golfers. It is a market that has yet to be harvested, and with very few golf fitness professionals in South Africa, it is a very lucrative market.

hpc Academies

Text: Wilhelm de Swardt

In the international world of sports countless stories about rags to riches, as well as its opposite, riches to rags, can be found.

These phenomena mostly occur because young sportspeople are not properly educated on how to handle fame and fortune.

It is a case of 'easy come, easy go'.

This problem can be found in South African sports as well, especially among young rugby, cricket and soccer players. To a lesser extent it also occurs in athletics and cycling.

What these youngsters do not seem to realize is that being a professional sportsman/woman is not a lifelong career. For the lucky ones a sports career might stretch up to about 12 years.

Many athletes make the mistake of spending their money as fast as they earn it by buying luxury cars, as well as all sorts of technical equipment.

Being a sports celebrity also means parties and girls.

Tragically this results in many sportsmen and women owning absolutely nothing when they come to the end of their careers.

Before the era of professional sports, sportsmen/women realized the importance of planning for the future.

A few examples of responsible sportspeople who made provision

for their futures immediately come to mind. They are the former Springboks Divan Serfontein (medical doctor), Hannes Strydom (pharmacist), Uli Schmidt (medical doctor), Johan Heunis (attorney) and Kobus Wiese (businessman).

Danie du Toit, from the University of Pretoria's High Performance Centre (hpc), is aware of this problem and concerned about it.

"Nowadays it is not possible for young rugby players to study full-time while also trying to make a name for themselves on the rugby field.

"This means that there are a lot of 'Jocks' in rugby, as well as in the other major sports.

"There is nothing wrong with being a 'Jock'. There are 'Jocks' in the USA National Football League (NFL) as well, but the difference is that they usually hold university degrees.

"When you meet them at social events, therefore, they will have opinions on topics other than their own sports careers, or girls or the price of their latest music system.

"In America there are holistic support structures in place to support athletes. In the NFL, for example, players are forced to study and when they graduate a big occasion is made of it.

"It is my passion to ensure that the athletes at the hpc get the opportunity to excel in their respective sporting codes as well as in their studies."

For Du Toit it is all about mentoring talented young athletes.

"The youngsters need someone to help them to make the right decisions when it comes to fame and fortune and everything that this entails.

"They also need support when things do not go as well as they had hoped and planned.

"To be able to do this, you need to sit down with every athlete on a regular basis and discuss what is happening in his or her life.

"I want to know what an athlete's needs are, even if it has nothing to do with his or her sport. If there are problems, I want to help them to work towards a solution.

"When athletes begin to earn money, they should be advised on how to invest it rather than just spend it as quickly as they earn it.

"They should also be made aware of the fact that they may have to pay tax on the money they earn.

"I also want to know what happens in their personal relationships. It can be hard for newlyweds when one of them has to go away for a long time to compete internationally.

"Very often these aspects of an athlete's life do not receive the necessary attention."

The athletes of Tuks various sports academies certainly made their presence felt during the last few months.

Athletics

Thando Roto is South Africa's fastest junior athlete with a best time of 10.53s

Duwayne Boer ensured with his jump 7.81m that he ended the season as the best junior long jumper.

Sabelo Ndlovu jumped 15.58m in the triple jump which is the best by a junior athlete this season.

Judo

Mathew Chase won two gold medals at the SA National Ranking Championship and also two gold at the National Ranking Championship.

Sinothando Mva won two gold medals at the SA National Ranking Championship and a bronze at the African Junior and Cadet Championship in Algeria as well as two gold medals at the National Ranking Championship.

Geronay Whitebooi won two gold medals at the USA Junior Open Tournament in New Jersey and two gold medals at the National Ranking Championship. At the African Junior Cadet Championship in Algeria she got a silver medal.

Desiree Blake won gold at the National Ranking as well as the SA National Ranking Championships

Christiaan Boshoff won a gold medal at the SA National Ranking Championship and a gold and silver medal at the National Ranking Championship.

Courtney Read won gold at the SA National Ranking Championship as well as gold at the African Junior and Cadet Championship and the USA Junior Judo Open Tournament.

Soccer

Katlego Moletsane represented the senior national team, Banyana-Banyana.

TuksFootball got beaten in the semifinal of the Engen u.17 Tournament by Sundowns to finish third overall.

Golf

Zanele Mazibuko is Tuks junior women's champion,

Alex Brandkamp is Tuks junior men's champion.

Squash

Callan Hall came 3rd in the U19 group of the Dunlop Menlopark Open although he is only 15 years old; at the Northerns Junior Provincial tournament he won an age group title and he is currently Northerns best under 16 player.

