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Cover Image: Reg Caldecott

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from the CEO'S OFFICE



Having just recently returned from a visit to Finland and Spain for a Board meeting of the International Association of High Performance Sports Training Centres, and seeing what they do on a daily basis, has convinced me that we are certainly going about our Long Term Athlete Development programme in the correct manner.

In Finland I visited three training centres. The first facility we visited was the Pajulahti Sports Institute about 180kms from Helsinki and their facility caters not only for Olympic preparation, but also looks at Long Term Athlete development almost in exactly the same manner that we do.

The second centre we visited was in Vierumaki an additional 195kms further North in Finland and is one of the oldest in Finland having been founded in 1927. It is linked to the Haaga Helia University of Applied Science and once again this facility is host to a number of Olympic Sports with the National Ice Hockey Federation being their main anchor sport. They also operate a school for over 180 scholars and they are all high school learners. To support their operation they are a shareholder in a golf course on the facility and this helps them sustain what they are doing at a high performance level.

From there we went to Kihu for the day. Kihu is the research centre for all Finnish sport and they are the only operation in Finland who travels to all the training facilities in Finland and international events around the world to conduct research on anything from Biomechanical to Mental and Physical. They are constantly kept busy and if there is one area that we in South Africa can and should be spending more time, then it is on this front, to assist in finding a South African solution to a South African problem.

From here we went to Kuortane the largest and most successful of all the training centres in Finland and the most Northerly of all the facilities. They also have a high school which currently caters for children from the age of 15 to 19 and all the learners are in one or other of

the sporting academies they operate on behalf of the National Federations.

They are also an accredited training centre of the International Association of Athletics Federations (IAAF), an accredited development centre of the International Shooting Federation and a co-partner of the Vodafone McLaren Mercedes Formula One Racing Team's Human Performance development programme.

I then went on to Barcelona in Spain to CAR Sant Cugat, where they are building a new R300million indoor facility which will be ready to open its doors early in 2011. Their existing facilities are extremely impressive and once their new facility is ready they will certainly be one of the most impressive training centres in Europe alongside Insep in Paris. They also have a school for young learners and their school caters for children of all ages and not just high school learners, as the Spanish Gymnastics Federation do a lot of their training at Sant Cugat. When one enters the facility you are struck by the unbelievable history that the centre has with medals and photos of their Olympic and World Champions decked on the walls.

As I said earlier, in speaking to the various personnel at these respective Facilities, the common thread is the Long Term Athlete Development plan. The only significant difference is the expertise that is involved in the training and sport science on a daily basis and the continual upgrade to their infrastructure and facilities, thus ensuring that they stay abreast with the latest trends in high performance sport.

As we near the end of another year it is my wish that you all have a blessed Christmas and that you will set the bar a lot higher as we approach another year, another year closer to the Olympic Games in London 🇨🇦

Toby Sutcliffe

7

Skills Steps of Performance Practice

Text: Wayne Goldsmith

Every coach, every athlete, every media commentator and every fan will tell you that the fundamental element of all sports is **skill**.

Kicking and passing in football. Throwing and catching in cricket and baseball. Diving, turning and finishing in swimming. Tackling and passing in rugby and rugby league. Passing and shooting in basketball and netball.

Learning, practicing and mastering the basic skills of sport is one of the foundations of coaching, sports performance and athletic training.

However, just **learning** the skill is only the first step in the process. Only fools believe that "Practice Makes Perfect" **if** the goal is to win in competition.

Athletes do not fail because their skill level is poor: **they fail because their ability to perform the skill in competition conditions is poor** and that's a coaching issue.

There are **7 Skills Steps You Must Master in Every Sport** to be successful.

So what is Sports Skill?

There's always a "definition" nut out there: someone who has to read a definition of something before they will engage with it.

So to keep all you definition devotees happy, "skill" for the purpose of this article, is defined as:

The ability to perform a sporting skill consistently well at speed, under fatigue and pressure conditions in a competition environment".

People drone on and on and on about skills in sport.

"It's all about the fundamentals" some say. Others insist, "Skills are everything".

Hard to disagree but.....there is a huge difference between learning a skill and learning to perform the skill consistently well at speed, when you are fatigued, under pressure and trying to execute the skill in front of thousands of people.

Performance Practice:

Want to learn and master a basic sports skill? Find a coach, learn how to do it then practice, practice, practice.

Want to learn and master a basic sports skill so that you can enhance your performance under competitions conditions....then practice, practice, practice will not cut it: you need **Performance Practice**.

Performance Practice is a logical, systematic 7 Step process that takes athletes from the execution of the basic skill to being able to perform it under competition conditions.

The 7 Skills Steps of Performance Practice:

Skills Step 1

Perform the **Skill**. This is the first, and unfortunately for most athletes, the last step in their skills learning program. Coaches come up with a drill, athletes copy it, try it, learn it.

Skills Step 2

Perform the **Skill very well**. Skills mastery comes from regular practice combined with quality feedback from coaches and may incorporate the use of video and other performance analysis technologies – including the best one of all...the coach's eye!

It is about here that most coaches stop coaching the skill, believing that if the athlete can perform the skill really well, and it looks like it does in the coaching textbooks then they have done their job.

Wrong. The job is not even 30% complete.

Skills Step 3

Perform the **Skill very well and at speed**. Name one sport where the ability to perform sports skills really slow is a winning strategy! Technical perfection at slow speed may look great for the text books, but unless the skill can withstand competition level speed (and included in that is competition accelerations, competition agility requirements and competition explosiveness) then it is not competition ready.

Looking technically perfect at slow speed is great for the cameras but it is even better for your opposition who will have run around you and scored while you are receiving accolades for winning the “best-skills execution” competition.



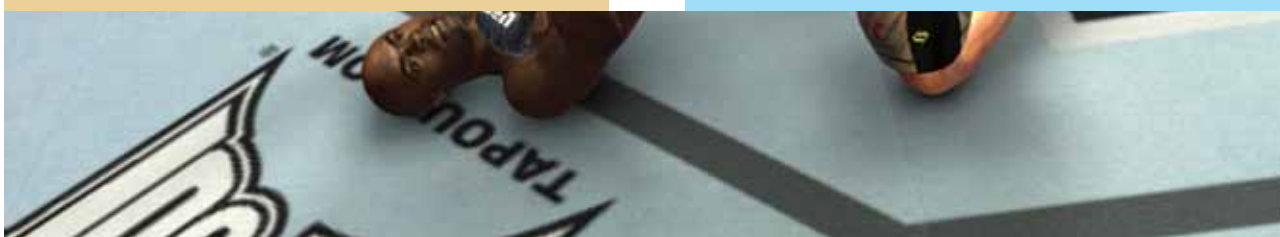
Skills Step 4

Perform the **Skill very well, at speed and under fatigue**. Think of the “danger zones” in all competition sport. The last 20 metres of a 100 metres freestyle. The last 5 minutes before half time in football. The last play in the game. Many, many competitions come down to the quality of skills execution during the last 5% of time and being able to perform fundamental skills when tired, dehydrated, glycogen depleted and suffering from neuro-muscular fatigue is a winning edge in all sports.

Skills Step 5

Perform the **Skill very well, at speed, under fatigue and under pressure**.

How many times do you see athletes miss simple targets or drop balls or make errors at critical moments – “danger-zones” in competitions? There is no doubt that emotional stress and mental pressure impact on the ability of athletes to perform skills with quality and accuracy – (read more about the emerging field of “psycho-physiology!!”). But....this is a coaching issue. Incorporate the element of pressure in skills practices in training and ensure that training is **more challenging and more demanding** than the competition environment you are preparing for.





Skills Step 6

Perform the **Skill very well, at speed, under fatigue and under pressure consistently.**

Being able to perform the skill under competition conditions **once** could be luck, but being able to do it consistently under competition conditions is the sign of a real champion. Consistency in skills execution in competition comes from **consistency of training standards**. Adopting a “no-compromise” approach to the quality of skills execution at training is a sure way to develop a consistent quality of skills execution in competition conditions. Unfortunately many athletes have two brains:

- **Training brain**- the “brain” they use in training and preparation. This “brain” accepts laziness, inaccuracy, sloppiness and poor skills execution believing that *“it will be OK on the day”* and everything will somehow magically be right at the competition;
- **Competition brain** – the “brain” they use in competition.

The secret to competition success is to use “competition brain” in every training session.

Skills Step 7

Perform the Skill **very well, at speed, under fatigue and under pressure consistently in competition conditions.** This is what it is all about. The real factor in what makes a champion athlete is their capacity to perform consistently in competition conditions.

Performing a basic skill well is not difficult. But add the fatigue of 75 minutes of competition, the pressure of knowing the whole season is on the line with one kick, the expectations of the Board, the coach, the management, team-mates and tens of thousands of fans and all of sudden that basic skill is not so basic: it becomes the equivalent of juggling six sticks of dynamite.

Practice does not make Perfect:

In the old days, people would say, “Practice Makes Perfect”. We now know that is rubbish.

Some people moved on and said, **“Perfect Practice Makes Perfect”**. Only true if the goal is to perform skills well for the textbooks.

The real issue now is **“Performance Practice Makes for Perfect Performance”**.

Practice consistently under the conditions to be experienced in competition and success will follow.

Summary:

1. Just **learning and mastering** sports skills is not enough: **it is no longer “Practice Makes Perfect” or “Perfect Practice Makes Perfect”**;
2. Coaches and athletes must spend as much time, energy and effort learning to perform the fundamental skills of their sport **in competition conditions** as they do to learning and mastering the basic skill;
3. Coaches should progress athletes systematically through the **7 skills steps** to ensure they can perform fundamental sports skills in competition conditions: to do less is to rely on luck, the bounce of the ball and some good fortune – none of which are strategies for consistent success.



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Full Back Boeboes

Andries (Boeboes) Coetzee has had a remarkable first season with Tuks and Blue Bulls rugby, but he was almost lost to cricket directly after school.

“At school I had enough time to play cricket and rugby and represented Mpumalanga in both. I was an above average all rounder in cricket with bowling being my strongest attribute. I even made it to the SA Indoor side whilst at school.”

In the end Boeboes, a nickname given to him by his dad, Koos, chose rugby and first ventured to Cape Town where he enrolled at the Western Province Rugby Academy.

At the start of 2010 he was back, choosing the Blue Bulls Tuks Rugby Academy as his new rugby home. And it turned out to be a very rewarding one - for him, Tuks and the Blue Bulls.

Ironically he made his mark at fullback for Tuks and the Blue Bulls, a position he never made his own at school.

“I played fly half for most of my playing career, but moved to inside centre in my matric year. It was only when I starting playing for Tuks and later the Blue Bulls u.21’s that I became a full back.”

Nollis Marais, newly appointed Senior Coach of Tuks 1 for the 2011 Varsity Cup Competition was fast to note Boeboes’ natural talent and it came as no surprise when this 20 year old made his Carlton Cup debut against Nike Bulle in a second round fixture.

“My first impression of the Carlton League, being a ‘boy’ amongst ‘men’, was how much you get challenged physically. The ‘ooms’ have little regard for your age or inexperience and it is a case of being thrown in at the deep end and forced to swim, or drown!”

Exactly how tough, Boeboes would only learn later when he was concussed after a blatant high tackle in the match against Centurion. He was subsequently side-lined for two weeks.

This tackle was no ‘mistake’ as Boeboes was also on a roll as goal kicker and a major threat to Centurions hopes to beat Tuks, thus qualifying for the Carlton Cup semi-finals.

“I was not the regular place kicker for my school (HTS

Middelburg), but when I started playing for Tuks 1 I was presented with the chance to take over the kicking duties. That forced me to train, train, train as it is only then that natural talent comes true.”

All this training, plus his natural talent eventually manifested in 100 Carlton Cup points, the most scored by a Tuks 1 player in the 2010 season.

He made his debut for the Blue Bulls u.21 team against Boland in Wellington (as a replacement), a small beginning that would end in the national championship finals in Durban where he started as full back against Western Province.

“It was sort of a relief to again play with and against my peers. Where Carlton Cup is physically very demanding, rugby at provincial u.21 level is more a test of your individual skills and especially your ability to think and act fast. I count myself amongst the privileged few to have played in two finals in the same season: first for Tuks in the Carlton Cup (against Police at Loftus Versfeld) and then for the Blue Bulls in the national u.21 competition.”

On the question what makes him a good player, Boeboes hesitated before answering.

“I do not like talking about myself as too much talk can easily be perceived as arrogance. I pride myself in fact on being modest and someone who is prepared to watch, listen and learn.”

Those who know Boeboes’ style of play describe him as a player with flair, vision, instinct and fast reactions. In short, Boeboes do not wait for things to happen. He makes them happen. He loves running with the ball and will only kick when it is the very last option available.

