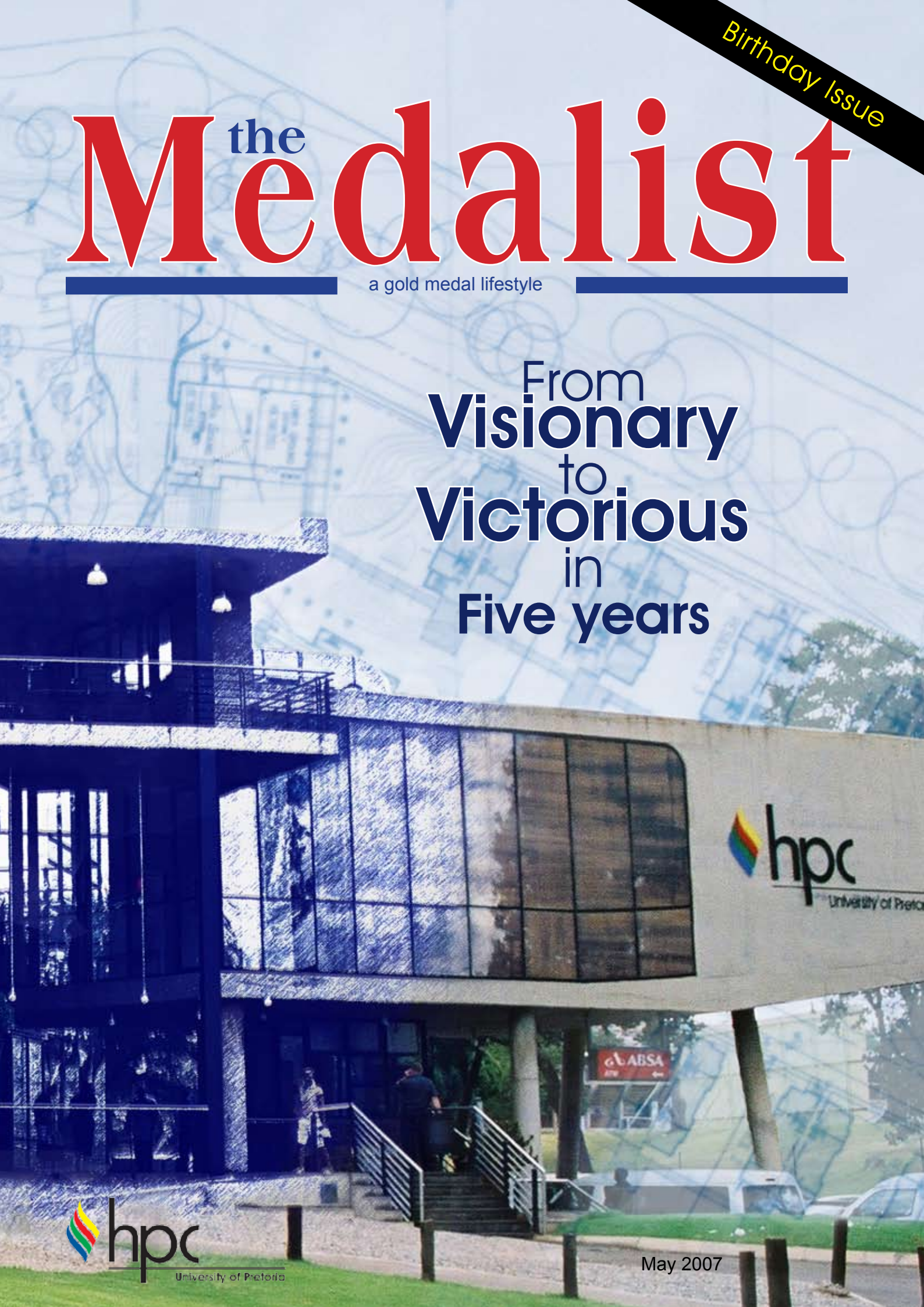
Birthday Issue

the Medalist

a gold medal lifestyle

From Visionary to Victorious in Five years



hpc University of Pretoria

May 2007

Photo by: Thinus van Niekerk

You see a sporting chance
We see a winning opportunity

When it comes to sport participation, training and performance, the University of Pretoria truly is world class. TuksSport always looks **beyond the obvious** and achieves above the norm - creating opportunities and shaping winners.

The High Performance Centre (hpc) at the University of Pretoria, South Africa's first elite sports facility and the venue of choice of local and international champions, in combination with our other world-class sporting facilities, are endorsed nationally and internationally as being of above average standard.

In our on-going race for excellence, we offer five sport related courses: Human Movement Science, B.Com (Sport Management), Sport Science, Tourism Management and a post graduate degree in Sport Medicine.

The University of Pretoria also offers an integrated support service from sport science to corporate sportswear. We have 30 clubs, ranging from athletics and aquatics to hockey and rugby, from football and squash to taekwondo and tennis.

We are currently the largest provider of talent to the various South African national teams. In short, at TuksSport we offer more than just a sporting chance or just a world of opportunity - you'll find one of the many reasons we are rated one of the top 500 university's in the world*.

Enquiries: 012 420 6060
E-mail: sportinfo@up.ac.za
Website: www.up.ac.za

Leading Minds

UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA

TuksSport

*Shanghai Jiao Tong University's Institute for Higher Education listed UP as one of the top-500 universities in the world.

hpc University of Pretoria

CONTENTS

In Memoriam

"To friends we will miss" –

It is with deep regret that the hpc acknowledges the passing away of "Oom" Dawie Pieterse (Transport Manager) and Bella Mathibe (Restaurant). You are sadly missed by all your colleagues and friends.

We would also like to pay our respects to Yvonne Phiri (Springbok Netball player & regular visitor to the centre) as well as to Sam Weber (who will always be remembered for her way with words as the author of the "On the Sideline").

Our heartfelt condolences to their respective families.

Publisher:
hpc, PO Box 14622, Hatfield, 0028 Tel: +27 12 362 9800, Fax: +27 12 362 9890

Executive Editor:
Toby Sutcliffe, toby@hpc.co.za

Managing Editor:
Leonore Jordaan, leonore@hpc.co.za

Layout:
Maunée Meiring, maunee@iburst.co.za

Printing:
Business Print Centre

The Medalist is published by the hpc. Opinions expressed in this publication are not necessary those of the hpc and is believed to be correct at the time of going to print. No responsibility can be accepted for errors and omnissions.

from the

CEO'S OFFICE

The hpc at the University of Pretoria has, since its inception, played an important role in the development of the young sporting talent of South Africa and a number of household names have been through the hpc and made use of its numerous services.

It was Theodore Roosevelt who in 1910 said "It is not the critic who counts, not the man who points out how the strong man stumbles, or how the doer of deeds might have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, and comes short again and again; who knows the great enthusiasms, the great devotions, who spends itself in a worthy cause … and who … fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat."

I sincerely believe that if our nation is to become a winning nation in the sports arenas around the world then we should take heed of what is said above as far too often we become negative about the achievements of our sports teams and individuals yet we have not experienced or even understood what effort they have put in to achieve the success that they are striving for. At the hpc we are exposed to the rigours that we put our budding young athletes through on a daily basis and it is not through a lack of time and effort that they are not achieving.

During our first five years of existence we have developed a number of young future stars, the role models of the future. This has been achieved without the large sums of money that have been poured into similar institutions around the world, but rather with sheer determination, dedication and professionalism from all my staff, often under very trying circumstances.

To McCarthy Toyota and Ericsson who have been involved with sponsoring the hpc and its students within the programme since our inception and to PVM and Nashua for their contribution towards our running of the operation, a very big thank you for your continual support.

However the belief and major driver at the hpc is "what is good enough today is not good enough tomorrow" and to remain true to our mission and vision for the hpc to survive and to progress we will need to find a major sponsor so that the good work that has been started is not undone.