Boipelo Montwedi won her her age group at the Northerns Junior Provincial Tournament and is

currently Northerns second best U.19-player. Nationally she is ranked in the top ten.

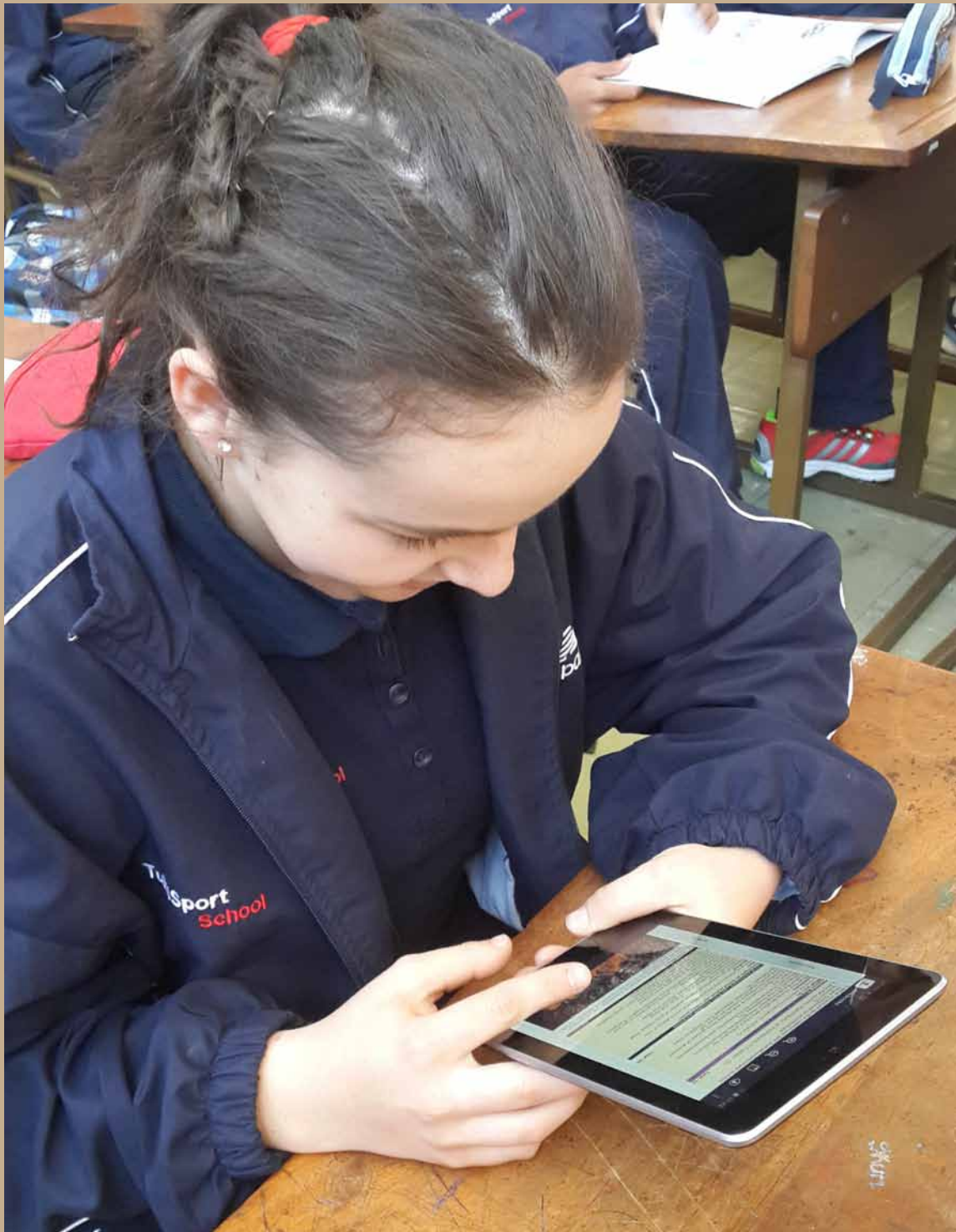
Swimming

Marlies Ross represented South Africa at the Fina World Championship in Barcelona.

Trampoline

Megan Prinsloo (gold and silver), **Jovan Stephens** (bronze and bronze), **Chezwin Timm** (gold and silver) all won medals at the Gauteng North, Limpopo, Mpumalanga and North West Regional Provincial Championships.





Tablet technology in the classroom: *Panacea or placebo*

Text: Hettie de Villiers, Principal of TuksSport High School

You see them everywhere you go - at airports and in planes, on the Gautrain or a Greyhound bus, in coffee shops, boardrooms and in classrooms. The soft hue at many a restaurant table often emanates – not from a romantic candle but from a smart phone or a phablet discreetly hidden on a lap or boldly placed on the table – a sure sign that many find it impossible to be ‘unconnected’ for even a short period of time.