“My next goal is to represent Tuks in the 2011 FNB Varsity Cup Competition. This year I watched every match Tuks played at home and could not help dreaming of being on the field and not in the crowd come 2011. In 2010 I lived my dream, but a much tougher challenge awaits me if I want to make the Varsity Cup side. For now, I am only glad to be in the preliminary squad and can only take it one step at a time.”

2011 will indeed be a big test for Boeboes as he lives by the credo: “If you’re not first, your’e last!” 🏉



Text: Morris Gilbert Images: Reg Caldecott

Her love of Physical Education at school was the only reason why she became a goal keeper – a decision that would prove to be most of the rewarding ones she has ever taken.

“I started playing hockey when I was 12 (at St Patricks in Kokstad) and not because I took a particular liking to it. It was the only winter sport I could take part in, but I would learn to love playing hockey. It has, in fact, become part of my being. One day in the Physical Education class the teacher asked for volunteers to try out for goal keeper for the u.13 hockey team. Initially there were no volunteers till I stepped forward to man the goal box. The only reason I volunteered was for the class to start as PE was one of my favourite subjects. I have never looked backed which proves that rash decisions are sometimes the best you can take.”



Text: Morris Gilbert Images: Reg Caldecott

Vuyisanani Mangisa

Since then Sanani, as she is commonly known, has become a household name in South African hockey, making her debut for the SA National side in 2006 when she was only 19 years old. Four years later she has 35 caps to her name. "Representing the national team has been a dream of mine since I could hold a hockey stick."

But it was not all downhill for Sanani as she lost her place in the national side after a very successful 2008 season. It took her 18 months of hard work and perseverance to again be selected for the Proteas.

Her ventures in Protea colours have taken her to the 2008 Olympic Games in Beijing, China and the recent Commonwealth Games in Delhi, India. She has also represented the Proteas in tests in Ireland, Argentina, Austria and the Netherlands.

"Every goal keeper will have a different answer to what makes him or her rise above the rest. Mine would be that I am a keen student of the game. I listen and learn and in such doing acquired different skills from different coaches. It is like a sponge: you soak everything up just to get rid of the unwanted."

And she is first to add that a lot of learning and listening still await her.

"I live by the saying that you have to work and that you're not good at until you get it right. And when you get it right, you have to perfect it."

Sanani has never regretted her decision to choose Tuks as the institution she wanted to further her hockey and studying career at.

And Tuks were very glad to have it as TuksHockey Manager, Natalie Fulton, herself an former SA player puts it: "She has lead by example from day one by her commitment and dedication to TuksHockey and her team, yet she still manages to give her own time to various community projects. The saying 'dynamite comes in small packages' holds very true to Sanani."

According to Sanani her mind was swayed because "Tuks have as tradition of strong, healthy and very competitive hockey whilst the study options at the University allowed me to enrol for a B Com degree in Financial Management. I should finish my studies at the end of the year after which I plan to concentrate more on my hockey and get myself geared up for the Olympic Games in 2012 in London." Her first Olympic Games, in 2008 in China, was most memorable as it is very special to compare yourself against the best world hockey can offer.

"Just to be part of one of the biggest sport spectacles in the world was wonderful."

"It was also very special to represent South Africa at the Commonwealth Games in India."

Her high light at TuksHockey was this year when she was named captain of the first team.

"It is a very valid question how one can lead from the back, but in my case most of my work as captain is done off the field. Once we are on the field, the responsibility is shared by all team members."

She believes that TuksHockey's success can rightly be contributed to very good coaches and managers, but the big difference compared to other universities is the almost perfect balance established between fun and work.

Very few things in life make Sensani mad, but if incompetence will most certainly drive her up the wall. "People should not give themselves out to be specialists if they are not up for the task."





LEWIS

Kobus Botha

Text: Morris Gilbert Images: Reg Caldecott

Kobus Botha has been with TuksTennis so long that he has virtually become an institution – one of considerable note.

He joined TuksSport way back in 1996 when he was appointed manager/head coach of TuksTennis. In his 14 years with the University of Pretoria Kobus put TuksTennis back on the map. Under his guidance Tuks won the USSA Tournament seven times on the trot and he was also instrumental in the establishing of the High Performance Centre and TuksSport High School.

It came as no surprise when Kobus starting playing tennis at the age of nine as both his parents were eager tennis players. “I spent many hours of my childhood next to tennis courts where I took a liking to the game my parents loved to play and one that I would later choose as full time profession.”

“I got my first tennis racket from an aunt, but it was too big a size and I had to use both my hands in order to play shots. To learn more about the technique of tennis, I spent many hours in the library reading up on the game and advice given by professional coaches. My first break as a player was when I was busy with my National Service at the Prisons’ Services School in Kroonstad. I gained junior Free State colours after winning the provincial title.”

When he returned to Pretoria he enrolled for a Law degree at the University, but in his second year he decided to make tennis his profession.

“While I was coaching at the Berea Club I kept on playing and it was then that Bryan Colby became my first real coach. He taught me a lot and helped me to control my emotions with simple breathing exercises. I was a bit of a wild one, but Bryan brought me back to my senses.”

He will always treasure his win against Ray Moore, the one of the country’s top players, at the SA National Championships as one of his biggest moments on a tennis court.

Kobus says tennis has changed a lot since his playing days. “It has become a power game with the result that the total development of the player has become very important. Tennis has also become much more scientific.”

“In this regard Roger Federer is the nearest to the complete tennis player you can get as he his a professional in every way.”

Kobus has had many success stories as a coach. “When I started coaching Marcos Ondruska in 1993 he was on a 12 week losing streak in first round matches. Within only two weeks he won a tournament and continued improving his ATP ranking from 180 to 27 early the next year. During the period I coached him (1993-1997) he'd beat several Top 10 and former Top 10 players like Marcello Rios, Karel Kucera, Alberto Costa and Michael Chang. Marcus made the doubles and single junior finals

at Wimbledon.”

Kevin Ullyett was another success story. “I started coaching him in 1991 when he as at a low in his professional career. He lost all his points and subsequently dropped out of the ranking list. It did not take long, however, to again qualify and improve his ATP ranking by 600 positions. He was named Rookie of the Month, his win against Patrick Rafter the cherry on the top. Under me Kevin won the US Open Doubles title with Zimbabwe’s Byron Black.”

“I also worked with Neville Goodwin and Gareth Williams when they were still juniors. Neville won the Queens Juniors on grass, beating Marcello Rios and several other higher ranking players in the process. As a pair Neville and Gareth made it to three Grand Slann finals in the doubles and won the US Open title.”

“In 1993 I took Grant Stafford under my wing. He then experienced a huge drop in his ATP ranking and applied to be reinstated in the squad I was touring with at the Queens Tournament in London. At Wimbledon he defeated Thomus Muster in the first round and Patrick McEnroe in the second which saw his ranking improve by more than 130 positions. He started 1994 at the 67th best player in the world.”

Kobus also coached other well known players like Piet Alrich, Danie Visser, Pietie Norval and Brent Haygarth.

Piet Aldrich en Danie Visser went on to become the No 1 doubles pair in the world 🏆

ACHIEVEMENTS

- Played internationally and coached in Germany for several year after 1982;
- South African Davis Cup captain in 1992 against Ivory Coast (SA made a clean sweep);
- South African coach at the 6th All Africa Games in 1995 (SA won several gold and silver medals);
- South African coach at 7th All Africa Games in 1999 (SA women won gold and silver);
- Davis Cup selector (1999 - 2003);
- Together with Keith Diepraam developed and coached the Elite and Super squads for SATU/ TSA. Several professional players emerged from the programme, amongs others Wayne Ferreira, Marcos Ondruska, Grant Stafford, Pietie Norval, David Nainkin, Neville Goodwin, Kevin Ullyet, John-Lafnie de Jager, Robbie Koenig and Clinton Marsh;
- Involved in developing and maintaining tennis academies in and around Pretoria;
- North Gauteng Junior and Senior selector and coach (since 1990);
- Have produced several world class coaches like Marcel Ducoudrey (coaches Yevgeni Duvendenco), Louis Vosloo (coaches SA No 1 Kevin Anderson) and Johan de Beer (involved with former British No 1 Henman).



Join Grant Kekana for a late-night game of FIFA 10 on his Playstation and you're likely to notice some tinkering with the Arsenal squad. At the centre of a roaring Emirates Stadium there are the usual heroes – Fabregas, Bentner, Walcott, et al. But kitted out in the Gunners' trademark red and white is the new kid himself, Quick-Kick Kekana.

Wishful thinking? Perhaps if you're the average popcorn-crunching couch potato who likes editing himself into his favourite TV-game. But in Grant's case a more appropriate term would be the 'visualisation of ambition'. So far, dreaming big has paid off for him.

Having just turned 18, he is the newest and youngest member of the Tuks Soccer First Team, and his inclusion in the University's premier side is the crown on a string of achievements since his arrival at the hpc in 2008. In that prodigious year alone he received the 'Most Improved Player' award, the 'Player's Player' award, and the prize for 'Best Club Player'. Last year he reaped the award for the academy's 'Most Promising Player'. And in September this year, he made his debut for the first team against Jomo Cosmos.



But, as Grant will tell you, playing in the Big Boys' league means dealing with big pressure. 'The level of intensity is much higher. If you mess up, you can expect some harsh criticism from your teammates. Luckily, I know a few of the guys who used to be in the school, so the integration hasn't been that tough. Still, it's very daunting rubbing shoulders with players I've looked up to for so long.'

Added to the demands of being a first team member are those of getting through the Matric exams. In the coming week he has both the Afrikaans and English paper to contend with but, as he puts it, he's 'chilled'. Grant has evolved a sound way of dealing with stress. When it comes to schoolwork, he puts in the necessary hours behind the books. And when it comes to soccer, he sweats blood on the pitch. At a recent skills test, for example, the results showed that he is one of the most agile players in the academy, which explains why the first team employs him both as a back and a striker.

Before a big game Grant likes to get in the zone by listening to some Hip Hop. 'The music helps me focus. Listening to something soft and slow would just depress me, but the hard beats of Hip Hop gets my blood pumping. You need a bit of healthy aggression before you go out onto the pitch.'

Good aggression and drive Grant has in stacks. Back in front of the game, he directs the virtual Kekana and scores a scintillating goal. The celebrations are kept to a minimum, and just one remark is passed: 'It would be a dream come true if I could play in Europe someday.'

Introducing the Fleet-Footed Mr Kekana



Text: Rick de Villiers Images: Reg Caldecott

Everybody's Golden Girl

Text: Rick de Villiers Images: Reg Caldecott

Natasha de Vos and the Basics of Backstroke

'5 Nov, 2010. Mood: happy! (It's the last day of school!). Sleep: 8 hours. Heart rate: 72bpm.'

The line above is Natasha de Vos' latest diary entry. Her coach, Igor Omeltchenko, requires that all his swimmers keep a daily record of their mental and physical health. Though these cryptic statistics seem to say little about the 17 year-old swimmer, their sparseness hints at the bashfulness of her character.

We pass each other in a corridor of the TuksSport High School. Neither has laid eyes on the other, so there is no flit of recognition. She gives me a shy smile and walks on. Moments later, when I am seated in the staff room, she reappears and we exchange the embarrassed laughter of realisation.

She is decked out in the school uniform, but what gives her a distinct look are her tekkies: grey, with a dash of bright pink along side of the sole. Her manner is friendly and, like the diary entry, straightforward. There are no frills to her answers, just as there are no frills to her swimming.

Google her name, and the first link you find is a document filled with a plethora of results for the last two years. (Her most recent major competition was at the Youth Olympics in Singapore where she and her relay

teammates came in an admirable sixth place.)

It is little wonder then that everyone wants to claim the 200m backstroke specialist as their own. In 2009 the Polokwane Observer called her the 'pride of the city', and in a SwimSA online article she was dubbed 'Pretoria's golden girl'.

But the Limpopo-come-Gauteng swimmer has set her sights on dazzling more than just the at home. 'My coach and I are working hard towards the 2012 Olympics. That's in less than two years, so I also have my eye on the 2016 Olympics.'

She describes herself as hardworking, which her determination to practice for 6 days a week and swim for no less than 5km on any given day proves. But ask Natasha whether she has any pre-gala rites and rituals and you'll get an unadorned, 'Not really'. 'I'm not superstitious, so all I do is listen to some music before a race. Kings of Leon or some 'golden oldies' like ABBA.'

What her diary entry will read in 2 year's time no one knows, yet an educated guess may be ventured: 'Heart rate: 66bpm; sleep: very little (had to respond to fan mail); mood: happy! (though the Olympic gold really is quite heavy around one's neck).'