Toby Sutcliffe

From Visionary to Victorious in Five years

Text: Hettie de Villiers Images: Christo Harvey; Susan du Toit

Calie's Corner, the somewhat secluded patio on the third floor of the High Performance Centre (hpc), offers a bird's eye view of the sprawling sports campus of the University of Pretoria. The familiar shape of the TuksSport dome on the far right and the glistening 25-meter pool immediately below the patio, flank the vast grounds known as the TuksSport campus, offering a perfect backdrop to the statuesque building known as the hpc.

The tranquillity created by this vista, however, is broken by the sounds drifting up from the sportscience gym on the second floor, permeating the hotel floor with a sense of vibrancy. Despite the accentuated elegance that speaks from every strategically placed piece of furniture and every carefully selected picture on the wall on the third floor, one is left in no doubt that this building was designed for people that are passionate about sport.

It was a passion for rugby that initially sparked the idea of a high performance training centre. When Naas Botha and Nick Ochse approached the University of Pretoria with the idea of establishing an academy on its sports grounds in 2000, the model they presented was rugby-specific.

The presentation came shortly after a decision taken by the University to encourage self-sustaining business enterprises. According to Mr Kobus van der Walt, Director of Sport, the proposal came at just the right time. "The master plan drawn up early in 2000 included, among many other goals, the active promotion of self-sustaining initiatives that would support the development of sport. The timing was perfect."

Prof de Beer, who played a pioneering role in establishing the co-operative relationship between the university and the hpc, admits that the university took what some considered to be a bold step in supporting such a venture. According to him, the step was taken not only because the University recognises that vital role that sport plays in its strategic positioning, but also because it presented an excellent opportunity to showcase the knowledge and expertise of the Institute for Sport Science and Research (ISR).
After thorough local and international research, the idea of a rugby-specific academy evolved into a multi-purposed concept – one that would not only see the establishment of the first professional academy structure in the country, but also offer world-class facilities and sports-related services to both national and international athletes.

An investigative visit to the Nick Bolletieri Tennis Academy in Florida by, amongst others, Prof Chris de Beer, Prof Ernst Kruger, Dr Rendani Mulaudzi and Kobus van der Walt, cemented the idea of creating a one-stop sporting facility that would rewrite the entries in the address book of South African sporting venues.

When asked about the philosophy behind a centre of excellence such as this one, Nick Ochse, the then managing director of TuksSport (Pty) Ltd, explains that the hpc embodies a new way of thinking about sport. "The aim was to introduce a new way of thinking about the profession of sports development in the country that transcends the practical considerations of training and performance by honing it into a life style."

The ultra-modern design of the buildings serves as an incarnation of innovation in all the dimensions relating to sport, ranging from the organisational structures to education, medical expertise and sport science. But the success of the hpc lies in more than its strikingly modern building - it is the seamless way in which the dimensions it represents have been integrated, that has contributed so much to the success of the hpc and the athletes that make use of the facility.

When the hpc opened its huge glass doors to the world on 10 May, 2002, Ncgonde Balfour, the then Minister of Sport, emphasised the importance of a facility like the hpc that specialised in developing champions. "South Africans love champions, and therefore we must get mentally tough in our drive to be the world's best." He was "highly impressed" with the Tuks High Performance Centre, and predicted that it would play a major role in South African sport.

While his statement has consistently been proved to be true, the role of the hpc was not to be limited to South African sport only. The centre soon became the venue of choice for many top international individuals and teams. The Swedish Olympic swimming team and the Belgium Olympic team were the first international teams to make use of the accommodation and training facilities, and both teams have returned for training camps every year since.

Vésteinn Hafsteinsson is but one of several international coaches that considers it worthwhile to travel nearly halfway around the world to make use of the facilities at the hpc. As coach of the Danish Olympic discus and rotational shotput athletes, he is extremely particular

An overview of the growth and development of the hpc over the last 5 years.

Gary Albertyn, Prof Antonie de Klerk, Toby Sutcliffe, Kobus van der Walt, Prof Ernst Kruger

not only about the training facilities, but also the accommodation and nutrition offered to his athletes. "The facilities and services, and of course the wonderful weather in South Africa makes this place excellent for training," he smiles - three very good reasons for bringing his athletes to South Africa year after year.

Other international Olympic teams that reaffirm the hpc as their first choice as a training venue include the swimming teams from Britain and the Netherlands with stars such as Olympic gold medallist, Peter van den Hogenband, as well as the Greek and Finnish track and field teams with their Olympic medallists.

Professor Antonie de Klerk, Executive Director responsible for Sport at the University of Pretoria, says the presence of so many top national and international athletes is one of the things that make the hpc exceptional. He believes that the professional yet personal atmosphere created by all at the hpc, plays an important role in the quality of service offered to athletes.

Unlike the hapless prophet that is often unheralded in his own country, the hpc is well recognised and utilised by South African sportsmen and women.

By awarding the hpc the tender for the preparation of the South African athletes for the Athens Olympic Games in 2004, as well as for the Common Wealth Games in Melbourne in 2006, the government affirmed its belief in the centre and the quality of its service delivery. The fact that a similar tender has been awarded for a third time – this time for the Beijing Olympics in 2008, confirms that the various service departments have lived up to the high expectations set by athletes, coaches and administrators alike.

The first long-term relationship forged between the hpc and a South African sporting body was in 2003, when the United Cricket Board (UCB), now known as Cricket South Africa (CSA), selected to relocate their Centre of Specialisation to the University of Pretoria. According to Anton Ferreira, coaching manager of CSA, they knew right from the start that the "comprehensive world-class sports facility was the ideal venue of choice for cricket's various Elite Player Development programmes."

The sight of young cricketers, who do justice to their sport being called the gentleman's game, is not an unfamiliar one at the hpc. For four months of every year, twenty talented young cricketers are selected to join CSA's Academy for an intensive four month training stint at the hpc. And as was the case towards the end of February, just before their departure to the imminent World Cup Series, the Proteas also make use of the facilities for training and pre-departure camps.

Since 2003, several federations have recognised the value of relocating to a central training venue that offers the advantages that the hpc does. The South African Football Association (SAFA), Swimming South Africa, Rowing South Africa (RowSA), and SA Table


Image: Touchline Photo


Image: Beeld


Image: Linda Tyrell

Image: EDCON Photographers

Tennis are four national bodies that have chosen the hpc as their base. Roger Barrow, director and coach of the RowSA Academy explains that by basing his rowers at the hpc "we give them the opportunity to be full-time athletes," – a break afforded to few.

In reply to a question about the future involvement of South African sporting bodies, Mr. Toby Sutcliffe, CEO of the hpc explained that although there is no common plan that involves the hpc, "we will be embarking on various strategies that will result in our self-sufficiency, while at the same time, continue to contribute to the success of South African sport by developing future champions through our Academy.

But what sets the hpc apart from other training centres? When asked this question, Sutcliffe answered without hesitation. "The people, their knowledge and expertise – and the passion for what they do. They make our motto - a gold medal lifestyle possible."

He singled out two aspects of the hpc directly related to the company vision of being the market leader in the development and provision of services to elite sports talent at a national and international level. "To realise this vision, we have to be a leader in sport science – and that is where the University brings so much to the table - and we have to provide an environment in which talented young South African sportsmen and women can develop in an integrated and holistic manner."

According to Sutcliffe, the value of Prof Ernst Kruger and his team at the ISR does not only lie in their successful on-field research and the advances made in sport as result thereof, but also in the practical services supplied to athletes on a daily basis. This department is responsible for various types of sport science testing as well as for the design and monitoring of athlete's rehabilitation and training programmes. "The partnership is ideal," he continued, saying that the research and sport science testing done by the University perfectly complement the sports related services offered by, amongst others, the doctors, the physiotherapists, sport psychologists, chiropractitioner, biokineticists, and dietician of the hpc's Sport Science and Medical Unit (SSMU).