We use our phones to stay in touch, to resolve disputes, to prove a Smart Alec wrong on the spot, to confirm weather conditions. We capture special moments and send them out to the world to share. We’ve become addicted to our phones and tablets and to the immediacy its technology brings.

Tablets are appealing to educators and it’s easy to see why. They’re portable, powerful, colourful and interactive – and kids think they’re cool. Is it therefore unrealistic to assume that if we were to take tablet technology into the classroom we will be able to entice youngsters to read and learn? Is it fair to expect that a cool handheld device will ignite youngsters’ dormant interest in their schoolwork? Can we expect more attentive learners because they digitally flick through their pages instead of turning them?

A quick Google search will convince you that tablet technology will revolutionise education and that replacing a traditional text book with tablets and e-books will suit the characteristically impatient nature of Generation Y learners.

But what, apart from the obvious attraction it holds for a teenager, are the advantages of using tablets?

- One of the chief benefits of mobile devices such as tablets is that they enable learning anywhere, anytime. Although the classroom remains the central place of the learning process, instructional time and learning can transcend the physical borders of the classroom as well as the time constraints of a traditional school day.
- Learners are introduced to and are able to interact with image-rich material that traditional textbooks cannot offer. Tablets allow learners to watch dissections on YouTube, take pictures for the Life Science or Geography class, listen to music in Arts and Culture, watch Othello in the English class and conduct virtual experiments in the Physical Science class without any danger of blowing up the laboratory. The world can be brought into the classroom by a flick of the finger.
- E-books are less costly than traditional textbooks. South African publishers like Via Afrika, Macmillan and Maskew Miller Longman are making all CAPS approved textbooks available in e-pub format, and at between 60 -70% of the cost of traditional textbooks.
- Teachers can insert and save their own notes, videos, images and animations to the existing material in the textbook. This information appears in learners’ books as well, and no learner can ever pull the ‘I’ve lost my notes’ card for homework not done.
- Learners that are sick or absent from school

for sporting commitments (as is often the case for learners of TuksSport High) can stay abreast of what is happening in the classroom by merely switching on their tablets.

- The tablet’s interactive character allows the textbook to function as a notebook. Learners can make notes, highlight important facts, add diagrams and reminders and even look up the meaning of a word. The highlighted text can then be called up in the form of a summary, which can be printed. Once these insertions have been saved, they remain in the learner’s book – even if the tablet is stolen and has to be replaced.
- In case of a lost tablet, the e-books are simply downloaded again – all notes with personalised insertions and teacher notes still intact.
- However, as alluring and versatile as tablets may seem, schools and teachers are still in the infancy stage of integrating them into their teaching and there are certain pitfalls to consider:
- Classroom monitoring – many teachers fear that technology in the classroom will result in a loss of control. It is not always possible to monitor the sites learners are visiting or whether they are in fact updating their Facebook or playing Angry birds when they should be interacting with learning material.

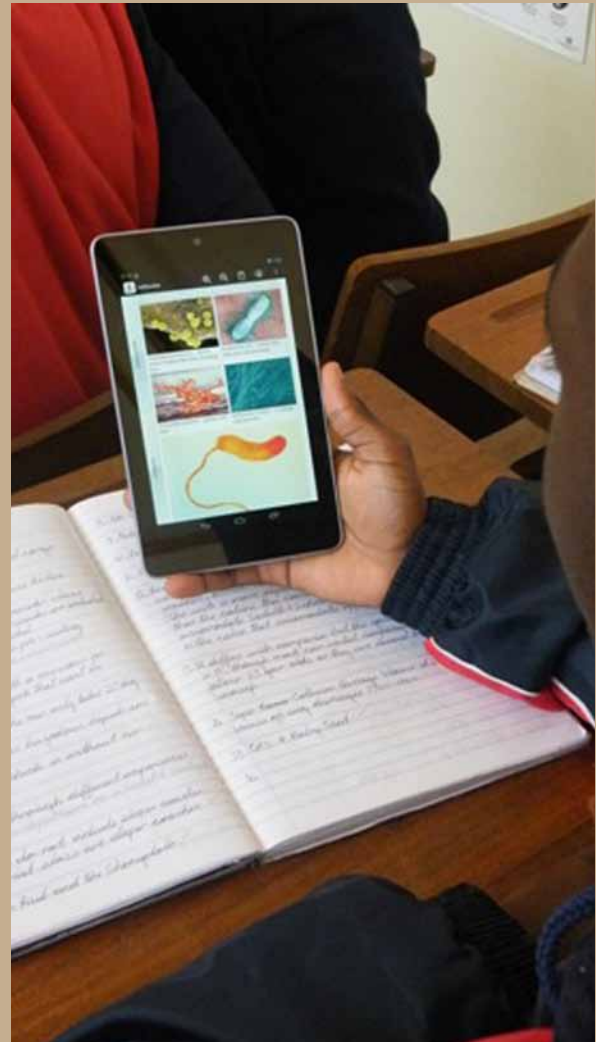
- Infrastructure and IT support. Few things are more frustrating to a teacher, fighting his/her way through a packed curriculum, than spending 15 minutes of a 40-minute period getting the technology to work. Without reliable technical support and a robust server, tablets cannot be used to their full potential.
- Generation Y learners vs Generation X (and older) teachers. Unlike Y-generation learners who were born into a digital world, many teachers fear that they will look incompetent as they are not as tech-savvy as their learners.
- Some learners actually prefer traditional textbooks as their main source of information.
- Theft. Although many argue that if everyone has a tablet, there will be no need to steal someone else's, many teachers say this is not necessarily true. Learners have been known to sell their own tablets for pocket money and then claim they've been stolen.
- E-books may be ideal for reading and interaction during classroom activities, but teachers have expressed concern about the ability to *learn* from an e-book. Single-page vision makes it difficult for learners to fully grasp how interlinking pieces of information fit into the bigger picture.