Part 1

Performance Development

PUTTING SPORT PSYCHOLOGY IN CONTEXT

Text: Monja Human and Maurice Aronstam

To thoughtfully and successfully implement an intervention in the context of sport psychology requires that the difficulties experienced by an athlete be identified and that the best intervention be used to assist the athlete. This often requires that the difficulties presented by an athlete seeking sport psychology services be categorised into the following four categories.

- I. Performance development
- II. Performance dysfunction
- III. Performance impairment
- IV. Performance termination

The interventions that will be best suited to the difficulties experienced by the athlete will differ according to the above categorisation. As part of a four part series each of the above categories of will be addressed. In this article the focus is on the first, namely: performance development.

The Story of Mary

Here is an example of a tennis player to illustrate a typical performance development case:

The situation	The performance obstacle
Mary is a young, talented tennis player playing in the semi-final of a national tournament for the first time. She has worked hard leading up to the tournament and has shown the best form of her career thus far. She registered convincing wins and has not yet been challenged by anyone in this tournament.	Thus far in the tournament Mary has shown no signs of struggling with her performance.
She is playing the defending champion of the tournament in the semi-final. The night before the match Mary struggled to fall asleep, but eventually got a few hours of rest.	Due to the nature of the match and her opponent, it is expected that Mary experience some stress in anticipation of the match.
At the court she pays attention to her opponent’s warm-up routine and wonders how she is going to handle her powerful serve. Every now and then she glances over to her opponent and she notices the powerful, loud sound of the ball hitting the back of the court after her serves. This is the first time she paid any attention to her opponent during the warm-up.	Mary has now become aware of her opponent during the warm-up and her attention has drifted away from what she needs to do to prepare. Her focus is now on her opponent’s preparation process and not on her own.
Further into her warm-up her stomach starts tingling with the feeling of butterflies and she suddenly feels a fraction slower on the court. Moving around the court suddenly feels like a big effort and the ball just seems not to be hitting the sweet-spot of the racket. She is now also starting to worry about how she can compete today if she is not hitting the ball well. She cuts her warm-up routine short and decides to rather go sit and attempt to calm her nerves.	Mary’s focus on her opponent has resulted in her experiencing symptoms of stress and her thoughts start become self-doubting. She then becomes focused on these symptoms and thoughts and in an attempt to rid herself of these, decides to leave the stressful situation to rather focus on controlling her physical symptoms.



Part I: Performance development:

This category is characterised by a lack of psychosocial or interpersonal difficulties and the aim is to enhance the athlete's performance, for example, improving a soccer player's focus and concentration after making a mistake during a game. Performance enhancement strategies are the order of the day as an intervention.

Two possible ways in which Mary could benefit from performance enhancement strategies include accepting the experience as it is, and keeping her attention on task-relevant information.

1. Accepting the experience

Athletes often do not fully accept the situation as it is, but rather would like to change the experience to suit them. This is not something which is exclusively done by athletes, but seems to be a trait that we as humans often employ. At any given time we experience a parade of thoughts and emotions that is evoked by our experience of a situation.

In the case of Mary, it is normal, even expected, for her to experience some nerves the night before her match, and also just prior to and during the match. Mary seemed to get uncomfortable with this as she most likely believes that she cannot perform well when she is too nervous. Most often it is not the nerves or negative thoughts which adversely affect our performance; it is our attempts to get rid of these. This results in splitting our attention where only a part of our attention is on the task at hand, while the rest is on attempting to change the internal experience of the situation. Changing the internal experience (nervousness) often turns out to be a futile exercise.

Mary would have been better off if she were able to become mindful of the various thoughts, nervous feelings and any distractions that were present during the match. If she was able to accept these as a part of the sporting

experience of playing in your first semi-final, she could have again refocused on her own process of her warm-up. Accepting the experience for what it is results in the athlete not believing that they have to avoid, change or control the experience. This gives Mary the opportunity to remain focussed on the task at hand.

2. Keeping task relevant attention

For an athlete to create the best opportunity for optimal performance their attention needs to be present and on task relevant information. This state is characterised by a quiet mind where the athlete trusts his/her body to execute their skills.

In the case of Mary, she started to pay attention to the warm-up routine of her opponent. Her attention was not fully on what she needed to do for her warm-up. That also got her mind to wander into the future and created doubt about her ability to compete in this match (present).

To explain this using a mathematical metaphor, Mary only had 40% of her attention on her task of warming up, the other 60% was on her opponent and on trying to control her internal experience. That means that at best, she only gave herself a 40% chance of successfully completing her task of warming up sufficiently. Mary would have benefited from keeping her attention on what was relevant for her to be best prepared to take on the challenge.

Summary

To summarise, the performance development category is characterised by a lack of psychosocial or interpersonal difficulties, where the aim is to enhance the athlete's performance. The role of sport psychology in this regard is to teach and apply performance enhancement strategies, which will be beneficial to the athlete both in practice and competition 🏆

The Champion's Choice



Text: Amy Bathgate - Biomechanics & Video Analysis, hpc

When a razor's edge or 1/100 of a second can mean the difference between gold and silver, or even no medal at all, it is not surprising that digital video technology has become an Olympic standard and is widely used by team and individual sports alike. The use of video footage is increasing in popularity at all levels as technology advances and becomes more readily available and easy to use. Its uses are numerous and the benefits invaluable when used efficiently. Although there are many software packages available worldwide, the University of Pretoria and the High Performance Centre (hpc) have chosen to partner up with Dartfish® video analysis software and are the biggest users of Dartfish® in South Africa. This partnership also aims to increase South African users' knowledge and expertise, thereby taking video analysis to the highest levels possible – and translating directly into better sporting performances. Here at the hpc, the Biomechanics and Video Analysis department does very little without utilizing Dartfish® software.

So why Dartfish®?

The proof is most simply in the medal counts. Going back to the 2008 Beijing Summer Olympic Games, athletes using Dartfish® software specifically, racked up 372 medals, including 117 gold – more than doubling the medal count from 2004 in Athens. And these medals came from 34 different countries. More recently, the 2010 Vancouver Winter Olympics saw Dartfish® users produce 162 medals (62% of total medal count). In both these events, athletes used Dartfish® in their training



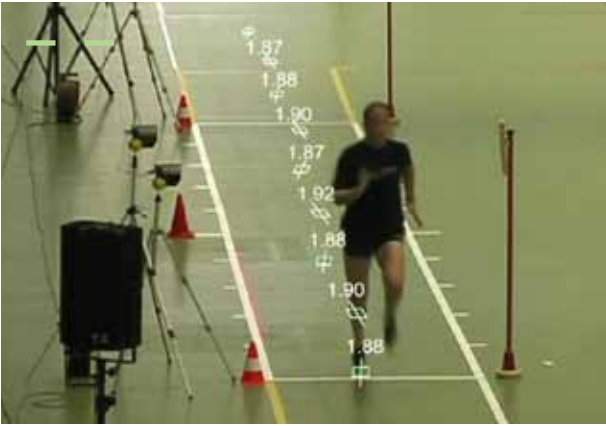
routines, long before arrival at the games, to analyse their performances and correct mistakes, to evaluate their opponents' performances and to increase their chances of taking home the coveted medals.

So why Dartfish®?

Dartfish® developed the first training tool that brings cutting-edge visual technology to the training site, placing powerful analysis tools at the fingertips of coaches, athletes, teachers, students, sports doctors, and physiotherapists. It is a user-friendly tool that allows the breakdown and analysis of movement as well as the categorization of videos to create an index of events (e.g. passes, goals, player movements, etc.). The software uses digital video graphics to deliver instant visual feedback without disrupting the flow of the training session.

The hpc, together with Dartfish®, revolutionizes training of all athletic performance on three levels:





Communication:

instant and automatic visual feedback can be provided during a session for self-assessment, shared perspective and improved communication between coach and athlete, trainer and athlete, doctor and patient, teacher and student, physiotherapist and patient, etc.

Analysis:

a complete set of video analysis tools that include Simulcam© and StroMotion© can be used to highlight specific details and to make visible what was invisible with the naked eye. Thanks to these exclusive tools, coaches, athletes, trainers, and analysts alike, as well as all other users of the software, can make powerful technical, tactical and statistical analyses – thereby enhancing the learning process.

Sharing:

a versatile and easy method of sharing their expertise, is offered to the users, which allows distribution of their



content with others through CD/DVD, email or internet – making remote coaching and sharing of information and video content easy and hassle-free..

The most important aspect of effective training is understanding and communication. Athletes need to understand what to do, why, how and when, and the understanding and communication between coach and athlete is essential. Video analysis allows a new dimension of both understanding and communication by allowing athletes to self assess and better understand the difference between what is seen by the coach, what they “feel” in training, and what is actually happening in slow motion. Competition is where performance counts most, and by analysing competition performance, training can be tailored in the most efficient ways possible to allow the athletes to be most prepared and ready to compete, with the best chance of being successful. Through competition/match analysis, trends and statistics can be found and problem areas pin-pointed and addressed. By underlining or highlighting key points of interest and selecting key moments, an index of them can be created, with drawings added, and written and/or audio comments included.

Dartfish® allows the hpc to bridge the gap between the process of video analysis and the desired goals of improving performance through effective training solutions. It offers a solution for creating and distributing selective and qualitative user-generated video content with seamless processes that attract and create audiences who can best utilize video content. An added feature of Dartfish® software is the dartfish.tv video sharing platform which provides the solution for easily, quickly and efficiently publishing and sharing videos online. The powerful web-sharing platform provides all the functions of standard video consumer platforms, with numerous additional features and can be used in the daily workflow of all types of professional settings, including within sports, healthcare and education. Go check out the hpc channel on dartfish.tv at www.dartfish.tv/hpc





hpc Biomechanics & Video Analysis Lab



Functional Movement

Identifies limiting factors through the presence of compensation patterns adopted during specific movements, and allows athletes to realize their full potential

Video

Filming and review of movements or techniques allows athletes to see what coaches “see” and the athletes themselves usually “feel”, thereby enhancing learning



Technique

Filming specific techniques allows both coaches and athletes to analyze movements in slow motion and see faults/compensations that are often not obvious with the naked eye

Game/Match

Review of filmed game/match content can produce highlights, statistic, trends and much other vital information needed for improved performances in both individual and team sports



Biomechanical

Links functional movement patterns to technique performances and bridges the gap in understanding, rehabilitating and preventing injuries

Gait

Slow motion filming links patterns in our gait to pain, injuries, and related conditions which might restrict an athletes walking comfort or running potential



Performance

Integration of various measurements and additional aspects to increase understanding, learning and improvements in athletic/sporting performances

Analysis is our Game

For more information contact Amy Bathgate: amy@hpc.co.za or 012 362 9800



Visual Performance Training

software that **GUARANTEES** an improvement of **ACADEMIC** and **SPORTING** performance

It is exciting times in the world of EyeGym and Dr Sherylle Calder. In a nutshell, EyeGym is software and on field training specifically designed to improve sporting, business and academic performance. The science was pioneered by Dr Sherylle Calder, who has worked with some of the best players and teams in the world including Springbok Rugby (World Cup 2007), Proteas Cricket, England Rugby (World Cup 2003), Davis Cup Tennis Players and top golfers (SA Women's Golf). Last month was a busy one. We travelled to the UK where we worked with a F1 team. We received some great feedback about the impact of our training on the driver's performance. We also assessed some young tennis players, who have all been put on our training programme to give them the edge in their performance. On the 7th of October we attended the Leaders in Performance Conference in England. There were 300 Coaches, Managers, Performance Directors and Professionals, representing 25 countries and 14 different sports that gathered at Chelsea FC for the most anticipated, high profile, international sport performance event of the year. We had some interesting conversations with Arsene Wenger, Damien Comolli, Bruno Demichellis and Kevin Roberts. It was great to catch up with previous acquaintances Martin Johnson, Dave Reddin, Chris Spice and a few others.

We also travelled to Holland to follow up with an elite sports team who are also on our training programmes. We visited LTA in London and were impressed with what we saw. On our return to South Africa towards the end of the month we assessed SA Junior Girls Golf Team at SSISA and also the SA Polocrosse Team. We are working with them, eagerly getting them ready for the World Cup in 2011.

We were represented at the ISDHA (Independent Schools deputy Heads Association Conference) at Somerset College, South Africa on the 8th and 9th of October. It was a great opportunity to introduce our EyeGym School Software to some of the best schools in South Africa.

WHAT IS EYEGYM?

Most people are born with the potential for good eyesight - however Vision, which is the ability to identify, interpret and comprehend what is seen, can be trained. The eyes feed information to the brain which sets the body in motion to respond to what is seen. However if the eyes relay inaccurate information, performance will be influenced. Dr Calder has developed Visual Performance Training Software specifically for users in 3 different areas: Business, Schools and Sport.