But the biggest jewel in the crown of the hpc is the 150 talented young learners who form part of the Academy and who attend the TuksSport Combined School on the Groenkloof campus. "Providing a safe and nurturing environment for talented young sportsmen which allows them to excel in their sport and in their academics, is of the utmost importance," stated Sutcliffe. This vision is shared by the University. "We are in the business of education, and by supporting the school we are not only contributing to the personal development of the youngsters, but also to the development of sport in the country" states Prof de Klerk.

Judging by the phenomenal results that the youngsters have achieved since the inception of the Academy, the support has proved to deserving. Two soccer players

that joined the school as grade 10 learners – Robyn Johannes and Leratho (Acer) Shabangu have made their mark in the Bafana Bafana team, and two girls, Memory Makhanya and Kylie-Ann Louw are regulars in the Senior National Woman's Football team . Added to that, 6 matriculants – 5 swimmers and a table tennis player - represented SA at the Common Wealth Games in 2006, one being Suzaan van Biljon, who not only won a bronze medal at the Games, but proceeded to win further medals at the World Short Course swimming championships.

As the sun sets on the surrounding rugby fields, and the rhythmic splashing of swimmers doing their laps floats up to the patio, the words of Roland Schoeman, one of South Africa's top male swimmers, come to mind. "I love the place and its people. And I love making use of the facilities." Words that ring true for many a professional athlete and future sports star alike

Images: Doc Joubert

The world's original Energy Bar.

Fig 1.1: NEW ENERGY BAR PACKAGING

Packed with quality Proteins Vitamins & Minerals — for sustained energy release in a nutrient dense form.

Flavours — Energy Bars come in delightfully tasty flavours including Choc Strawberry, Caramel Nut, Lemon & Lime, Peach and 8 more.

The World's original Energy Bar

PVM formulated, designed & launched the PVM Energy Bar in the early 1980's — the first product of its kind in the world.

Smartfoods are scientifically produced to provide real nutrition in a tasty & convenient formulation.

Here are some PVM Milestones

Nutrition fuels our lives and gives us the energy to actualise and fulfil our potential as human beings.

Intensive scientific research undertaken by the National Institute of Food Research in the 1960's, led to the establishment of PVM (which stands for Proteins, Vitamins and Minerals). Subsequently, PVM became the first company to manufacture products to combat malnutrition. We have since produced a wide range of food and energy supplements in various nutritional fields.

We believe that nutritional supplements are complementary to your lifestyle and should therefore be used as part of a balanced diet, thus promoting sensible eating habits.

Our passion is nutritional science. Our mission is to understand the complex biological processes of the human body. It is for this reason that the company that produced the world's original Energy Bar is still the market leader after 35 years.

1960's **PVM food supplements:** World's first cold water soluble product developed to combat malnutrition.

1970's **The original PVM Energy Bar:** First energy bar developed in accordance with the Prudent Dietary Guidelines. Remains brand leader to date.

1980's **PVM Nutrific Meal Mix:** World's first fortified pre-cooked nutritic meal was developed. It became the benchmark for pre-cooked meal mix specifications used by the Department of Health.

1990's **Enerformula Range:** Energy became the world's first hydration and electrolyte replacement drink, containing protein to increase blood sugar control. Enerload became the world's first carbo-loader containing protein to increase carbohydrate (CHO) storage.

1990's **Energy Dynamics:** Cutting-edge scientific product range focused on individualised nutritional intake. This range of products became the first version-coded supplements independent of any specific dietary regime. Seven version 5 products are currently available.

1990's **Thermogenics:** PVM made the decision not to develop and market any thermogenic weight loss formulae due to health concerns and the fact that weight loss achieved by the use of thermogenics is of a temporary nature and cannot lead to permanent, medium- to long-term weight loss.

2000's **Octane Gel:** Includes protein that has, to date, never been used in gel form.

PVM NUTRITIONAL SCIENCES

ACADEMIES of excellence

Text: Rick de Villiers

Close your eyes and, for just a moment, think back to a time before you knew phrases like 'gold medal lifestyle' and 'sports academies'. For a fanciful instant, forget that you ever heard of a place called the TuksSport Combined School and banish from your mind every connotation between the highperformancecentre and national sport. What is left in the wake of this imaginary flight is a void. It is an image of South African sport running on natural talent and little else; it is nature without nurture.

On 10 May 2002, the hpc exploded into being and, like a true Prospero, brought with it knowledge, vision and a little bit of magic. The principle aim of the hpc was to create an environment in which athletes would be able to realise their potential optimally. At the centre of this goal were the academies that forged technology, experience and education into a concentrated package that would not only attract South Africa's young and talented sportsmen and women, but turn them into world class competitors.

Initially, there were only academies for soccer, tennis and gymnastics. But since 2003, this number has quadrupled and the academies now represent various disciplines that include swimming, rowing, Taekwando, table tennis, athletics and golf. While one half of the academies is made up of TuksSport clubs, the other half constitutes national federations. Over the five years of its existence, up-and-coming sports stars have steadily flocked to these academies from every corner of the country in search of a milieu that would support both the demands of professional sports career and a national school curriculum.

"Apart from the fact that the TuksSport Combined School can hold its own against any other academic institution in the country, it also offers learners ample time to dedicate themselves to their sport," says Mr Danie Du Toit, academy manager of the hpc. "An individual is allowed anything from 18 to 32 hours per week to train and enhance his/her skills."
It is because of this balanced blueprint that the TuksSport Combined School has grown almost exponentially since its founding in 2002. What started out in a rugby clubhouse with a mere 27 learners and two teachers, has grown into a fully fledged school on the Groenkloof campus with 150 learners, 14 spacious classrooms, a computer centre and a team of 18 dedicated staff members. Ms Hettie de Villiers, principal of the TuksSport Combined School, believes this growth is due to the flexibility the school embraces. "The academic support system of the school allows learners every opportunity of excelling in their various disciplines without compromising the quality of education," says Ms de Villiers. "It is our vision to provide a flexible and supportive learning environment which will afford developing athletes the opportunity to complete their school career while optimising their potential as future sporting identities of South Africa."

Because the young sport stars of the academies compete at senior national and international levels, the TuksSport Combined School fully utilises its right as an independent school to divert from rigid management. Each academic day starts at 09:30 and finishes 15:00, allowing learners to attend training before and after school. The academic support provided by the school makes it easier for learners to participate in competitions during term time, and is, as Ms de Villiers explains, two-tiered. "Before leaving for a tournament or competition, learners collect a homework programme from their teachers that they have to complete while they are away," she says. "Upon their return, the teachers offer extra classes to help them catch up the work they missed out on – especially in Mathematics, Physical Science and Accounting – the hard-to-do-by-yourself subjects. The process isn't an easy one, but to make a success of the situation, both teachers and learners must live out our motto and exhibit the will to do and the heart to win."

Back at the hpc, education of another kind is taken care of. Here, members of the academies have access to world class facilities and expertise, and service centres like the Sportscience and Medical Unit, which houses nutritionists, sports psychologists, physiotherapists, chiropractors, a sports doctor and a vision specialist, form the backdrop against which the academies' athletes prepare for the world stage. "One of the key elements which sets us apart from any other sports institute in South Africa is our residential component," says du Toit. "By living at the hpc, athletes are fully submerged in a professional environment that understands and embraces a sports culture. The residences are much more than just mere accommodation. It provides every sportsman and woman with a stable living situation and, as part of the support structure within the academies, every floor of residences is under the supervision of a mentor. This person is here to monitor the discipline and well-being of the athletes, and also to ensure that everything runs smoothly within the residence."
The academy structure of the hpc as it is in 2007, represents the paragon of sports development in

After five years of shaping and nurturing South Africa's up-and-coming sport stars, the hpc academies are still going strong.