So can we consider this undeniably remarkable device as a panacea to cure some of the many classroom frustrations teachers experience on a daily basis? Or will the novelty of using a tablet in the classroom wear off after a while, leaving them as unused (for educational purposes) as a textbook?

According to teachers at local schools like Doxa Deo, Curro Hazeldean and Waterkloof that have taken the plunge, the secret to success lies with the teachers and the enthusiasm with which they create

a blended learning environment, with tablet technology being but one of the features.

Good technology cannot fix bad teaching, but it can enhance good teaching.



Characteristics of Generation-Y learners

- Born between mid-80s and 2000
- Also referred to as Generation Me because they tend to be self-centred and narcissistic
- Tech savvy – they were born into a technological world
- Ambitious – *Dreams without limits*
- Good communicators, especially through electronic media (Facebook, Twitter, etc.)
- Impatient – *I want it, and I want it now!*

TuksSport News

TuksSport's Top Student-Athletes

The following UP students; Nicolaas Brits, David Mogotlane, Boris Kulikowski, Amy Johnson, Mmatshapo Modipane, Ruan Botes and Vanes-Mari Du Toit were invited by The Department of Residence Affairs and Accommodation to attend the Academic Excellence Dinner held on the 1st of August 2013.

The purpose of this event is to celebrate the top academic achievers of the various Residences at the University of Pretoria.

The above mentioned students are all housed in the Sports Houses and are student-athletes, who all represent their various sports clubs' 1st teams as well as the province and in some cases the National teams. It is very pleasing to see young students excel both in the classroom and on the sports field.

Nicolaas Brits - Rugby

Riaan (Nicolaas) Britz is a 3rd year BCom Financial Management student who in 2013 represented UP-Tuks 1 in the Varsity Cup and Carlton Cup finals. His position of preference is fullback but he is just as at home on the wing.

David Mogotlane - Cricket

David is currently a 3rd year BA Psychology student. He joined TuksCricket in 2011 and he has been a member of the Elite Squad since then. He represented Gauteng u15 in 2007, Gauteng u17 in 2009 and Gauteng u19 in 2010. He also represented the SA Colts XI in 2010, the Highveld Lions Clubs from 2008 – 2011, and the Northerns Academy XI in 2011.

Boris Kulikowski - Swimming

Boris is studying BCom Accounting. His sporting achievements include the following:

- * Zone 6 Games in Zambia 2012 (Dec) - Bronze in 50m, 100m & 200m Breaststroke
- * Speedo Prestige Gala 2013 - Silver in 200m Breaststroke

Amy Johnson - Rowing

Amy Johnson rowed for the TuksRowing Women's A Crew in 2012. It was the first TuksRowing Women's crew to win

the Universities Boat Race. She is currently recovering from a knee injury, and trains regularly with the Tuks Rowing Club whilst she is in her rehabilitation process.

Mmatshapo Modipane - Hockey

Mmatshapo is currently studying a BEd Human Movement Sciences and Sport Management Degree. Mmatshapo participated in the Varsity Sport Hockey Series for the Tuks 1 Ladies team earlier this year. Mmatshapo was the number 1 goal keeper for the Tuks 2 ladies team in the Northerns League.

