

TuksSport High School Athletics Programme



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksSport

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sport, science, knowledge

The TuksAthletics Academy, is the newest code of sport to be incorporated into the TuksSports Academy. It is geared to address the development, coaching and the educational interventions for talented young athletes who wish to excel to international standards in the code. With the world class facilities of the University of Pretoria and highly qualified coaching personnel, the athletes are ensured of a coaching environment that is conducive of world class performances. Given individual attention, each athlete has specific developmental and academic objectives which will ensure maximal achievement in all aspects of an holistic education.

Goals

- To become one of the world's leading High Performance Centres in athletics through individual development and educational programmes.
- To develop in the athlete a mindset of a champion that will be reflected in their athletic and academic achievements.
- To work within the International Association of Athletic Federation's (IAAF) philosophy of long term athletic development.
- To nurture exemplary life skills in athletes that will benefit them for the rest of their lives.





Benefits and opportunities

Physical

- Age specific strength and conditioning programmes in the state of art Gymnasium and in the outdoor facilities.
- Understanding, developing and utilizing their kinaesthetic sense that will enhance their spatial awareness.
- Special sports nutrition and necessary supplementation.
- Work in a safe environment to prevent injuries that are the outcome of over-use and incorrect execution.

Mental

- Master mental skills like communication, commitment, goal setting and control of emotion and anxiety, confidence and concentration.
- Individual psychological testing.
- Mental toughness through confidence.
- High standard of motor programming that will ensure correct use of technique time after time.

Technical

- Event specific periodized training programmes that will gear them to peak at major championships.
- Advanced technical video analysis feedback using the latest Dartfish technology.
- Scientific individualised personal programming with monthly testing and feed back to parents.
- Refining technical application of force in the correct direction and timing that will improve graceful movement, more control and rhythm.

Weekly Academic/Athletics High Performance Programme

- Small classes
- Extra tuition
- Event specific coaching
- Functional strength and power training
- Biomechanical analysis
- Strength and conditioning coaching
- Mental toughness and sport psychology
- Nutrition and supplements
- Planning
- Medical

Tactical

- Preparing for competitions
- Eating to win
- Event preparation
- Decision making and focussing
- Fair play in athletics

Medical

Physiotherapy, Sports massage, visual training, sports medicine, bio-mechanical analysis, sports psychology and rehabilitation



Contact Details

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TuksSport High School & Sport programmes



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