South Africa. Yet excellence, as any champion athlete will tell you, is never achieved without a few bumps along the road. "It was far from a smooth ride when the academies started out," says Mr Rocco Meiring, marketing manager of the hpc and former academy manager. "At the beginning, we received lots of negative criticism from schools, local clubs and coaches. And, on top of that, we had internal problems to sort out like fully grasping the vision behind the academies and phasing out athletes who were impacting negatively on the set-up. If we made one mistake, it was in underestimating the potential of this institution - we could barely keep up with the progress of the athletes! But, in the end, I believe we've succeeded in shaping an environment that can sustain and foster brilliance".

hpc Mentors 2007

MTHATHA CHILDREN

Receive Professional coaching

- Nurturing soccer's up and coming stars -

January 07 – Mthatha, Eastern Cape – Over 100 children from schools in and around Mthatha have responded with energetic enthusiasm to the upcoming Jet Amatuks coaching clinic. The soccer clinic is part of a nationwide outreach programme that is being sponsored by retail giant Jet.

The children, from ages 12 to 18, stand to acquire invaluable soccer skills at the clinic, which will be held at the Rotary Stadium, Ngangelizwe township on Saturday the 13th of January 2007. As the clinic falls on the last weekend before schools open participation will be organised by local club owners and managers.

The learners will be divided into a number of small groups so that all get an opportunity for hands on learning of skills such as passing, dribbling, heading and ball control. School coaches are also given practical advice regarding training methods at a developmental level.

AmaTuks Technical Director Steve Barker comments: "I and the rest of the coaching staff and players are looking forward to the clinic and hope not just to leave the children with new soccer skills but also a passion for the game. And who knows we may even unearth some young talent and future Jet AmaTuks players. This season's clinics have been amazing and have made us really proud to be involved with this initiative."

The soccer clinics are part of a much broader soccer development programme which is being funded by Jet. Cameron Burt, Jet marketing manager, explained that in 2005, in addition to the long running Jet Rookie Awards, Jet undertook an intensive and multifaceted soccer development programme. "As part of our commitment to identifying and developing soccer talent in South Africa Jet sponsors the High Performance Centre (hpc) based at the University of Pretoria to the tune of R1, 5-million per year. In addition to the sponsorship of Jet AmaTuks, which competes in the Mvela League, the investment has allowed for the creation of the Jet Soccer Academy, where talented youngsters receive individual skills training. And finally this programme was extended into disadvantaged schools through the Jet Amatuks coaching clinics, which reached almost 500 learners last year.

Jet Amatuks new team manager, Graham Oosthuis, says that the soccer clinics have the potential not just to stimulate enthusiasm but also to reveal a wealth of unrecognised talent in the schools. "The interest and the support for the outreach programme is good indication of just how important soccer is to South Africans. Existing talent needs to be nurtured, encouraged and secured. To sustain the development of soccer proper training programmes need to be implemented with the help of all stakeholders. We would like to thank Jet for taking the first step in the community development project."

LIVE THE GOOD LIFE!

WIN

the **HOUSE** *worth* **400 000**

the **CAR** *worth* **80 000**

the **GOODS** *worth* **20 000**

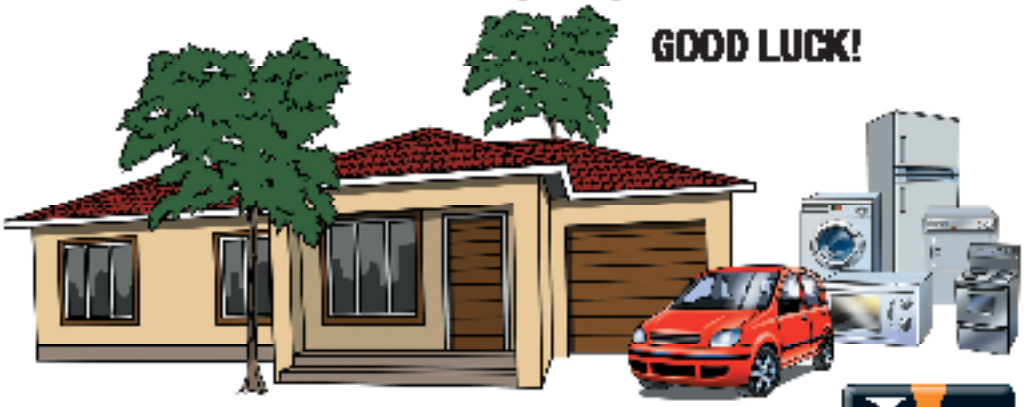
ONE PERSON GETS TO WIN IT ALL!

Stand a chance to Live the Good Life!

- Be a Jet account holder
- Be a Jet Club member
- Make sure your account is up to date

Then we'll automatically enter you into the electronic draw

GOOD LUCK!



Competition runs from 2 April - 30 June

Living the Good Life is easy with Jet

Terms & conditions apply

GOOD FOR LIFE

TuksSport Outreach

Programme

Text: Dr. Rendani Mulaudzi & Mr. Mandla Tshabalala

The Outreach Office has completed most of the project that we are involved in with the Local Municipalities. We had great success and we have learned so much in the communities and saw the potential of furthering the projects that we have started. Through the funding we received for the National Lottery Trust Funds we were able to reach as many developing communities as possible.

For the past two years, we have contributed immensely to the development of sport in the communities. We have been able to enter into partnerships with the Municipalities. We were very fortunate to work with the Amathole District Municipality in the Eastern Cape Province. We worked with Sport Councils from the 8 Local Municipalities and were able to train about 71 sport volunteers in Sport Club Development Short Course. We also trained sport volunteers in the City of Tshwane Municipality i.e. Mamelodi and Hammanskraal, where we trained about 48 candidates. We were further invited by the Tzaneen Local Municipality to train their Sport volunteers, where we were able to train about 48 volunteers.

The week between 26th February and 02nd of March 2007, Mr. Mandla Tshabalala in the Outreach Office visited all the Local municipalities at Amathole District Municipality. The purpose of the visit was to mentor the candidates and see the work they are engaged in. I attended the Amathole Mayoral Cup which was organized by the candidates who attended training with us. It was pleasant to see that our work has contributed to the mind set of the people in that part of the world.

Candidates from Mamelodi have been able to operate on their own with minimum intervention from us. They have organized a number of activities where our only role has been advising them on how to plan for the sport event.

We are pleased that we are contributing effectively towards the development of sport in the developing communities and are hopeful that these communities will be able to produce their own athletes who will represent this country in the respective National teams