Ruan Botes - Duathlon

Ruan is studying BA (HMS) (Human Movement Science). His sporting achievements include the following:

- * 3rd at Elite South African Champs in 2013
- * 5th at Elite African Champs in 2013
- * 1st in Age group at South African Champs in 2012

Vanes-Mari Du Toit - Netball

Vanes-Mari is studying BCom Human Resource Management. Her sporting achievements include being selected for the SPAR Protea Netball team for three years in a row. She was also selected as the Most Valuable Player at the recent African National Netball Championships in which the SPAR Protea team came 1st in Africa. She was Captain for the Tuks 1 Netball team that won Silver in the USSA Netball Championships in July this year. She also played for Gauteng North Ladies A that won silver at the SPAR National Netball Championships in August this year. She has also played in all International Netball Tours since 2011.



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Denkieleers • Leading Minds • Dikgopolo tsa Dihlalefi

TuksSport



The New Frontier in University Sport

It's been described with words such as "Explosive Action" and "Explosive Mondays". Articles have been written which include titles such as "The secret to Tuks success", "No Holding back in Pretoria" and "Tuks show class in relays" to mentioned just a few. These are the words that have been used to describe the latest sporting competitions in South Africa student sport.

A new, exciting and innovative series of competitions between South Africa's leading tertiary institutions, where students are able to compete across 6 sporting codes, namely Athletics, Hockey, Football, Netball, 7's Rugby and Beach volleyball. All of these within the Varsity Sport SA brand, follows on from the successes seen over the last number of years in the Varsity Cup rugby competition.

To quote the official website of Varsity Sport SA, "It offers an exciting platform for students and university teams to compete and for their campuses and supporters to get behind them. The prime objective is the support and development of sport in South Africa. Varsity Sports will significantly benefit the growth of each sporting code, including its athletes and supporter base."

The Varsity Sport SA brand is driven under the guidance and direction of University Sports Company (USC), whose executive and management committees are made up of senior members of various tertiary institutions, including Vice Chancellors, Deputy Vice Chancellors and from within the sporting departments of these universities. ASEM (Advent Sport Entertainment and Media), a company founded by former Springbok captain Francois Pienaar, is the exclusive service provider to USC, with their role being to put on the biggest and best show piece, through sport and entertainment, for each of the sporting codes.

These competitions and initiatives have drawn a large following locally, so much so that we even had the Minister of Sports and Recreation, Minister Mbalula, attending the final of the Football tournament. To quote an interview he said "The Varsity Football competition is fantastic for sport and it has been our vision to get sports going in the universities and this competition has shown that this is the way for football development. We will commit ourselves and help to drive this initiative." In further comments Minister Mbalula went on to say when referring to AmaTuks signing the number one striker of the tournament,



*Text: Steven Ball, Deputy Director: Coaching & Performance Management
University of Pretoria, TuksSport*

"If it was me who was signing these players I would have signed all of them... The football here is almost at the same standard of the professional league. I'm very much excited about what has happened here. We have seen rugby blossom, now its soccer and soon netball will follow suite."

These competitions, with the approval and support of the national student sport body, University Sport South Africa (USSA) and all the Directors of Sport at the tertiary institutions, who have signed the agreement to be part of USC, has most definitely taken university sport to another level. Over the course of 2013 we have seen additional sporting codes launched on the back of the successes of the Varsity Cup rugby, which has run a successful product over number of years and the Beach Volleyball and 7's rugby launched toward the end of 2012. During 2013 we have seen the inaugural Athletics events, Hockey (female) tournaments and the Football that finished with the final at the TuksStadium on Monday evening the 16th September. We head straight into the innagural Netball tournament, where the pressure is felt by our TuksNetball ladies due to the successes of our other teams this year, with the competition wins by our TuksRugby, TuksAthletics and TuksFootball (men) teams during this year alone.

Many have written much about the role that sport plays and can play within our nation. The catalyst for change and nation building are just some of these. The Varsity Sport SA and Varsity Cup competitions within university sport can provide these sort of platforms. Launching pads for our athletes to showcase their talents and hard work, whilst striving for greater sporting success both locally and internationally.

The University of Pretoria and TuksSport is dedicated and behind this all the way. Varsity Sport has taken on new heights and it's here to stay. #TuksofNiks

References: Varsity Sport SA official website www.varsitysportsa.com, Article published in Daily Sun newspaper – journalist Charles Baloyi

INSIDE NEWS

Golf



The hpc/TuksAcademy golf team claimed a clean sweep in the Men's and Women's competitions at in the University of St Andrews 600th Anniversary Invitational in Scotland



Magda Kruger (hpc sponsored athlete) & Bianca Theron represented SA at the Annika Invitational Europe Champs in Sweden & in the Girls British Open Amateur Champs at Fairhaven in Lytham St Annes from 12 – 16 August.