The EyeGym School Software is designed for school learners from Grade 1-12. There are already several schools using her programmes, including Grey College (Currently SA top Rugby School) and Eunice Primary

School. 100% of the learners who used the programmes showed an improvement in academic and sporting performance.

BENEFITS FOR LEARNERS (Primary and High school) IN THE CLASSROOM:

- Improved reading skills
- Improved spelling Skills
- Improved mathematical skills
- Positive effect on memory skills
- Better tactical decision making

On the sports field:

- Improved sporting skills
- Better concentration
- Better tactical decision making

EyeGym Sport Software was designed specifically for individuals, provincial and elite sports teams who wish to accelerate their performance. Training your eye to interpret information faster, increases your response time and in turn helps you to make decisions faster on the sports field. This EyeGym Sport software can be used for any sport. Including Surfing, Skiing, Cycling, Golfing, Sailing and Cricket.

BENEFITS IN SPORT

- Quicker Response
- Better Peripheral Awareness
- Improved Concentration
- Improved Co-ordination
- Better timing and improved ball striking

EyeGym Business Software is specifically designed for use in the corporate world. Users can be production staff or CEO's. It increases productivity, which saves you time - and like they say: "Time is money".

BENEFITS IN BUSINESS

- Improved business productivity
- Improved ability to focus for longer periods
- Improved ability to process information
- Improved concentration
- Improved decision making

WHAT IS INCLUDED?

Dr Calder's online training programme, personalized login details, regular reports and feedback, optional visit to site / on field training sessions and a **GUARANTEE** that each user on the programme will show an improvement in their performance if they train a minimum of 3 times a week for 3 months!

ONLINE SHOP

We will be launching an online shop in the next month where EyeGym Lite programmes can be purchased directly on the net. Keep your eye out for that!

CREATINE SUPPLEMENTATION - NOT RECOMMENDED FOR HIGH SCHOOL RUGBY PLAYERS

Text: Louise Götsche (Dietitian) and Jolene Barske (Physiologist)

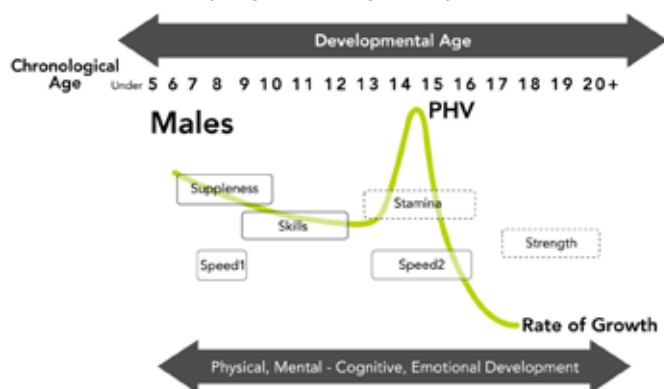
Creatine is a natural occurring compound mostly present in muscle cells. Creatine plays a role in the phosphagen (ATP-CP) energy system. The phosphocreatine in muscle provides the high-energy phosphate group for ATP regeneration during the first few seconds of high-intensity exercise. The body can synthesize and replenish creatine when muscle stores are depleted. Creatine supplementation may increase muscle phosphocreatine stores. Normally creatine supplementation is recommended to assist rugby players to increase their maximal strength and explosiveness and not to build muscle/ increase muscle weight.

Conditioning of high school players

Critical development of athletic and cognitive ability begins at a very early age as children progress through the development stages of maturation and growth. During these phases, optimal windows of trainability exist, that offers opportunities to develop particular attributes such as basic movement skills, basic sport skills and physical capacities. Failure to develop certain physical and mental attributes at the proper time, will significantly affect the ability to reach full genetic potential.

Everyone follows the same gender-specific growth and maturation pattern, but differences exist in the timing and magnitude of changes. Children cannot be treated as mini-adults. Instead, training programs should be based on chronological and biological age.

Windows of trainability during growth & maturation (Balyi and Way 2005)



Training should focus on flexibility, co-ordination, anatomical adaptation, the development of functional

muscular strength, speed and stamina. The development of ligaments/tendon strength, core strength and stabilisers as well as training movements should be the priority. Studies indicate that high school players should refrain from resistance training with weights until 12 – 18 months after the Peak Height Velocity (PHV) in their growth curve has been reached.

Generally **creatine supplementation is not recommended for use by high school players**. In some cases where full maturation has been reached and the basic strength fundamentals are in place, supervised use could be considered.

Creatine facts

1) Creatine does not increase muscle mass. It causes water retention, making muscle appear bigger. Only Hypertrophy training can substantially increase the muscle size. Hypertrophy training does not predominantly make use of the phosphagen energy system. Creatine is generally not recommended because usage will hamper monitoring protocols to gauge the success of the training regime.

2) Not everyone will benefit of creatine supplementation. Some people are non-responders. They possess a great number of type 1 muscle fibers or a greater quantity of creatine stored in muscle making them unable to absorb more creatine. Furthermore, because creatine plays a role in the phosphagen system, supplementation will only benefit those taking part in sporting events that predominantly make use of this energy system.

3) The long-term effects of continuous creatine usage have not been established. Creatine use should always be cycled and incorporated in periodised training programs. People suffering from kidney, liver or heart problems should refrain from creatine supplementation.

4) Creatine supplementation is not recommended during or just before competition phases. It causes water retention that may increase overall weight, causing a feeling of "muscle fullness" and "sluggishness". This will retard maximal speed and increase musculoskeletal injury risks.

5) Creatine is not banned by WADA, but often used in supplements that contain banned substances. PVM Reactor, like all PVM products, is deemed safe for use and do not contain any banned substances. Reactor contains creatine monohydrate, the 100% bio available, most

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 world's 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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Mannie Heymans



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Energy: Before and during endurance events/training
Secondary Usage
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PVM products contain no stimulants and all ingredients are deemed legal substances by WADA.

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The Role of Isokinetics in Rehabilitation

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

Isokinetics refers to the force that a muscle applies during the movement of a limb at a constant angular velocity with specific reference to the involved joint. Isokinetics apparatus allow for the angular velocity to be preset. During isokinetic exercise, the dynamometer (apparatus designed to measure power) provides accommodating resistance throughout the specified range of motion. Maximum muscle tension can be generated throughout the range of motion because the resistance changes to match the muscle tension produced at different points in the range of motion.

Various isokinetic dynamometers are commercially available. The different systems offer variable types of resistance and velocities. The only system currently being manufactured is the Boidex System 4 dynamometer. The Cybex and Kim-Com dynamometers are still in use but no longer produced.

The major advantages associated with isokinetic exercise are the ability to work maximally throughout the range of motion and the ability to work at various velocities to simulate functional activity. However, the majority of the isokinetic testing is done in a non weight bearing (Open-Kinetic-Chain) position that is not representative of functional activities (Closed-Kinetic-Chain). Many variables contribute to the overall athletic performance and isokinetic testing evaluates just one of these many variables.



The reliability of isokinetic evaluation is dependent on many different variables.

1 Speed of testing – coactivation of the antagonist musculature occurs with high velocity testing. The antagonist musculature produces force to slow down the lever arm in preparation for the end point of range of motion (ROM) with open kinetic chain testing.

2 Subject position – subject position during testing varies depending on the specific literature reviewed and the different manufactures. Historically, joint position should account for the gravity affect and the healing phase of the injured structures. The clinician may need to modify the testing position to protect healing structures. Positioning the joint being tested such that it produces functional activity may be beneficial for rehabilitation purposes.

3 Lever arm – the length of the lever arm of the dynamometer affects the ability to produce force. Torque production can be limited early in the healing phase of injury by decreasing the length of the lever arm.

4 Pain inhibition – pain inhibition is a protective neuromuscular response of an injured muscle to limit maximal recruitment of muscle fibers secondary to pain and swelling. Testing should not be performed when the injured body part is painful or swollen, this may lead to variations in torque production from one testing session to another.

Isokinetic dynamometers often provide other types of resistance, such as isotonic, isometric and passive motion. The additional resistance modes allow for more versatility in the use of dynamometers for rehabilitation. Progression through the rehabilitation programme should be based on the healing phase after injury. In the acute phase of injury, the goal should be to regain motion and maintain strength. Isokinetic apparatus can be used in this phase to provide isometric resistance, submaximal isotonic resistance and passive motion. As healing progresses and the injury enters the scar proliferation stage, graded resistive stresses can be applied to initiate the strengthening phase of the rehabilitation process. As the injury progresses into the scar remodelling phase, more aggressive strengthening can be added to the rehabilitation programme. The use of isokinetics apparatus in rehabilitation should not be in isolation. Statements regarding the strength and functional ability of the tested musculature should be limited as isokinetic evaluation may not be correlated with the ability to perform functional activity. The clinician needs to evaluate functional ability in a functional setting using functional activities. However, retesting of the involved musculature enables the clinician to evaluate the progress made with the rehabilitation programme 🏆

References:

1. William E. Prentice (2004) Rehabilitation Techniques for Sports Medicine and Athletic Training, Fourth Edition.
2. http://www.biodex.com/rehab/system4/system4_feat.htm
3. <http://www.isokinetic.info/>

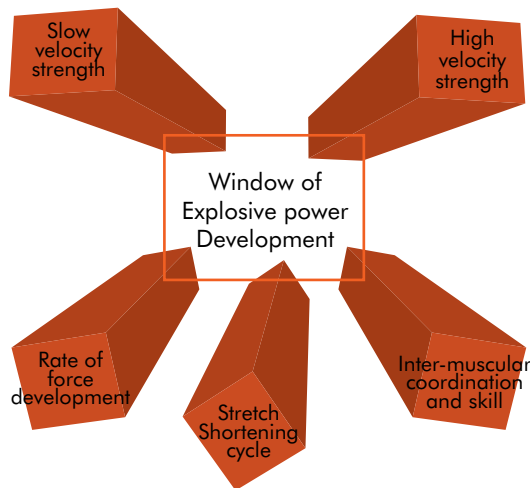


5 keys to explosive power development

Text: Ignatius Loubser, Head Strength and Conditioning Coach, hpc Image: Reg Caldecott

Why does the same exercise prescription create different adaptations in different athletes? Why is it that if an athlete were to copy a training routine of an elite athlete it will not create the same adaptation for him/her as what it did for the elite athlete?

The secret is that one should only use the general underlying fundamentals of these elite programmes but adapt and apply it to suit each specific individual. Not all athletes have the same physical development of the components highlighted below and therefore also one of the reasons it is ideal to train various components throughout the training year as explained in the Window of explosive power development.



Adapted from Mcardle, Katch & Katch. Fig 22.17, p 526

The figure above list the 5 components necessary for the development of power.

This basically means that if your athlete's weakest component is slow velocity strength you will get the biggest improvement by focusing on this component. To understand each component better the following examples of exercises that matches each component, is listed below;

- 1 Slow velocity strength = Very Heavy Squats
- 2 High velocity strength = Snatch (pulling the bar from the floor at high speed to a overhead position)
- 3 Rate of force development = Speed squats (Doing a squat at 50%-60% of your MAX as fast as possible)
- 4 Stretch shortening cycle = Jumping
- 5 Inter and Intra-muscular co-ordination skill = This done during the teaching of techniques of lifts like doing drills of the exercises and focussing on getting the neuromuscular system to activate more muscle groups and muscle fibres to activate.

The margin of adaptation gets bigger the weaker the component is that you are working on and the margin decreases the more developed the component is. The reason for this is that if you are already well conditioned in slow velocity strength you will be close to your peak in that component and only small improvements will occur in your overall performance. These 5 components will differ from one person to another because of their genetic make up, level of conditioning, previous training programs and the sport they compete in.

This is the reason why all these components should be trained throughout the season for athletes requiring explosive power in their sport. Explosive power is developed optimally by training all 5 components and if 1 of these de-trains it will have a detrimental effect to the athlete's explosive power development. For example if you become significantly weaker in slow velocity strength it may cause you to have a decrease in explosive power.

The training modality that addresses almost all 5 of these components is Weight lifting or Olympic lifts. To appreciate the significant adaptation you can achieve with Olympic style weight lifting exercises, one first has to understand how the body works when creating a specific movement. In simple terms in means that most sporting activities require the body to move as a unit combining

a multitude of different movements in one movement action. An example of a basic movement could be analysing a person standing up from a seated position. This movement requires hip extension, back extension, knee extension, ankle flexion and extension and if you are pushing up with your arms together with your legs also elbow extension, wrist flexion and extension, shoulder flexion and humeral adduction.