A SUSTAINABLE DIFFERENCE

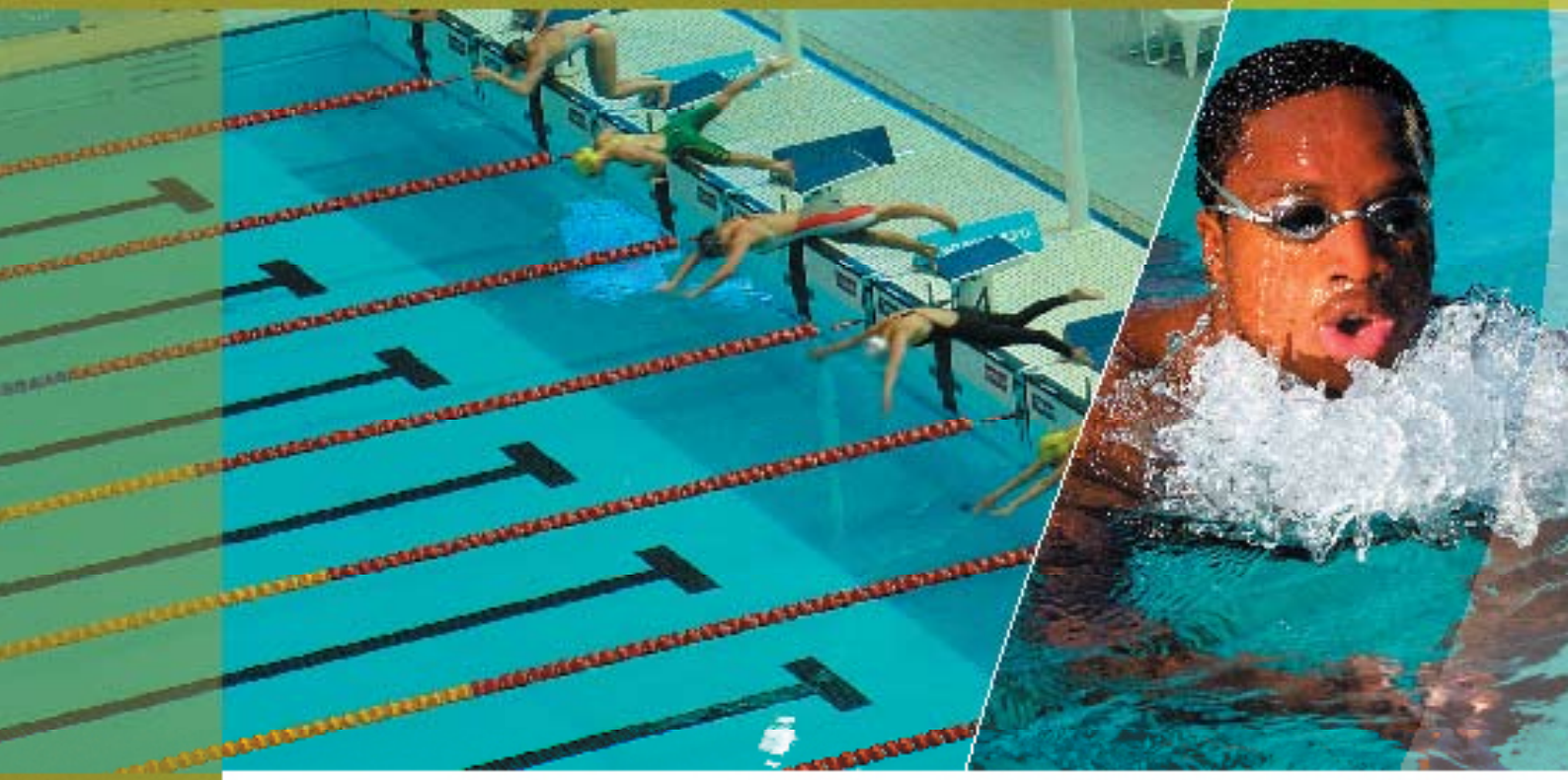
About BHP Billiton

BHP Billiton is the world's largest diversified natural resources company, with some 38,000 employees across 100 operations in approximately 25 countries. Its operations encompass a broad range of commodities including aluminium, energy coal, metallurgical coal, copper, manganese, iron ore, uranium, nickel, diamonds, silver and titanium minerals, oil, gas, and liquefied natural gas.

In 2006, BHP Billiton generated turnover of US$39.1 billion, and attributable profit of US$10.2 billion.

BHP Billiton is dual listed on both the Australian and London stock exchanges, with headquarters in Melbourne, Australia.

It has secondary listings on the Johannesburg Stock Exchange and the New York Stock Exchange (through ADRs).



BHP Billiton sponsored Team SA for the 2006 Melbourne Commonwealth Games and remains committed to Education, Health and Environmental programs that benefit the communities in which we operate.

bhpbilliton

Thabang Moeketsane is swimming his way to the top, and he's doing it with a smile.

On the clear surface of the water, the morning sun reflects in a ripple of blue. Just as the light dances upward it is suddenly broken by a rising figure. And then again, as quickly as it had pierced the glimmering shell, the figure dips back into the water.

After a further nine kilometers of undulating tugs and pulls, Thabang Moeketsane can finally quit the pool. We take our seats on the patio outside the Time Out Café. I order a Lemon Twist and Thabang takes out a squeeze bottle filled with an orange liquid. He tilts his head backwards, bites the tip of the rubbery outlet and squirts a sip into his mouth.

My first question spreads a smile across the face of the breaststroker, and he shakes his head. "What don't I like about swimming?" he echoes. "Training. I don't like training." Again he displays the string of pearly whites. "But there is no other sport for me. I love swimming and all that goes with it: the travelling, the awesome people I meet and the unbelievable opportunities."

He places his bottle on the table and expands on the "unbelievable opportunities" his sport has strewn before him. In July of 2003, he joined the hpc as shy 15-year old. And, although the swimmer's natural talent was visible, he was still very much a diamond in the rough. Initially Thabang struggled in the new and highly competitive environment, and proved unable to qualify even for the lowest of the South African junior levels (level three). Nonetheless, he diligently stuck to improving his swimming and soon reaped the benefits. After only five months at the TuksSport Combined School and the hpc, the tenacious breaststroke swimmer qualified for the senior nationals. All of a sudden a new phase had opened in Thabang's life, a phase that would include a host of gold medals, and a heck of a lot more training.

"On an average day I swim about 10km and gym for an hour and half," Thabang says. "Such an average day occurs six days a week." He swats at an inquisitive bee buzzing about the nozzle of his bottle, and continues. "But it's not bad, because it's balanced – just like everything else at the hpc. It's a place designed for sporting perfection, a place that provides everything you need from dieticians to physiotherapists, from world-class training partners to great food. The hpc teaches me to live a gold-medal lifestyle."

A gold-medal lifestyle indeed. Over the course of Thabang's swimming career success has followed him like a rainbow of bronze, silver and gold. In 2004 he made his first national team and in the same year fetched two silver medals at the junior Commonwealth Games in the 100m and 200m breaststroke events. The following year he finished second in the same events at the South African Short Course Championships, just behind the well-known Terrence Parkin. Last year Thabang's name resounded through the world of swimming when he snatched up three gold medals at the African Championships (50m, 100m and 4x100 medley events).