Kim Williams, hpc sponsored athlete & TuksGolfer wins Sanlam SA Women's Amateur Championship



Zander Lombard, hpc sponsored & TuksGolf Academy ranked number 1 Amateur spot



Daniel Slabbert, TuksGolf Academy player won the Swedish Invitational in Malmo with a total score of 146 (72 – 74).

Rowing



David Hunt, hpc sponsored rower & Vincent Breet won gold at 2013 World U23 Champs in Linz-Ottensheim, Austria.

Cross-country



Philip Buys won elite cross-country title at 2013 SA-MTB Nat Champs in PE on 20 July



Matthew Brittain, hpc sponsored athlete won the 70km 2013 Babbas Lodge MTB Series on 11 August

Swimming



FINA 4th World Junior Swimming Champs in Dubai 26 – 31 August: Caydon Muller, TSHS learner and his TuksSwimming team mates won bronze in the 4 x 100m Medley Relay in 3:42.01

Race Walking



Marc Mundell in action during the World Athletics Championships in Moscow, Russia on 14 August.

2013 Athletics Academy Sponsorship



29 July Media Breakfast was held at the hpc to reveal an exceptional scholarship initiative for young track athletes

Athletics



Junior African Champs in Mauritius from 29 August – 1 September: TuksSport High School grade 12 athletes, Sabelo Ndlovu (gold Triple Jump), Duwayne Boer (gold in Long Jump) and Loungo Mathaku grade 10 (bronze 200m for Botswana).



Caster Semenya won gold in women's 800m in Rieti, Italy in 1:59.92



Khotso Mokoena took gold in IAAF World Challenge in Zagreb.



23 – 24 AUG 1st Talent Identification Camp at hpc and TuksAthletics Track, Pretoria

Triathlon

Speedo pledges support to hpc Triathlete Academy



The brand name 'Speedo' has become synonymous with world class swimming performances at the Olympic Games and World Championships. You only have to Google Speedo to confirm the truth of this statement. The cherry on top of their involvement with competitive swimming is undoubtedly the Michael Phelps (USA) success story. With a total of 22 medals Phelps is the most decorated Olympian of all time. True champions or world leaders know that they should never rest on their laurels, because if they should do that, they would run the risk of being surpassed by their rivals. For this reason Speedo has now branched out into manufacturing state of the art triathlon gear as well.

"Swimming is Speedo's passion and we strive to persuade more and more people to swim. Therefore it makes absolute sense to become involved with triathlon because swimming is part and parcel of the sport," said Stuart Hopwood, Brand President at Speedo South Africa.

It should be no surprise that Speedo SA has decided to become actively involved with the Triathlon Academy squad based at the University of Pretoria's High Performance Centre (hpc) in Pretoria. This is generally considered to be one of the most exciting sponsorship deals because Hopwood made it clear that Speedo SA will leave no stone unturned to ensure that the athletes will have access to the brand's most advanced gear.

"We will sponsor all the swimming training gear of the athletes, as well as provide them with wet suits to compete in. At Speedo we use some of the most advanced technology for the manufacturing of wetsuits. Our triathlon suits are water repellent, quick drying and won't chafe athletes during a competition."

Should some of the athletes be in contention to win a medal at a world championship or at the Olympic Games, it is guaranteed that the best that Speedo can offer will be at their disposal.

"Speedo SA see it a privilege to be involved with the hpc's quest to develop world beaters."

As part of Speedo's vision to get everybody to swim. "Hopefully, through the hpc Swimming Academy and with the help of the hpc scientific expertise, we will be able to identify some talented tri-athletes," said Hopwood.

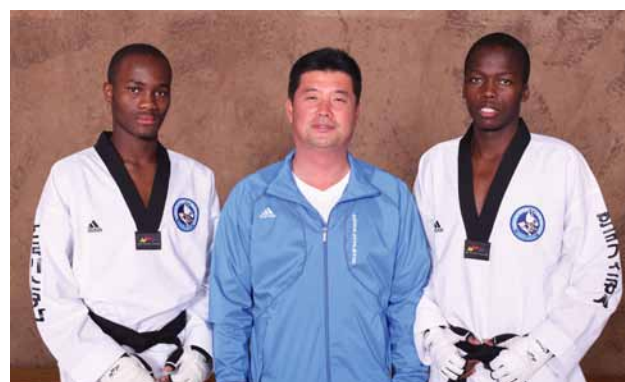


Bela Bela Race: Wian Sullwald, won the men's race in a new course record, Wikus Weber in 3rd place followed by Rudolf Naude in 4th place.