In order for you to stand up from a chair, all of these actions have to occur in a specific sequence; therefore muscles have to contract in a specific sequence in order for you to stand up. If a specific part does not occur or occurs in the wrong sequence you will either not be able to stand or stand up in a very inefficient way. So if you look at movement in this manner you can understand that sport movements is more complex than simply standing up from a seated position.

In observing the mechanics of human movement one has to structure and choose exercises that will strengthen the mechanics for the sports that you are preparing for. The best way to achieve this is obviously to practice the specific sport movement itself. By limiting your preparation to only the sport specific training, your performance improvement will also be ultimately limited. Improvement beyond sport specific training as well as injury prevention will require you to condition your body through progressive overload. This will result in positive adaptation eventually leading to increased balance, strength, power, endurance, speed and agility thus most likely improved performance.

It is important to note the value that Olympic style lifts can add to a strength and conditioning programme in addition to being able to comprehend the different mechanics involved in these lifts and how it teaches the athletes body to sequentially act and perform as a

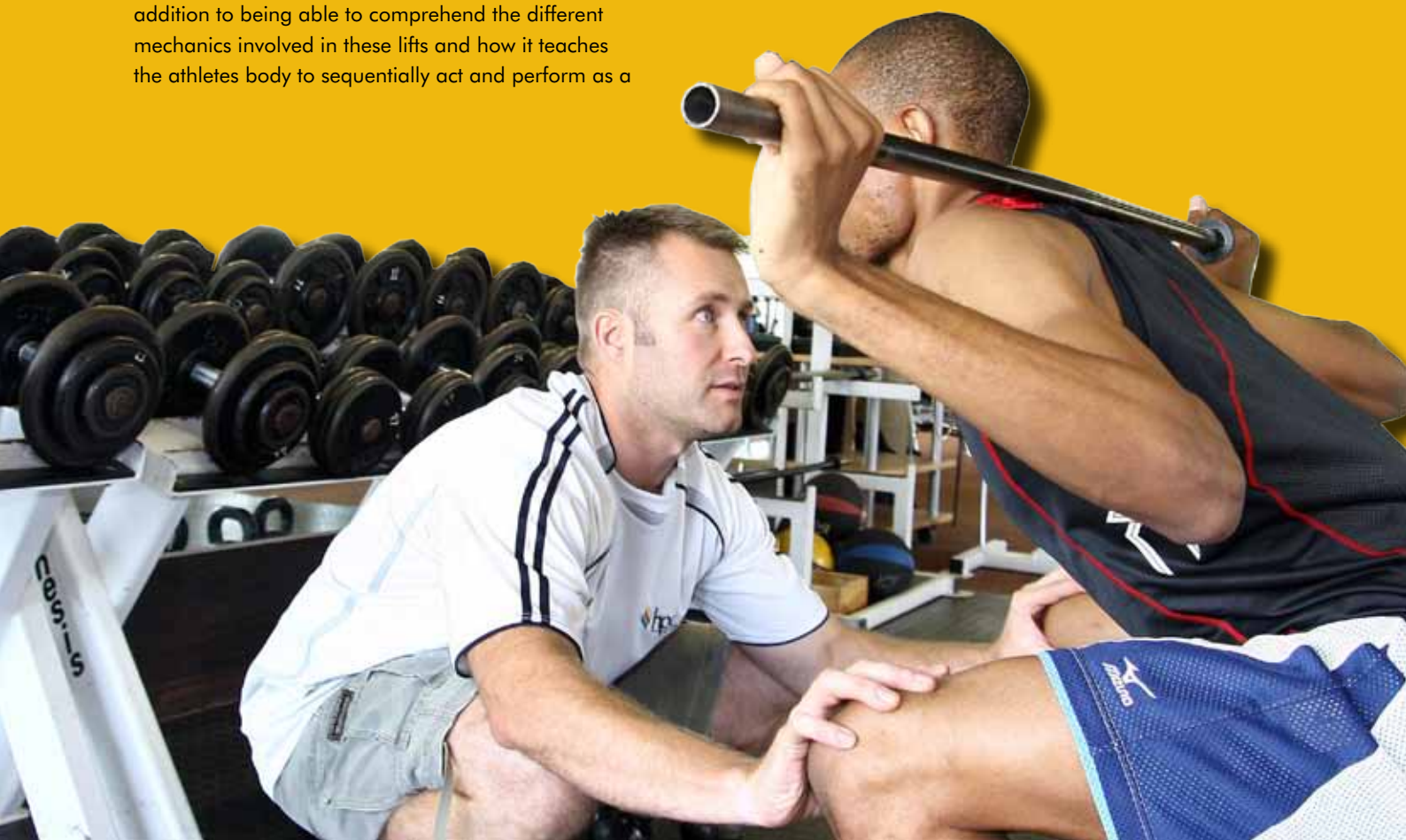
unit. Weight lifting is a total body exercise and is performed in an explosive manner therefore correct technique is of utmost importance. It is only in exceptional and very rare instances that these lifts are contra indicated for anyone engaged in resistance training.

In the attempt to improve an athlete's performance strength for sports that require speed, acceleration and explosiveness, the necessity will arise to increase the individual's rate of power production. The most effective way of achieving the rate of increased power production is by using explosive weight lifting as part of your strength and conditioning programme.

If you take all the different types of athletes and pit them against each other in a 30m dash, which athletes will perform? Quite a surprisingly ... the winners would most likely be Olympic weight lifters followed by the throwers in athletics. These athletes regularly achieve the highest vertical jump test heights because of the explosive nature of their exercises and events.

Due to the nature of their lifts they train all 5 of the fundamental components all the time. Keeping this in mind you can also do jumping and slow velocity exercises to complement power together with weight lifting.

Remember that when it comes to improving physical performance it works on a use it or lose it basis.... which means if you are not actively stimulating one of the 5 fundamental components you will most likely lose the benefit of that particular component!



Acute lowerback ache in Rowers

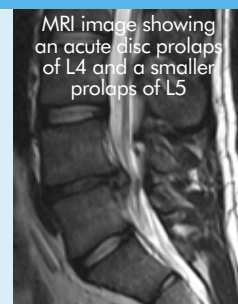
The case of Mighty Matt

Text and images: Andri Smuts B.PhysT, M.PhysT (sport) UP

Rowing is one of the most demanding sports in the world. It requires repetitive and continual movement in the form of pushing, bending, twisting, and lifting. Back injuries are the most common complaint of rowers because of the repetitive movement as well as the constant seated position. Treating lower back pain in rowing is no different than for anyone else. It's best to try to prevent lower back pain in rowing. Strong abdominal and core muscles protect the back from injury. Matt did all his core exercises and stretching programmes as well as weight training religiously, but in spite of all this hard work he injured his back badly

As the popularity of rowing is on the rise, so are the number of injuries we've seen at our clinic that are associated with rowing. Lower back injuries accounts for 40% of these injuries. Two of the more common lower back injuries associated with rowing are lumbar disc herniation and spondylolysis / spondylolisthesis.

In the case of lumbar disc herniation, repeatedly flexing the spine forward can lead to a weakening of the outermost structure of the disc, eventually allowing the inner "jelly-like" material to bulge out. More often than not, this inner material protrudes posteriorly (backwards) and laterally (to the side). This movement of disc material can cause pressure and / or irritation of the nerves which exit the spine, often leading to sensations of pain, numbness and tingling or pins and needles into the buttock and leg. Many people refer to this pain as "sciatica" or "sciatic nerve pain". For many rowers, the repeated flexion and extension of the spine creates muscle fatigue and a loss of support, compression and herniation of the lumbar disc.

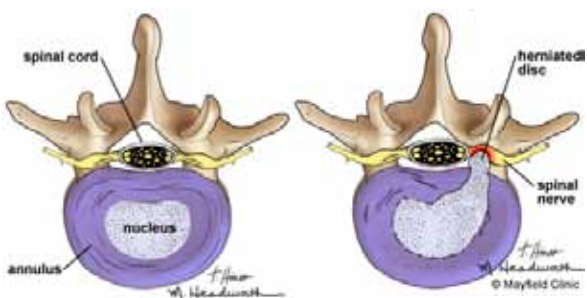


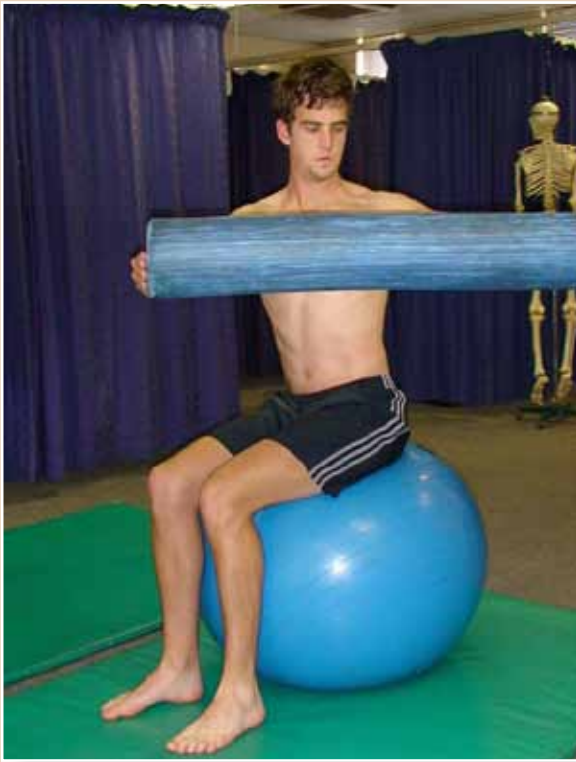
Mighty Matt had back ache that did not resolve with normal physiotherapy. His backache got extremely bad and Matt was referred for a MRI scan by the sports physician. The MRI scan confirmed that Matt herniated 2 of his lumbar discs causing acute nerve root compression. Because of the acute pain and compression on the nerves surgery was the only option and Matt was operated on by a neuro surgeon within a week of the final diagnosis. The disc material that was compressing the lumbar nerve root was removed.



Deep muscle releases on the physio bed

Matt wore a back brace for 6 weeks and started on day 3 with very specific neural mobilization exercises and static muscle contractions. He started with a walking programme in week 3 and was soon on the road to speedy recovery. The physio team started with Matt's rehabilitation in week 4, progressing the exercises with the help of the biokineticists every week.





SOME EXAMPLES OF
MATT`S REHABILITATION EXERCISES

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muscle length- and strength imbalances
movement impairments
areas at risk for injury
- Correction of the above and injury prevention
- Pre-season preparation
- Stretching programmes
- Strengthening programmes
- Identification of incorrect muscle recruitment patterns with correction

Massage

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

Individual and group Pilates classes

Whole body exercise which challenge people on all movement ability

- Improves posture
- Strengthens stabilisers
- Improves flexibility
- Breathing technique
- Improves circulation
- Skill-based conditioning
- Relaxation

Osteopath on site (Monday & Wednesday AM)

Spinal alignment and postural correction

Pre-Season Special !!!

Biomechanical Analysis R350 (Includes evaluation and 2 week exercise programme)

Exercise is Medicine

In a report released by the World Health Organisation entitled *Reducing risks, Promoting Healthy Lifestyles*, physical inactivity is listed as one of the major risk factors for global morbidity and mortality. Physical inactivity leads to conditions such as hypertension, diabetes, obesity and an increased body mass index – a major health problem in South Africa. According to the South African Demographic Survey, 23% of men and 57% of women age 15 years and older are overweight. This is a huge problem for South Africans! Being overweight is not just about aesthetics and looks, the greater concern is that obesity makes one susceptible to various respiratory, cardiovascular, endocrine and psychological disorders.

While the risk factors for the above-mentioned chronic lifestyle diseases are multifactorial, it is well recognised that many of these risks are rooted in the lifestyles we lead: sedentary, unhealthy diet, tobacco smoking, and physical inactivity to name but a few. These chronic lifestyle diseases have

placed a heavy burden on public health resources in South Africa. In an article published in *BuaNews* in November 2005, former Gauteng Province Health MEC, Gwen Ramokgopa, reports that between 2003 and 2004, the number of people seeking treatment for these diseases increased more than four-fold from 500 000 to 2.5 million.

The good news is that by modifying lifestyle, these chronic diseases are largely preventable and controllable. Moderate exercise plays a particularly valuable role in decreasing the risk of developing any of the above diseases. It is through recognition of this simple fact and acknowledgement of the increasing incidence and burden of these diseases that the University of Pretoria has joined the global fight against physical inactivity: *Exercise is Medicine*.

The *Exercise is Medicine (EIM)* campaign is a global initiative that aims to promote regular physical activity as a means to prevent and treat certain diseases. The initiative was founded in the United States in 2008 and has since gone



Sports Medicine joins the fight against physical inactivity

Text: Dr Phatso Cele, hpc Images: Dr Cele's own collection

global, being taken up by various international institutions and organizations. The University of Pretoria Section Sports Medicine recently joined the global campaign, kicking off with a spectacularly successful Fun Walk and Information day on 23 October 2010.