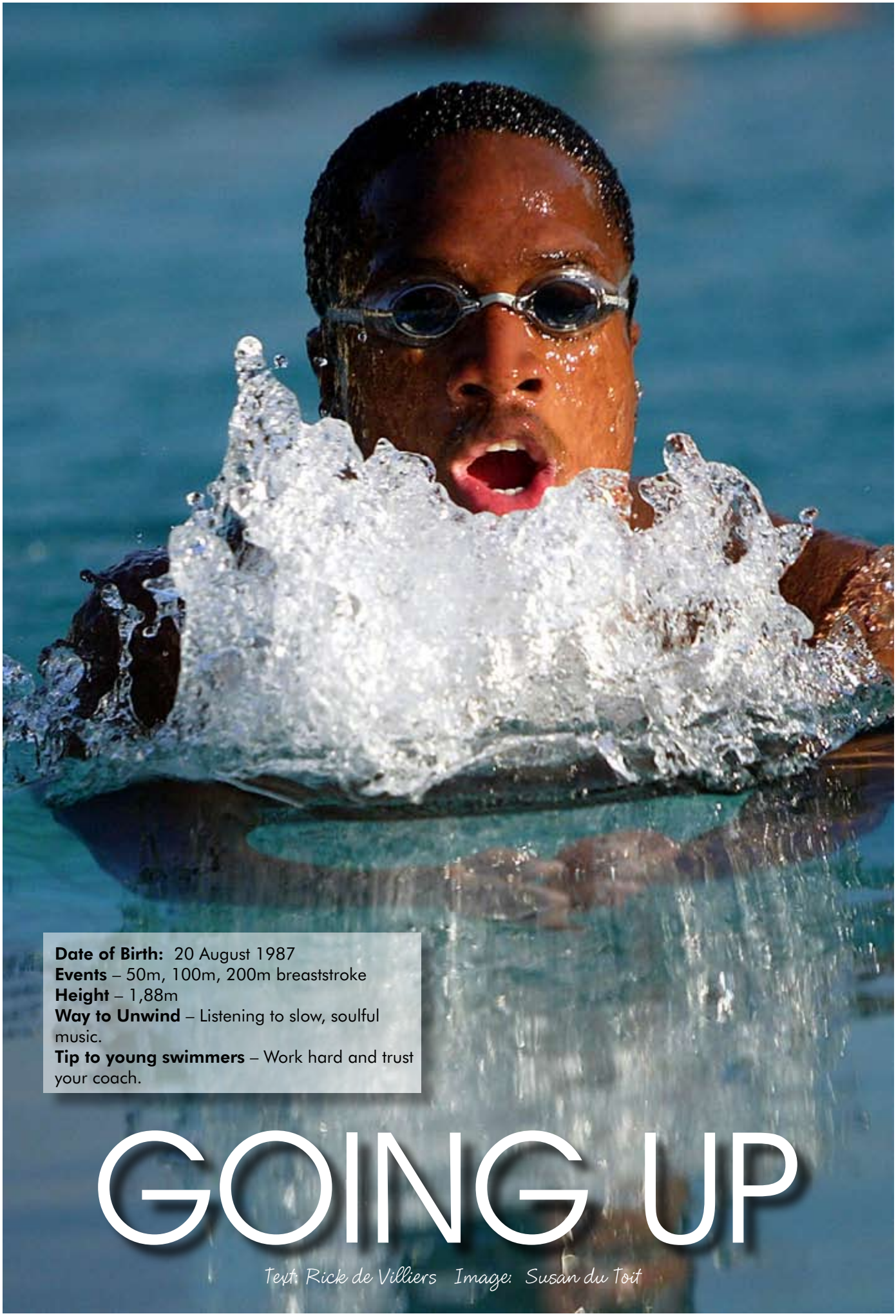
Thabang ejects another golden stream into his mouth and elaborates on his proudest moment of 2006. "The 50m gold was particularly special to me. I didn't expect to win and I was racing against a guy who is faster than I am. I also achieved a personal best of 28.9s."

We've now covered the good and the great, but surely amidst all the glimmering resplendence lurks an embarrassing account. "Yes," Thabang laughs. "I have an embarrassing story – it was at the Commonwealth Games. I was supposed to swim in the 50m breaststroke race, but when I arrived at the arena I realised that my identification lanyard wasn't on me. I then had to run back to the village to fetch it. I got back two minutes before the start but it still turned out to be a terrible race."

Thabang's characteristically broad smile returns when I ask him to list a couple of his good qualities. He's a friendly guy who is a bit of a chatterbox and works hard at his swimming, or at least sometimes, he admits. "In the off-season I'm a bit slack to train because I know there aren't any competitions coming up", he says. "Some of my favourite things to do include watching Movie Magic and enjoying an afternoon nap."

Another hobby that lies neither too far from Thabang's heart nor from the swimming pool, is coaching. The 19 year-old breaststroker coaches a junior team at St. Mary's School for Girls and says it has become something of a passion. "I love coaching and I love working with people, especially kids."

Speaking to Thabang, you get the impression of a mature head fixed firmly on a young pair of shoulders. His approach to swimming and life seems balanced and well-weighed between a focused intensity and his easy-going attitude. In a nutshell, Thabang impresses upon you the feeling that he's got it all worked out. But the way to the top, as Thabang will tell you, is never as smooth as it appears on the glossy pages of a magazine. So, what's his secret? "The best advice I have ever received, came from Ryk (Neethling). He told me that the best athletes never give up and if you can handle the bad times, you'll come out on top".



Date of Birth: 20 August 1987
Events – 50m, 100m, 200m breaststroke
Height – 1,88m
Way to Unwind – Listening to slow, soulful music.
Tip to young swimmers – Work hard and trust your coach.

GOING UP

Text: Rick de Villiers Image: Susan du Toit

BESTmed supports South African sport

BEST med
medical scheme

proudly sponsored by BESTmed


Roland Schoeman


Garth Tune


Chanelle van Wyk


Thabang Moekesane


LJ van Zyl

contact BESTmed on
086 000 2378
service@bestmed.co.za

BEST med
medical scheme

BESTmed Medical Scheme has been in the forefront of ensuring our talented athletes are focused on what they are good at. BESTmed's philosophy is that our talented athletes are ambassadors of South Africa and should be nurtured to maximise their talent. Here at BESTmed we do not only practice good corporate citizenship but develop leaders for tomorrow.

We call them our own BIG Five...

Roland Schoeman has been nurtured and supported by us since being identified as a young and upcoming talent. This South African hero has performed on the world stage par excellence.
'His contribution to motivating our young athletes to higher levels of performance and being a role model to our children is inspirational' said Alan Fritz BESTmed's General Manager of Corporate Affairs. Roland participated in the FINA World Champs in Australia and delivered a gold medal performance in the butterfly stroke.

'Chanelle van Wyk a talented swimmer is one of our future heros' states Dirk Lange Swimmimg South Africa (SSA) Director of Coaching. 'She has consistently medaled at our senior national championships and has extensive international experience at junior and senior level' commented Rushdee Warley, General Manager for Athlete Development at SSA. BESTmed's support to Chanelle will allow her to focus on producing quality times and achieve her dream of representing South Africa at the 2008 Olympic Games in Beijing.

Thabang Moeketsane who hails from Soweto, has been identified by BESTmed as a national hero and his potential to achieve on the world stage is great. Alan Fritz as noted stating 'Our investment in Thabang is to ensure he will be the first swimmer out of Soweto that will represent South Africa at the Olympic Games. This young swimmer has enormous potential that we must take care of and develop. BESTmed in conjunction with Swimming South Africa has identified the need to build our young talent into formidable world beaters.'

Garth Tune is beaming with talent and has the ability to take the world by storm. BESTmed recognised his potential and has opted to support him to enable him to focus solely on his swimming career. Garth is one of our Swimmers of colour who has participated at the World Championship in Melbourne, Australia together with Roland,Thabang and Chanelle.

L J van Zyl what can we say, an athlete in a class of his own. South Africa has produced many outstanding athletes of a world class standard, and L J is fast becoming a household brand and one of our finest hurdlers. Kobus van der Walt Director of TUKS Sport speaks with absolute passion of L J's ability to perform on the world stage.
L J delivered a sterling performance bettering his records running the 100m sprint in 10.63 seconds at the Students Championships in Durban and the 400m sprint in 45.90 seconds at Pilditch. BESTmed's support will allow L J to live his dream and become one of our country's best athletes and a golden product of BESTmed's talent support programmes.

BESTmed…the Choice of Champions

This is a woman's world

Text: Rick de Villiers Images: Susan du Toit

Over the centuries of human existence, men of thought and science have come up with many ideas to help them make sense of a complex world. Some theories, like Newton's gravitational laws, have remained untarnished by the turning of time. Yet there are those notions that are born only to suffer the swift kick of a disproving boot. In 2007, that boot comes swinging straight from Kylie-Ann Louw's lightning-fast feet to obliterate James Brown's lyrics of 1991: this is no longer a 'man's world', and the 18 year-old soccer star is here to prove it.

Since the start of her sporting career (and practically the start of her life), Kylie-Ann has been shaking up a male-dominated system. At age five she was introduced to the game of soccer through a friend who kept enticing her with accounts of his own pitch-performances at the local club. After a period of relentless nagging, Kylie-Ann's mother finally succumbed to her the adamant pleas of her child – Kylie-Ann was going to play soccer. Within a matter of months she worked her way up from the J- to the A-team, showing that sisters are doing it for themselves.