Eddie van Heerden, hpc & Tuks Triathlete finished in 3rd position in the 2013 Istanbul ETU Triathlon Junior European Cup on Sunday 4 August in 00:55:21.

Taekwondo



Joseph Lesego Maponyane & Gopolang Mokoka represented SA (Snr) at the Southern African Taekwondo Championship at 1st Korean Ambassador Cup Team Taekwondo Championship in Maseru Lesotho on 14 September and claimed Gold. Master Cho, coach (middle)

hpc/ TUKS Lester Mills Memorial Night Race



Daniel, Matthew and Michelle Mills



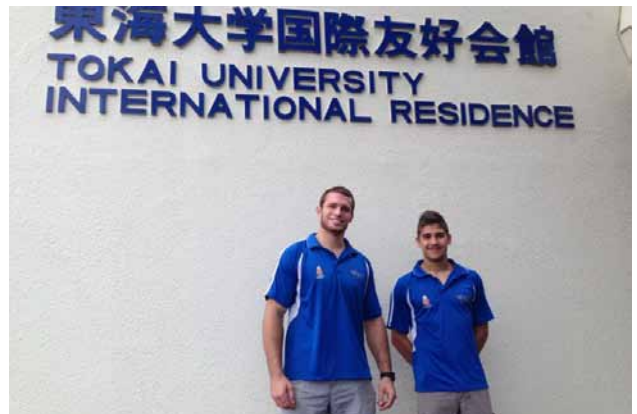
Judo



TuksSport High School Judokas Sinothando Mva, Desiree Blake and Christiaan Boshoff all took gold in their respective events. At the 3rd Ranking event in Johannesburg on 10 August:

TuksSport High School learners, Courtney Read (gold in 70kg) and Geronay (Michaela) Whitebooi (2 x gold in 44kg & 48kg) at the USA Cadet Championships in New Jersey on 27th July

Zack van Zyl and Vaughan du Preez, hpc sponsored judokas both took gold at the SA Open Champs in PE from 30 June - 5 July.



Zack Piontek & DJ Le Grange: Training Camp in Japan at the Tokai University Judo Club from 15th June to 15th July 2013.

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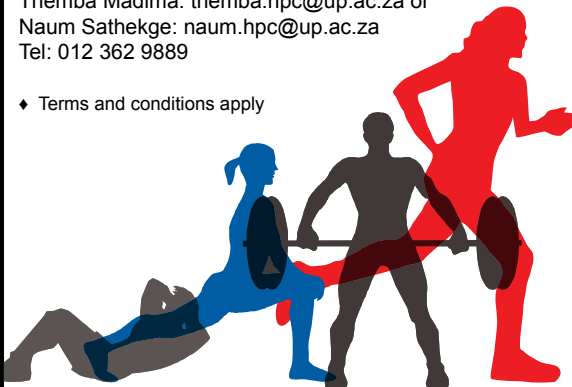
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For more information please contact:
Themba Madima: themba.hpc@up.ac.za or
Naum Sathekge: naum.hpc@up.ac.za
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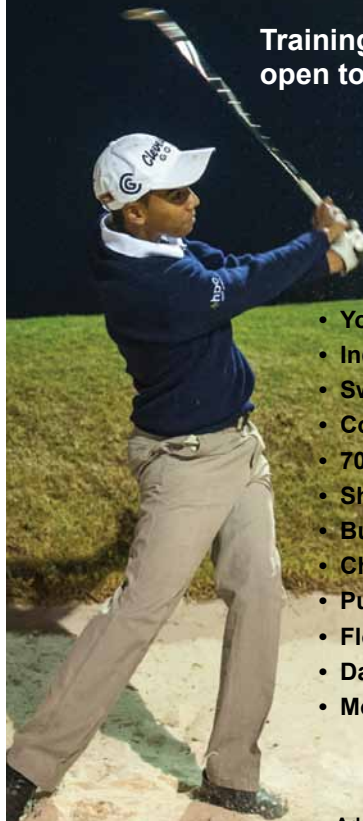
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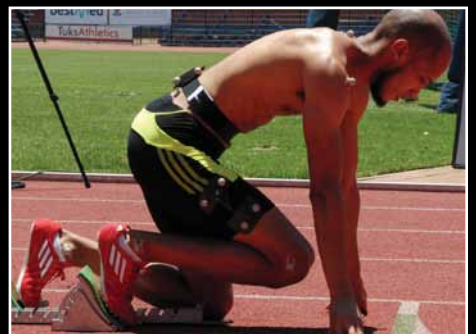
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Text: Vata Ngobeni, Chief sport writer for the Pretoria News



For a country that boasts of being sports mad I think we should hang our heads in shame for the manner in which we continue to turn a blind eye to the maladministration and lack of financial support many of our Olympic sporting codes have to endure.