The Fun Walk and Information Day was hosted by both the Section Sports Medicine and the Institute for Sports Research. The event, attended by more than 140 keen walkers, took place at the LC de Villiers Sports Centre. Although the weather forecast had predicted rain on that particular day, the universe seemed to be on our side, playing its part in bringing along a beaming sun and clear skies. After a brisk 3.8km walk through the scenic LC de Villiers premises, participants were delighted to participate in the Health and Fitness Exhibition that followed. The foyer of the sports centre was transformed into an exhibition area boasting numerous exciting and informative stands. The medical exhibition consisted of informative posters and pamphlets on hypertension, diabetes, arthritis, lung diseases and cancers, all of which benefit from prescribed exercise regimes. Two doctors, including respected sports physician and rheumatologist Dr Christa Janse Van Rensburg, were kept busy answering questions related to disease and physical activity. Within the medical exhibition, participants were also able to get their blood pressure, blood glucose and blood cholesterol tested. The footlevellers station was particularly

popular amongst the participants. At this station, participants were able to get their feet digital scanned to assess for weight bearing patterns known to cause foot, knee, hip and back problems. The biokinetics exhibition was highly informative as many participants finally learned the role of sports science in prescribing exercise and rehabilitation programmes. The 'Getting Started' pamphlet given to all participants in the goodie bags, gives a detailed step by step guideline to planning and kick-starting an individualized exercise programme - an excellent tool for anyone wanting to get active. The biokinetics exhibition area also offered body height and weight measurements as well as demonstrations on certain sports science testing machines. As if this wasn't enough, the exhibition also featured an informative nutrition stand, physiotherapy stand, ISR gym and Tuks Student gym stands. All in all, the event was a raging success, with feedback suggesting similar events should be planned every quarter at least! A huge thank you to the University of Pretoria's Sports Medicine and ISR for initiating this internal campaign and working hard to ensure the event was a success. Muelmed hospital and Dischem pharmacy must be commended on their enthusiasm and provision of volunteers to assist on the day. A final thank you to Tuks Student gym and the specialists from the High Performance Centre (Sports Science, Nutrition and Physiotherapy) who were the cherry on top of the success cake! 🍌

OBESITY AND EXERCISE

Text: Tanya Camacho, Biokineticist

Obesity is described as the imbalance between energy intake and expenditure such that excess energy is stored in fat cells, which enlarge or increase in number. Excess body fat frequently results in a significant impairment of health. Obesity has become a global epidemic with an estimated 1.3 billion people overweight or obese. The prevalence of obesity in South Africa is high. According to the World Health Organisation statistics more than 29% of South African men and 56% of South African women are overweight or obese. This is higher than that reported in other African countries. The increase in the prevalence of obesity has made it one of the primary risk factors for heart disease and other sedentary lifestyle related disease, such as diabetes.

Although the causes of obesity include endocrine, hypothalamic and genetic disorders, diet and physical inactivity are the primary causes of the more common form of obesity. The fine balance between calorie intake and expenditure is negatively affected by lifestyle factors such as excess dietary fat, sugar and physical inactivity, eventually leading to negative alterations in the body's physiology.

Many systems have been designed to define obesity, such as height/weight tables, body mass index (BMI), body fat percentage and body fat distribution.

Height/Weight tables:

Individuals are considered obese when they weigh more than 20% above their ideal weight.

BMI:

BMI is calculated as weight in kilograms divided by height in meters squared.

CLASSIFICATION OF BMI	
	BMI (kg.m ⁻²)
Underweight	<18.5
Normal	18.5 – 24.9
Overweight	25.0 - 29.9
Obesity: Class I	30.0 – 34.9
Obesity: Class II	35.0 – 39.9
Obesity: Class III	>= 40

Body fat percentage:

The percentages of body fat below are for men and women:

	MEN	WOMEN
Minimal fat	5%	8%
Below Average	5-15%	14-23%
Above average	16-25%	24-32%
At risk	>25%	> 32%

Fat Distribution:

The distribution of fat may contribute more to disease

than total body fat. Upper body fat distribution (Android) has been associated with increased risk of coronary artery disease, high blood pressure, high cholesterol levels, diabetes as well as hormone and menstrual dysfunction. Body fat distribution can be estimated by the measurement of waist – to – hip ratio. Norms for this method are as follows:

	MEN	WOMEN
Lower fat distribution (low risk)	< 0.78	< 0.78
Upper Body fat distribution (high risk)	>0.91	>0.86

Another method used to determine the risk of disease through fat distribution is the waist circumference measurement, measured in centimetres:

	MEN	WOMEN
Low risk	< /= 102 cm	< /= 88 cm
High risk	>102 cm	>88 cm

EXERCISE AND ITS EFFECTS

Exercise is an important and favourable addition to dietary, pharmacological, and surgical treatment of obesity. It improves self esteem, which increases adherence to both diet and physical activity. The approach to physical activity is to develop a planned and monitored program of activities based on the patient's needs. Exercise should begin slowly and should increase as functional capacity improves.

Exercise is effective in reducing body weight. It affects body fat distribution by promoting regional fat loss in the abdominal sites. This significantly decreases the risk of the diseases associated with upper body fat distribution. Exercise has profound effects on glucose metabolism in both the moderately and morbidly obese. These include:

- Decreased fasting glucose
- Decreased fasting insulin
- Increased glucose tolerance
- Decrease insulin resistance.

Physical activity may be one of the most important factors in the maintenance of weight loss.

In conclusion, obesity is a global epidemic increasing the risk of disease in billions of people worldwide. Various simple methods have been developed to identify obesity and its associated risks; however these are useless followed by treatment such as exercise and diet modification.

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Institute for Sports Research

ISR – REHABILITATION LAB

Our Biokineticists offer the following services:

- Cardiac & Diabetes Clinics
- Hydrotherapy
- Supervised Exercise Sessions
- Physical Rehabilitation
- Corporate Health Testing
- Medical Aid Testing
- Isokinetic Testing & Training
- Graded Exercise Testing
- Body Composition Analysis

For more information please contact us on (012) 420 6033.

ISR - HIGH PERFORMANCE LAB

The primary objective of the ISR performance lab is to provide sport science support to TuksSport, the national federations, the hpc academies and school as well as the general public.

This support includes athlete assessment and monitoring, research, training analysis, strength and conditioning, long term athlete development and programme development.

For more information please contact us on (012) 362 9800 ex 1065.

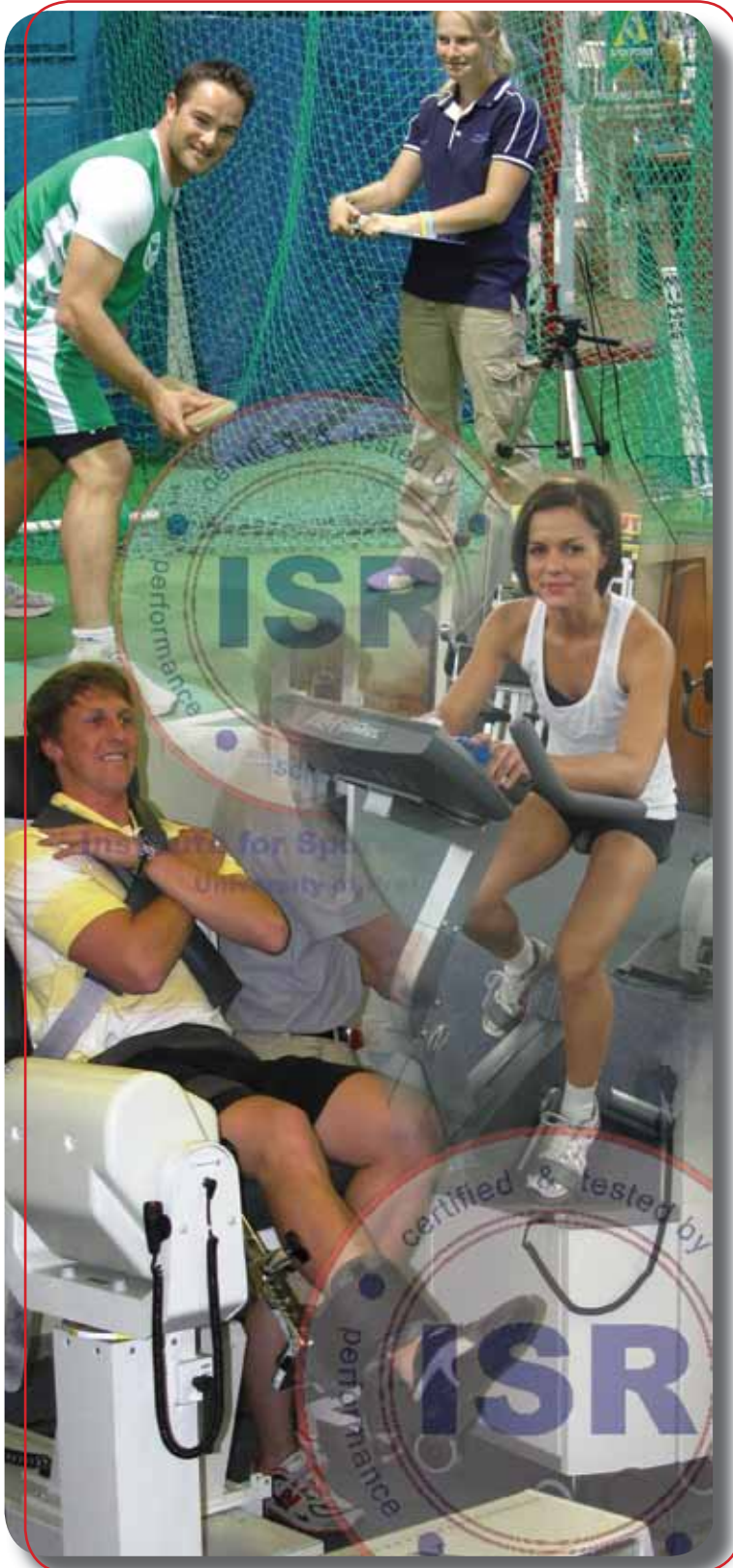
TUKS STUDENT GYM

“Because we know you would rather be studying!”

TSG is dedicated to UP Students as well as anyone else interested in getting in shape and staying healthy and fit.

For more information please contact us on (012) 420 6035

Or visit our website at www.up.ac.za/gym



WINNING

I am getting so sick of people talking about high performance environments, about following a process, about systems, about structures, about programmes, about initiatives, about workshops and about strategies.

The name of the game is **Winning** – oops – there I said it.

Winning. Winning. Winning.

There, I said it again. **The W**

Word: Winning.

Time to Talk about Winning:

Everyone talks about “doing your best” and “trying really hard” and “never giving up” and “achieving my personal best” and when is the last time you heard someone stand up and with real courage, commitment and conviction say, **“I am here to win”?**

So let’s start thinking about **winning**, talking about **winning** and doing things in training, preparation and competition that make **winning** as certain as night follows day, dogs chase cats, and having to pay far too much income tax.

Winning. To come first. To be the best. To be better than your competition. To be the leader.

All these things sound really positive and are worth striving for but why have they become so difficult to talk about and so rare to find?

Because talking “winning” means putting yourself **“on the line”**.

It means making a clear statement that your intention is to win and that coming second is unacceptable. Making a statement like “I am here to win” means you have made a commitment that nothing except the Gold Medal or the Premiership Cup matters.

It is absolute – it is finite – there is no misunderstanding: **you thirst to be first!** You want to go for the gold and leave the silverware for someone making a dinner setting.

And that’s why it is so scary and so intimidating for so many people.

There is no “out” clause, no excuses, no alternatives – **it’s win or it’s lose**. When you declare “I am going for the win” there is no ambiguity, no confusion...**winning means winning.**

It’s OK to talk about pushing for the podium,

to go for the gold and to want to win....**if** and this is a big **if**, your winning **thoughts** and winning **words** are supported by winning **actions**.

Winning Thoughts:

Winning thoughts – The process of winning begins with **Winning thoughts**. Winning thoughts are dreams, and everyone dreams. They are those moments when your spirit soars, when your imagination flies and you dream about achieving great things.

They are the fire – the inspiration for all the great things you want to do and will do in the future. Lots of people dream about winning. Lots of people can even imagine (visualise) themselves holding up the Olympic Gold, doing the press conference in front of the world’s media and some people even imagine what they will say when they get asked “So what does it feel like to be the Olympic Champion”.