13 years and dozens of goals later, Kylie-Ann's passion hasn't waned a bit. She stands out today as one of the finest women soccer players in South Africa, not only because of her considerable talent, but also because of her dedication to the various teams she represents. "I'm not an individual player at all," says Kylie-Ann. "I'm always trying to motivate my team mates and to keep their spirits high, especially when we're losing. Whether it's for Sundown's Ladies, the under 19 team or the Senior National Ladies team, my main focus is to help the team rather than just looking out for myself."

But while soccer might be a team sport, success is always mountain that demands solitary ascent. And, due to her qualities of leadership and adaptability, Kylie-Ann has managed to conquer not only the often-faceless existence which most team sport players are subject to, but also to attract attention to the flipside of a sport which used to be seen as a boys-club. "Ladies soccer has definitely risen in prominence over the last few years," says Kylie-Ann. "It used to be in a very bad state, but thanks to the hpc it's been given a great boost. Here, the girls receive excellent training, proper nutrition and all the expertise you can expect from a world-class outfit."

Although she might not be directly affiliated with the hpc after having finished matric in 2006, Kylie-Ann proudly states that she too is a product of the hpc. With one arm pointing to the ground and the other signalling to the sky, she indicates with full-stretched arms how her own skills have developed since arriving here in 2003. "In a matter of months I noticed an improvement in my game. My stature, speed and fitness shot straight up. The hpc has played a definitive role in moulding my talents, but it didn't fall from the sky. To really make the most of the opportunity you have to combine a proper use of the facilities with a definite will to learn."

Unlike individual sports, personal achievements within a team are often blurred by statistics that pertain to a collective noun rather than a person's name. Yet despite this, Kylie-Ann has succeeded realising herself as an individual of exceptional merit. At the age of 16 she became one of the youngest members of the Senior National Ladies Team and, in the same year (2005), received the hpc's Player of the Year award. Yet, in spite of the versatile midfielder's accomplishments, Kylie-Ann's pride is team-centred. "I get a lot of satisfaction from doing things well. Because you can't always win, you have to look towards small achievements for motivation. Whether it is a good splitting pass to your striker or a solid tackle on an opponent, doing things properly gives you a sense of well-being."

Away from soccer, Kylie-Ann is a bright 18-year old with an equally bright future awaiting her. Having finished school a year early, she feels in no rush to fall back into academics straight away. "I might start studying BCom Marketing Management next year, but I still have lots of time to decide where I'll steer my life. Ideally I'd like to live on an island with my friends, sipping cocktails on a white sandy beach and just relaxing. But that's just a fancy. If I didn't have soccer in my life, I really don't know what I would do"

Soccer – a boys club? Not if Kylie-Ann Louw has anything to say about it!

Date of birth: 15 January 1989
Favourite Music: Dance
Favourite Premiership Team: Arsenal
Favourite Soccer Player: Steven Gerrard (and yes, she is aware of the contradiction)
Advice for youngsters: "Give everything you've got"

The ring of the lunch-break bell has barely died away when the halls of the TuksSport Combined School burst with a bustling blue. Learners stream out of the confines of their classrooms and excitedly embrace the leisure that the 30 minutes of lunch offer. Mates are greeted, snacks are snatched and inviting patches of grass are made for. In a flash the inside of the school is empty, save my scribbling hand and the lanky figure of Siphiwe Siphayi.

We take our seats in the vacated staffroom and get down to business, because business is what the 16 year-old golf prodigy is all about. Starting with the very latest achievement featured on Siphiwe's impressive CV, we talk about his success in the Ernie Els Junior Tour Order of Merit. This event, stretched over four tournaments in January this year, attracted the cream of SA junior golfers. With each swing of the club the allure of over-all victory sang in the ears of the hopeful competitors, but when the final 18th hole had been reached on the 11th of January, there was only one victor.

"In winning the Order of Merit I've already achieved one of my biggest goals for 2007," says Siphiwe. "It's one of my greatest achievements to date and I couldn't have asked for a better start to my year."

To say Siphiwe asked for an excellent tee-off to 2007 is a modest and inaccurate choice of verb. The Grade 10 has gritted, grinded and fought his way to the top ranks of South African junior golf. Since the moment he picked up a club at age nine, Siphiwe has been slaying golf balls and competitors with purpose and passion, taking no prisoners but lots of trophies. Some of his major feats include a third place at the Kids World Championships where Siphiwe captained the South African u/12 team, as well as a third spot at the Junior British Open.

The youngster's skill has not merely grabbed the attention of national coaches, but the media and celebrities alike. Siphiwe has been interviewed by Carte Blanche, has received a golf ball from Sergio Garcia and has even played a round of 18 with President Thabo Mbeki.

Since his introduction to the game, Siphiwe's skills have done nothing but escalate. When he joined the hpc in 2005, nothing changed.

"I came to the TuksSport Combined School towards the end of Grade 8," he explains. "It's great because

You'll know his name

Text: Rick de Villiers Image: Susan du Toit

He's got his own swing and his own style. Siphiwe Siphayi is one golfer you won't mistake for just any other.

I'm given enough time to practice and improve my game. I've definitely grown as a golfer since coming to the hpc. "So how much time does Siphiwe spend in reaching towards his bidding destiny? For starters, he gets up at 05:30 and, while most people are sleepily preparing to hit the snooze button, Siphiwe prepares to hit the gym. After breakfast he is in the hpc bus on his way to face the academic demands of Grade 10. Zulu, English, Geography, Maths, Tourism and Business Studies are all dealt with accordingly before the swoosh of the driving range sounds its call. Siphiwe meets up with coach Jamie Gough twice a week at Vodacom Village where they fine-tune the technical aspects of the youngster's game. For the rest of the week, Siphiwe is on his own, practising drills. A lonely life, perhaps?

"Golf teaches you to be independent. It's a relaxing sport but it shows you many important things like how to be a gentleman and remain patient. You can grow within yourself and do things your own way.
"The hpc has also helped me in this respect. Staying in a residence teaches you to be by yourself. It's awesome."

Over weekends, Siphiwe's state is not quite as solitary. At least two Saturdays and Sundays in every month are reserved for tournaments as Siphiwe traces through South Africa to meet up with his fellow golfers. It is at occasions like these that his inbuilt professionalism becomes apparent.

Every tournament Siphiwe hits the course an hour and a half before the tee-off. Like a true pro he surveys the area and checks everything out. He then goes to the driving range, picks up his one wood and swings to the beat of House music for 40 minutes. At the end of this rite, he practises his short game for 10 minutes and, as you watch Siphiwe tread the battlefield with a serious and clinical air about him, you easily forget he is only 16 years old. Does he ever find time to be a kid?

"Socialising is difficult at the moment because I'm very busy. I do try and see my old friends whenever I go back to my home in Jo'burg, but it's not easy since I also play tournaments during the holidays. Luckily most of my friends are golfers so I see them often enough."

As South Africa's number one under-16 golfer, Siphiwe also gets to see enough of the world. He has played in the United States, Australia and England, and relishes travelling. En route to discovering other countries, the fortunate teenager has also exchanged handshakes with some of the biggest names in golf.

"I've met Ernie Els, V.J. Singh, Tiger Woods, Retief Goosen and many others. My golfing role model is Tiger Woods just because he's the best golfer I've ever seen in my life. He's so focused when he gets on the court – he will demolish anyone.
"Another favourite of mine is Sergio Garcia, just because he's different. That's how I want to be. I don't want to copy anyone – I want people to know me for me".

No Half Measures

Text: Rick de Villiers Images: Kobus van der Walt's own collection

No matter when, where or how, Kobus van der Walt always looks to make a difference

In the shrewd minds of sports magazine marketers lives an unwritten rule that subtly slips onto covers of glossy publications the world over: keep it young and fresh. Every month bookshops are flooded with the faces of sport stars who, very often, still have to be dropped off at school. But behind this seemingly youth-dominated world lies the underpinning backbone on which all is built – the passion and experience of men and women whose love for sport flames beyond the fading embers of youth. One such a man is Kobus van der Walt.