I say this in light of the ongoing fiasco between Sascoc and Athletics South Africa, a boardroom spat which has unfortunately impacted negatively on the athletes, the very people both Sascoc and ASA say they have their interests at heart.

As things stand, the only people's interests that are being served at the moment are the egos of those power hungry administrators whose sole purpose seems to be high powered positions, huge salaries and allowances and obviously domestic and international travel.

No matter how hard sports administrators try to convince us that they want to serve their respective sporting federations and athletes, it is their continuous boardroom shenanigans and financial mismanagement that vindicates our perception as sporting fans that our sports is in dire straits.

In a country where athletics remains one of the biggest sporting codes especially at school, it truly baffles me how the administrators within the sport are not seeing the potential of South Africa becoming a global powerhouse.

There are more than enough athletes doing well at international junior competitions, there are enough facilities around the country to nurture the talent and we have some world renowned coaches that can make these talented junior athletes into global superstars at senior level.

If the likes of Caster Semenya,

Khotso Mokoena, Sunette Viljoen, LJ van Zyl, Cornél Fredericks, Simon Magakwe, Zack Visser, Anaso Jobodwana, Marc Mundell and Stephen Mokoka can hold their own and succeed at international level with little intervention from the powers that be, imagine if they were given the resources afforded to many of their peers on the international stage?

For all the good that the administrators say is in their hearts and the willingness to see athletics succeed, I can't help but blame them for the failure of our athletes to bring more medals home at the last Olympic Games in London.

While swimming may not be in the same administrative turmoil as athletics, one needs to question exactly what it is their administrators are getting paid for?

One thing I'm certain about is that they are not being paid to wait for corporates to come to them.

How can a sport that delivers so much on the international stage have nothing to show for it in their coffers?

How can we have global stars like Cameron van der Burgh, Chad le Clos and now Giulio Zorzi but still be talking about the lack of money to produce more swimming superstars?

Crudos to the minister of sport and recreation Fikile Mbalula for coming to the rescue in ensuring that our swimmers made it to the FINA World Championships in Barcelona and they did not disappoint.

But where was Swimming South Africa?

Where is corporate South Africa?

You cannot tell me that with Van

der Burgh and Le Clos in your corner one cannot secure a few million rands.

I think of the money both these athletes have made in the past year and it could be enough to keep Swimming South Africa afloat for a year or two.

Why is it that they are able to secure personal sponsorships but the mother body who run their sport can't do so for the greater good of the federation?

It is in the same breath that I also believe that corporate South Africa is letting this country's sport down.

Instead of pumping money into sporting codes that continue to yield success on the international stage, they are obsessed with the archaic thinking that only football, rugby and cricket are worth their millions.

Rugby may be excused as our national team has won two World Cup titles and we continue to produce world stars.

As for football and cricket, it is embarrassing to see millions being poured into their coffers yet there are no trophies to speak of and the boardroom shenanigans continue to make more headlines than what happens on the field of play.

While we elevate our athletes every time they stand on the international podiums to receive gold, silver and bronze medals, we should seriously question if we really love sport or have we lost our passion for sport for the love of money and power?



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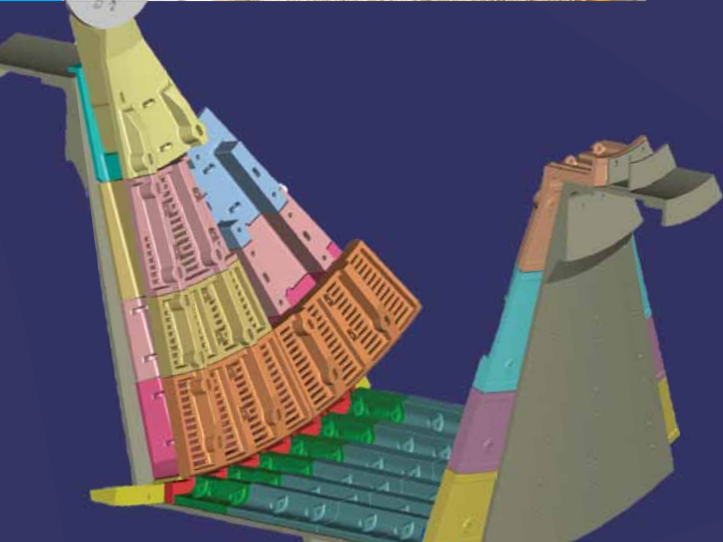
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