Having winning thoughts is not the issue **..it.s going to the next step and saying (and meaning) Winning Words.**

Winning Words:

Winning words – If your dreams are the **fire** – the spark of your winning ways, then your words, i.e. **your winning words, are your fuel.**

We all use some form of self talk in everyday life: you know that little voice that says “I can do this” or “This isn’t so tough” or “Hang in there – this pain will pass”. Winning is about taking these inner voices and actually giving them a real voice. Letting winning thoughts out and hearing them makes them real. It takes them out of the world of dreams and imagination and into the real world where they can be heard: by you and others.

Saying it is one thing...now comes the big step: **turning winning words into winning actions.**

Winning Actions:

Winning actions...and the key to it **all** is action. Winning thoughts are easy to think. Winning words are easy to say. But winning actions....they require something different: **they require your energy, your enthusiasm, your commitment and you taking responsibility to make your dreams real.**

It’s easy to dream “Wow – I really wish I could win”.

It’s easy to say “I really want to win”.

But the reason why so many people never **actually** win is that they are not prepared to do what it takes to **prepare to win.**

This is surprising as most athletes, players and coaches already know what it will take to win – **they just don’t do it.**

And **knowing** how to win but **not** doing it, produces the same result as **not knowing** how to win.

Look through the “Magic Window”:

Imagine for a moment you were looking through a **magic window** at the best athlete in the world in your sport or at the best player in your position in your competition. It could be the person who will win the Olympic Gold medal in your event. Or it could be the

best player in your position in the world. Imagine what they would be doing right now.....
They are in a pool somewhere in the world – or on a field – or on a court – or in a gym, doing what **you** are doing: training, stretching, warming up, warming down, doing drills and all the other stuff that you do every day in every training session. But.....it's not **what** they are doing that makes the difference and makes them the best.....it's **how** they are doing it.

- **They got to training early** and did some extrastretching and strengthening work;
- **They had their own drink bottle** and drank regularly throughout the training session;
- **They attacked every task** like it was the final moments of the Olympic final or the final seconds of the championship game;
- **They executed every skill** with competition quality power and speed;
- **They finished off every repeat** with focus and concentration practicing maintaining technique under fatigue and pressure conditions;
- **They completed all their training to the best of their ability** – holding nothing back in spite of the pain and discomfort;
- **As soon as the training session finished, they immediately started recovering from training** and began the preparation process for the next session.

They made a **decision** that they would out-train, out-stretch, out-strengthen, out-work, out-believe, out-recover and out-prepare any athlete in their sport in the world and that's why they **will** win.

They had a dream – they spoke it – they believed it – they put it into action and...**they will win.**

So, my question to you is this..."if **you** know what it will take to be the best in the world in your sport...why aren't you doing it now?"

You've got the **dream**. You know the **words**.

You know what **actions** you have to take....so do it!
You **can** do it.

Summary:

So don't be afraid of thinking about and talking about winning: **winning is a good thing;**

But.....and this is the key to it all....it's only cool to think about and talk about winning **if** you then turn your **winning thoughts** and **winning words** into **winning actions** with outstanding, consistently brilliant and uncompromisingly excellent training and preparation;

And, if you don't win....**learn, learn, learn from it.** Winning means improvement and improvement comes from learning. So every experience, win, lose or draw, is learning. **Learn more – improve faster – win more often;**

What the mind can **conceive**, and with words will **believe**, the body can **achieve**.

Text: Wayne Goldsmith Image: Andrea Steyn's collection





Guest speaker,
Advocate Ben Swart



Mrs de Villiers highlights free parallels between X-treem sport and TuksSport High School



A last word from 2010 RCL



Gymnasts at play



A word from the Academy Manager,
Danie du Toit

Text: Hettie de Villiers Images: Reg Caldecott

A = for Acknowledgement

On sitting down to write this article I found myself searching for the right words that would do justice to a very special evening on the TuksSport High School calendar – the Accolades Awards Evening. It is the one evening in the year where our learners are collectively acknowledged and honoured for their achievements, the one evening where parents, coaches, teachers and fellow learners are equally amazed at just how multi-talented the learners of TuksSport High are.

I could've taken the easy way out and merely listed the learners' academic and sports achievements, but long and impressive as that list might be, it would not convey any of the splendour of the evening, nor of the genuine and almost tangible feeling of pride that prevailed throughout the proceedings.

Instead I decided to use a lifeline and phone a friend – three friends in fact – Longman, Webster and Oxford, who guided me in the following way:

accolade(s) [n]

- a. An expression of approval; praise.
- b. A special acknowledgment; an award.
- c. A ceremonial embrace, as of greeting or salutation.
- d. Ceremonial bestowal of knighthood.

The evening, true to the dictionary definition, was indeed an evening of special acknowledgements and awards, and while no one was actually knighted on the evening, ceremonial embraces ranging from shy, uncomfortable handshakes to warm spontaneous hugs were shared as one learner after the other came onto the stage to receive their awards.



Tayla Lotter receives her Academic Certificate of Merit from the principal



A warm word of congratulations from the CEO to Arnold Mathapa



Valencia, Khanyisile, Evans, Zodwa and Nosipho achieved their Senior National Colours



Mrs de Villiers congratulates Zodwa Mapanga on receiving her Senior National Colours



Hasintiana Andriamialy receives his award from Mr Toby Sutcliffe, CEO of the hpc



Wian Sullwald, triathlete of note, receives his award from Mr Rocco Meiring

However, whereas Mr Longman et al. might choose to express approval or praise, the 2010 Accolades Awards Evening was an occasion that called for praise to be shouted from the rooftops rather than be politely expressed.

Consider this:

- 18 learners received full Provincial Colours (Gauteng North)
- 31 learner athletes received their Junior National Colours
- 8 learners represented South Africa on senior level, qualifying for their Senior Protea Colours.
- 3 non-South African learners received Senior National colours for representing their respective countries.

Achievements worthy of praise indeed!

It would have been difficult to find a more appropriate

guest speaker for the evening than Advocate Ben Swart who held the audience spellbound with his vivid recollections and photos of his victorious climb of Mount Everest. The learners could relate to the challenges he described, the emotional ups and downs, and the ultimate feeling of triumph experienced when he finally reached the top of the mountain.

In many ways the evening was symbolic of the learners' own journeys to the top of the mountain. For some receiving the Vasbyt Award (for perseverance) or the Most Courteous Student of the Year Award was their summit, for others it was receiving the award for the Best Academic Performance in Grade 12. For ten learners it might have been their election as prefects to the Representative Council of Learners.

For us as teachers, coaches and SSMU staff it was to share in the pride and joy of the learners, and to know that as a team we contributed to their climb and to their victory.

TuksGolf Academy

It came sooner than expected, but the naming of TuksGolf as the Student Club of the Year at the TuksSport Awards Evening was well deserved.

"We are the only sports club at the University that comprise bona-fide students and we are extremely proud of this achievement. Since the establishing of the TuksGolf Academy in 2007 we have shifted our focus on becoming more performance driven," says TuksGolf Manager Johan Steyn.

"To what extent we have achieved our new vision and mission is evident from our achievements of the past golfing year."

Tuks hosted the University Sport South Africa Golf Championships in December 2009 and successfully defended their title as South African champions with a record victory of 66 shots. Tuks also walked away with the honours of both the men and women individual titles as well.

"We are very proud with our students first international team victory in the 2010 Student Matchplay that took place in Ingolstadt, Germany. This is one of the few times where our men and women athletes could combine their efforts to represent their institution with pride against the best universities in Europe. We hope to defend our title in next year's competition. "

During the first quarter of 2010, the annual Club Championship was held with nearly 100 players that entered. The club champion, Werner Ferreira, is also a current beneficiary of the R&A Development Program for 2010.

"We are proud to announce that on 9 October 2010, Prof. Antonie de Klerk, Executive Director of the University of Pretoria, announced that the proposal from the University Golf Club for a practice facility was approved and start-up capital of R300 000 approved. The project is divided into four stages whereby the first stage is now completed that will allow the facility to open up in January 2011. We believe that the new practise facility will provide Tuks with the opportunity to increase the number of members in the club. "

This increase in numbers will help Tuks to adopt a focused approach towards recruitment for talented scholars from South Africa as well as from Africa 🇿🇦



Text: Morris Gilbert Images: Reg Caldecott

TuksSport

Colours Awards

TuksSport has once again been blessed with a year of extraordinary sporting excellence. The following achievements are testament of just that and highlighted a year in which TuksSport achieved consistently in no less than 26 sport codes:

1. Tuks were well presented in Team South Africa at the recent Commonwealth Games in India, winning seven medals in total.
2. TuksSquash went on to win the USSA Squash Championships for a record 6th time.
3. TuksGolf celebrated back to back victories - 2008 and 2009 – at the USSA Golf Championships.
4. TuksAthletics won the USSA women's title.
5. TuksAthletics' women won the USSA Cross Country Championships.
6. TuksTabletennis won the USSA Championships.
7. TuksRowing won the USSA Boat Race for the second consecutive year.
8. TuksNetball 1 (disguised in Gauteng North colours) won both the Spar National Netball Championship and NSA Merit Tournament.
9. TuksRugby won the Lucas Strachan Shield and the Carlton Cup.

LJ van Zyl (Athletics) and Simphiwe Dlodlu (Football), took top honours at the TuksSport Colours and Awards Banquet held on Friday 22 October. Awards for Student Sportsman and -woman of the year went to John Smith/Lawrence Brittain (Rowing) and Erin Burger (Netball). Sports Club of the Year was Netball and the Student Sports Club of the Year was Golf, while the award for Team of the Year went to TuksRowing Men's VIII.

Other awards were:

Coach of the Year – Team Sport – Elize Kotze (Netball)
 Coach of the Year – Individual Sport – Tiaan van der Walt (Trampoline)
 Principal's Award for excellence in Academics and Sport – Ockert Kruger (Rugby)
 Administrator of the Year - Len Claassen (Athletics)

Special Awards were made to Dr Christa van Rensburg and Dr At Schoeman for their contributions to 2010 World Cup

TuksSport and the University of Pretoria also presented two "Friendship Awards" to: R. Carlos Sersale di Cerisano, Ambassador of the Argentine Republic and Deputy Minister of Sport, Gert Oosthuizen.

Student Sport club of the year - TuksGolf



From left to right: Malcolm Fourie (Club Captain), Johan Steyn (Golf Manager), Dr Giel Bekker (Chairperson) and Dr Piet Botha (President)

Team of the Year



Tuks Rowing VIII
 Grant Dodds (Coach), David Hunt, Shaun Keeling and Lawrence Brittain



UNIVERSITEIT VAN PRETORIA
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Sport Club of the Year and Coach of the Year for Team Sport - Netball



Misha Joyce (Assistant), Jenny van Dyk (Manager) and Elize Kotze (Coach)

Special Awards



Prof Antonie de Klerk (Executive Director), Dr Christa van Rensburg and Dr At Schoeman

Sportswoman of the Year



Simphiwe Dlodlu, Prof Cheryl de la Rey (Principal and Vice-Chancellor) and Deputy Minister Gert Oosthuizen

Sportsman of the Year



Prof Cheryl de la Rey (Vice-Chancellor and Principal), LJ van Zyl and Deputy Minister of Sport Gert Oosthuizen



Friendship Awards

Prof Antonie de Klerk (Executive Director), Deputy Minister of Sport Gert Oosthuizen, Prof Cheryl de la Rey, R. Carlos Sersale di Cerisano (Ambassador of Argentine) and Mr Kobus van der Walt (Director:TuksSport)

INSIDE NEWS

SPEEDO Coaches Conference

SPEEDO SA and the hpc recently hosted the first swim coaches conference since 2004. SPEEDO SA recognised the need for existing coaches to be upskilled and updated on the latest international coaching trends as well the introduction of using stroke rate in their training programmes. Coaches from all over Africa attended the conference which featured international Olympic coach Clive Rushton as the keynote speaker. Additional presentations were delivered by sportscience as well as coaching staff of the hpc, ISR and TuksSport. SPEEDO SA's sponsorship as well as the hpc's support made this conference a huge success. The follow up conference for 2011 is already planned and will be hosted at the hpc again, in May 2011.



Stuart Hopwood (Speedo), Clive Rushton, Rocco Meiring (hpc) and Nicola Heimann (Speedo)



hpc athletes



Steyn on the brink of making history
Article published in the Star

After winning her fourth consecutive race in the 2010 BSG Energade Triathlon series at the North-West University Vaal in Vanderbijlpark on Sunday morning, Andrea Steyn is on the brink of making history.

The Pretoria multi-sport star's latest triumph has put her in a commanding position in the seven-event sprint triathlon competition and a good finish - she doesn't even need to win - at the finale in Cape Town on December 5 will see her lift a record fifth series title, the first athlete to achieve this in the senior ranks of the 16-year old competition

Timing her race to perfection at the Vaal, Steyn crossed the line in a time of 1:01:01, beating the determined Carlyn Fisher, Carla van Huyssteen and Rosalyn Laurens in the process

Marlies Ross, 13 year old athlete of TuksSwimming competed at the 2010 World Biathle (Run/swim/run) championships in Dubai. The event consists of a 500m run, 100m swim followed again by a 500m run. Although she was lying second going into the swim she took the lead in the swim and eventually led all the way to the finish. This is her second world title since her first win in Monaco in 2007. Marlies was spotted by the hpc after her first win and has since been training under the Tuks Academy coaches to national age group titles as well as her recent World title. She definitely holds big promise for the future.



INSIDE NEWS



Kenya's national team stays at the hpc and trains at TuksCricket facilities in preparation for 2012 World Cup Tournament, to be held in the India.

Chezwin Timm an Academy student received a Silver medal in the MiniTramp event in the 2010 SA GYM GAMES. In the Olympic development finals he came 4th.

Rendani chairs USSA for next two years



TuksSport Deputy Director Dr Rendani I Mulaudzi has been elected the University Sport South Africa (USSA) Chairperson for the period 2010 - 2012. The elections took place at the General Council and Special General Meeting held on 02 October 2010 at the CSIR Conference Centre.

Cheyne Tucker - Tuks student and Academy player got selected to go to World Senior Squash Champs.



Khensani was the official reserve for the SA Vaulting Team and received his SA Protea Colours from Chef de Mission Mr Tony Lewis.

He has his green Protea Blazer as well as all the other kit he needed to take to Kentucky.

Jacob Tseko won the SA Schools cross country event for the boys U16 age group in Rustenburg last week. This makes him a double SA champion. He won the ASA club event in September 2010.



Maurice Aronstam (SSMU Psychology) received his Masters Degree in Psychology during the Spring 2010 Graduation promotion. Maurice was also selected as the Tuks1 Cricket Captain.

TuksTrampoline gymnasts at SA Gym Games

Results:

Double-mini Trampoline: 6 Gold
4 silver

Trampoline: 10 gold
4 silver
4 bronze

Swimming

The **Commonwealth Games** kicked off on Sunday in Delhi, India with the opening ceremony. Yesterday South Africa achieved their first 2 medals, both coming in the swimming pool. Chad Le Clos (Seagulls Club - Durban) won Gold in the 200m Butterfly event, doing South Africa very proud. Our **TuksSwimming and South African Stalwart, Roland Schoeman**, was part of the men's 4x100m freestyle relay event that won bronze, narrowly being beaten by England. Another good achievement came from TuksSwimming's Monica Bernardo, who is representing Mozambique at the games, when she qualified for the semi-final of the women's 50m butterfly event.

During this morning's heats Roland qualified 3rd fastest for the men's 50m Butterfly, so watch carefully this afternoon as he looks to swim the semi-final and qualify for tomorrow's final. Other TuksSwimmers representing their countries who swam this morning, was Jade Howard (who swam 2 great personal best times in the 100m back and free events) and Mercedes Milner (also good PB in the 100 free), both for Zambia, Monica (who swam a respectable 100 free for Mozambique) and Talisa Lanoe, who has just come off a good African senior championships for Kenya.

We wish our swimmers well over the rest of the competition. It is quite an honour for our club to have 5 swimmers competing at these games, with Roland making his 4th appearance at a Commonwealth Games, which is an enormous achievement.

Clover Athletics meeting held in the Free State Stadium in Bloemfontein on Saturday 09 October 2010.

FIVE GOLD, THREE SILVERS AND ONE BRONZE AND THREE ATHLETES BREAK MEETING RECORDS.

This competition, attended by schools and clubs from all over the country, has been sponsored by Clover for the past 12 years and some athletic legends still hold records set here. It was a very well organized meeting and there was a big turnout of very supportive spectators. This was the first competition for the athletes after the winter programme.

Triple Crown for TuksSport High School

TuksSport High School: Left to right Teagan Moore / Christoff Els (back) / Sergio Alves / Matthias Wollmann (back) / Teaghan Gauche / Marco Loubser

The mighty strong team from TuksSport High School won their third consecutive Super 6 School Challenge at Waterkloof Golf Club on Monday 18 October 2010. The team went one better this year breaking the winning score with their winning total of 364 shots.

The organisers and sponsors of this annual event, Tshwane University of Technology, ensured that the championship layout of this championship golf course would test each player. This tournament provides the top schools in Gauteng North with the opportunity to compete in a highly competitive environment for the top honours that this prestigious sport has to offer.

The team from TuksSport High School played consistently and great individual performances from Christoff Els (66) as well as Marco Loubser (72) enabled the team to take the first place on the podium this year by a staggering 10 shots from their nearest rival Waterkloof Hoërskool.

"The guys played brilliant golf today and to see Christoff making an eagle on the last to sign his card for his 66 was an indication how much they wanted to defend their title." said Stefan Matthysen – Manager of the TuksGolf Junior Academy.

FINAL STANDINGS:

1.	TuksSport High School	364
2.	Waterkloof Hoërskool	374
3.	Pretoria Boys High School	375
4.	Afrikaans Hoër Seuns Skool	393
5.	Hoërskool Eldoraingne	394
6.	Hoërskool Zwartkop	442



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from the sideline

AT the end of an eventful 2010 when among others, the great Diego Maradona left The University of Pretoria hpc with a brand new toilet set in their premier suite, lets select the top ten achievements.

NUMBER 10

SUPERSPORT WIN THE TRIFECTA

Pretoria based SuperSport United won their third South African Premier Soccer League title in a row, an impressive achievement, one previously accomplished only once, by fellow Pretoria side Mamelodi Sundowns. Considering the vast majority of support (and I mean VAST) in Gauteng and South Africa in general lies with Orlando Pirates and Kaizer Chiefs (and to a lesser extent Sundowns and Bloemfontein Celtic), three titles on the trot is one for any mantle.

SuperSport's achievements is also a fine example of how a "smaller" club can shine with the proper structures in place. And lets also not forget that this club do a lot of work at the University of Pretoria's hpc.

NUMBER 9

TUKS NETBALL

The Tuks Netball team, which was to all intents and purposes also the Gauteng North netball team, landed just about every trophy on offer this season including the Spar Inter-Provincial Championships in Potchefstroom. Tuks (Gauteng North) ended the tournament in style by beating Free State 38-21 in the final.

This magnificent performance follows that in March when Tuks (Gauteng North) won Netball SA's Merit Tournament in Pretoria, Northwest South 32-28 in the final.

Tuks also defended title at Sun City Tournament with Erin Burger voted as the best netball player in the country.

NUMBER 8

COMRADES MARATHON

Zimbabwean Stephen Muzhingi won the 2010 edition of the KwaZulu-Natal classic, winning the down run in 5:29:01 making it back-to-back wins for him and the Russian twins Elena (first) and Olesya (second) Nurgalieva in a time of 6:13:04 and 6:13:05 respectively, but the event will be remembered for other reasons this year. The Comrades celebrated its 85th running and this event saw the largest ultra-marathon field since the turn of the millennium, with 23,568 entries and 14,343 runners completing the race within the 12-hour cut-off time. As part of the celebrations, amongst other things, the Comrades Marathon Association (CMA) applied to the Guinness World Records to set a new record for the "Most Runners in an Ultra-Marathon."

NUMBER 7

COMMONWEALTH GAMES (other achievers)

Team South Africa finished their campaign at the 19th Commonwealth Games in New Delhi on Thursday with a total of 33 medals.

While our swimmers dominated there were also a number of pleasing performances by athletes in other sporting disciplines.

Veteran Chris Harmse (men's hammer) grabbed an unexpected gold, while Sunette Viljoen (women's javelin) showed that she is also a fine prospect for gold at the next Olympic Games in London in 2012.

The University of Pretoria's hpc's own Athletics: LJ van Zyl (men's 400m hurdles) also gave notice that he too will be around come London with a silver medal as did wrestlers Richard Addinall (men's 74kg, greco-roman and 74kg freestyle) – silver medal – and Dean van Zyl (84kg) – bronze medal.

NUMBER 6

COMMONWEALTH GAMES (Swimmers)

Swimmers were responsible for winning seven of the 12 gold medals won by South Africa at the Commonwealth Games in India this year. The swimmers also won 16 medals in total.

Apart from the regulars like Cameron van der Burgh and Roland Schoeman who can be seen regularly training in

the hpc's gym when not overseas, young guns like Chad le Clos, Graeme Moore and Wendy Trott are sure to also shine in London.

Swimming honours list: Gold: Chad le Clos (men's 200m butterfly, 400m individual medley), Natalie du Toit (women's S9 50m freestyle, S9 100m freestyle, S9 100m butterfly), Cameron van der Burgh (men's 100m breaststroke, 50m breaststroke).

Silver: Wendy Trott (women's 800m freestyle), Roland Schoeman (men's 50m freestyle), Heerden Herman (men's 1500m freestyle), 4x100m medley (Charl Crous, Cameron van der Burgh, Chad le Clos, Gideon Louw)
Bronze: Men's 4x100m freestyle (Graeme Moore, Gideon Louw, Roland Schoeman, Darian Townsend), Men's 4x200m freestyle (Jean Basson, Darian Townsend, Jan Albert Venter, Chad Le Clos), Roland Schoeman (50m butterfly), Riaan Schoeman (4x100 individual medley), Gideon Louw (men's 50m freestyle).

NUMBER 5

THE SOCCER WORLD CUP FINAL

Regardless of the outcome and the fact that Bafana Bafana were no where near getting there, the greatest culmination of this greatest show on earth took place on July 11 at Soccer City in Johannesburg. For the record Spain lifted the FIFA World Cup for the first time after Andres Iniesta's 116th-minute goal secured a 1-0 victory for the European champions over the Netherlands, but there is no doubt we were all glued to our TV sets – soccer fans – or not, what a show, what a winter.

NUMBER 4

SOCCER WORLD CUP FEVER

The Soccer World Cup has grown from its beginning in 1930 to become one of the greatest sporting events in the world. Well over a billion people followed the month long tournament between the world's top soccer playing nations in South Africa this year and hardly a South African was left out.

The Bafana Bafana squad were literally blown away by the pre-tournament support local fans afforded them. Some 100 000 packed into Sandton Square to wish them well and the players on their open-top bus were visibly moved. South Africans from Soweto to Sandton, Bellville to Beitbridge got behind their team, bought a Bafana shirt and wore it proudly on Soccer Friday. Will we again experience such unity ... lets hope so.

NUMBER 3

SIPHIWE TSHABALALA'S GOAL AGAINST MEXICO

Although Mexican Rafael Marquez eventually denied South Africa a dream start to their World Cup with a late equaliser in an absorbing Opening Match at Soccer City, the diminutive Sphiwe Tshabalala fired South Africa into the lead in the 55th minute with a truly superb strike which had us all in raptures. The dreadlocked Tshabalala become an instant superhero and still today is cheered because of that particular achievement.

Yes, South Africa didn't even make it through to the second round of the competition, but they beat France in their campaign and certainly did not disgrace themselves.

NUMBER 2

SUPER 14 SEMIFINAL (Bulls vs Crusaders)

From the time it was announced that this game would be moved to the Orlando Stadium in Soweto if the Bulls earned a home Super 14 semifinal because Loftus Versfeld was needed for the Soccer World Cup, it was going to be something special. And special it was. Blue clad fans – mainly white – flooded into Soweto. They sat in chabeens, beer halls, and informal restaurants socialising with the locals and thoroughly enjoying themselves. This was ground breaking stuff. Generally white, Afrikaans speaking rugby fans from Pretoria introducing rugby to the locals in Soweto. Was this really possible?

For the record, the Bulls beat New Zealand's champions the Crusaders 39-24, Pierre Spies, Zane Kirchner and Fourie du Preez playing blinders. The scene was set for a final against the "old enemy", the Stormers.

NUMBER 1

SUPER 14 FINAL (Bulls vs Stormers)

Following the ground-breaking Super 14 semifinal in Soweto, South African's – not just rugby fans – were realising that a second trip by Bulls fans to the township with thousands of their Cape counterparts backing the Stormers in tow was going to be historic.

The Bulls won their third Super 14 title in a row – and the last before the competition goes into a new format. They beat the Stormers 25-17, but it was off the field where the Bulls, Stormers and South Africa were all winners. Described as the most significant unifying rugby event since the 1995 World Cup final, this match was extraordinary. Many a die-hard soccer fan was seen wearing blue and the stories of good-will coming out of that game were tremendous. To date, no other South African sporting event has come close to getting us all to link arms with one purpose.

What an occasion, what a game!

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