At work he is referred to as the Director of Sport and at times of leisure three kids call him dad. But, while his titles suggest an important position at present, it is the path which precedes the plaque on his door that has shaped Kobus into the driving force he is today.

Like many young South Africans, Kobus van der Walt grew up with a great affinity for sport. And, like well-fostered interests tend to do, this affinity bloomed into an inextinguishable passion that directed not only his development of character, but also his choice of career. After matric he enrolled for a degree in Physical Education at the Potchefstroom University for CHE whereafter he completed his honours degree. And in 1974, swapping the seat of student for that of educator, Kobus accepted an offer to teach biomechanics and anatomy at his alma mater.

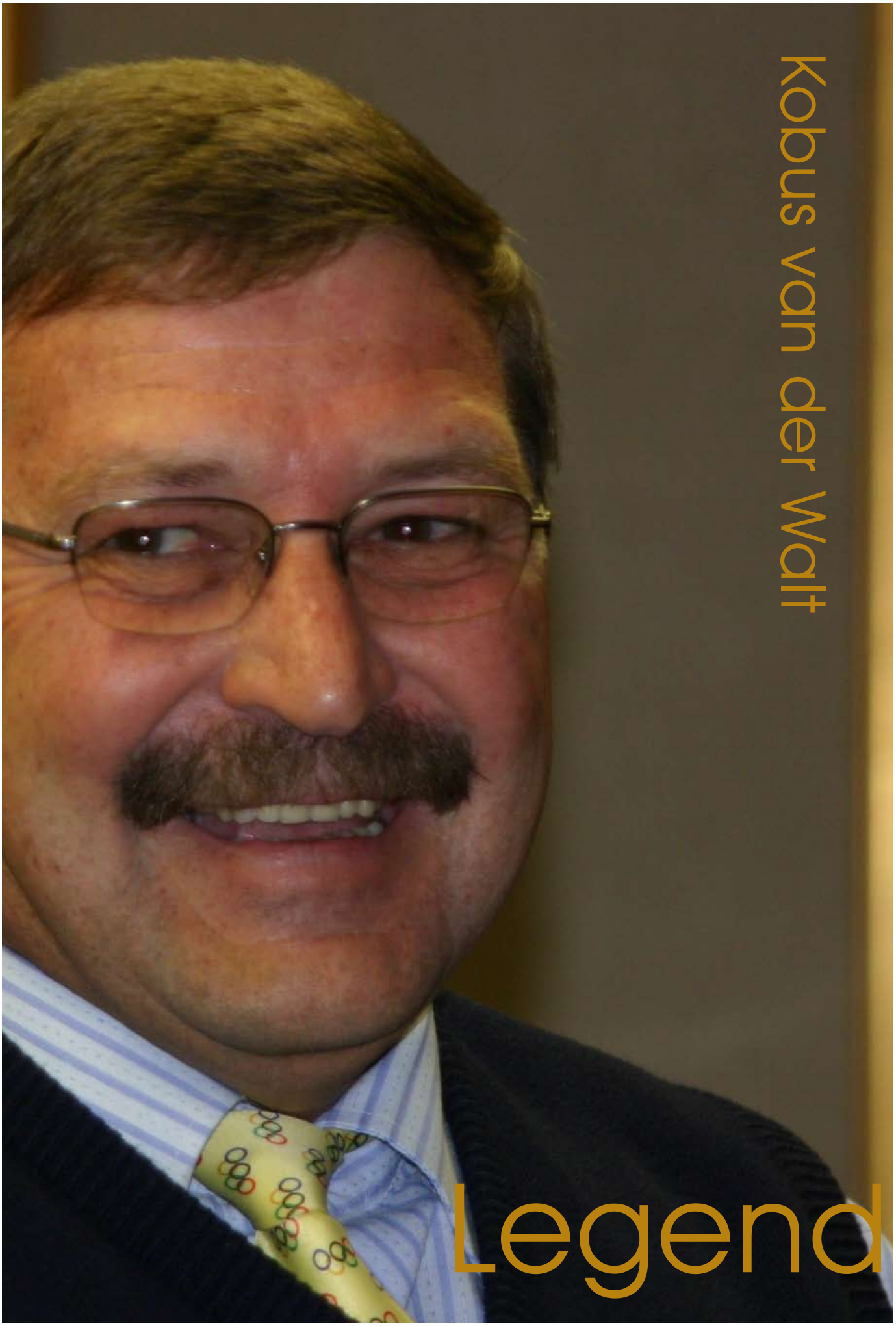
"During this time I was also responsible for teaching gymnastics to the prospective PE (physical education) teachers, but I couldn't even do a proper cartwheel myself," explains Kobus. "I then decided that the only way to get ahead was to leave my rugby days behind and learn how to coach gymnastics. It was a great experience and, at times, very amusing. The one day I would be shown the ropes by trained gymnasts, and the next I'd be teaching those very techniques to others. Another factor that aided my acquaintance with the sport was the fact that Annatjie, whom I had just got married to, was a gymnast participating at national level."

The beauty that binds itself to the graceful contortions of gymnastics appealed to Kobus' sense of poetic motion with great power. In fact, his passion for the art human movement could not be satisfied by just one sport, and he extended his coaching talents to the disciplines of tumbling and trampoline. And, in addition to serving on various provincial and national executives that presided over these sports, he was finally appointed as the national coach for trampoline.

In 1980 he relocated to Pretoria in order to become the first full time Director of the SA Association for Sport Science, Physical Education and Recreation (SAASSPER) – a multi disciplinary organization operating as a professional and scientific association for a wide spectrum of members.

"This is where I learned most about multi-project management, networking and getting people from very different viewpoints to work together," says Kobus. "My 12 years with SAASSPER amounted to lots of hard work but also lots of fun. I had the privilege to work with and learn from the likes of Prof Wynand Putter, Hannes Botha and Frikkie Thiart. Two of my other mentors and friends were Prof Tim Noakes and Prof Johan Gouws, both of whom had a great influence on my developing experience in the field of sports management. Those years gave me an incredible understanding of how science and practice need to come together to work towards, amongst other things, the nurturing of high performance athletes."

In 1992 the Van der Walt family, then complete with 3 children, moved to Port Elizabeth where Kobus took up the position of Director of Sport at the University of Port Elizabeth. It was here at UPE (now NMMU) where the finer nuances of sport management revealed themselves to the ever-attentive sports enthusiast. But after a spell of seven years in the windy city, Pretoria beckoned with a new challenge.



Kobus van der Walt

Legend

In 1999 Kobus van der Walt accepted his current position at the University of Pretoria and the Van der Walts were on the move again. With the infallible tool of hindsight Kobus' decision has proven a fruitful one. "Before taking the job I had to be honest with myself and fair to my family. I asked myself why I would want to leave a satisfying job in a good community where we truly experienced great quality to life. The answer was very simple: I was presented with the opportunity to make a difference, and that was all the motivation I needed."

Kobus' aim at the University of Pretoria was to steer TuksSport's proud tradition towards even greater heights. In November of 1999 he presented a master plan which promoted and made feasible an increased sports participation at Tuks. At present there are no less than 10 000 active participants distributed over 20 sport disciplines. Also included in this master plan was a venture called the high performance centre. "The early years of the hpc presented me with a great challenge. In addition to implementing new programmes within TuksSport, I was also quite involved with the development of the hpc."

Standing at the ever-brightening beacon for sports development in South Africa Kobus can rest assured that his aim of effecting a change has proved more than fruitful. Not only has he injected Tuks and its surrounding communities with a renewed enthusiasm for sport, but has shown that great achievement depends on even greater foundations and planning.

Case study:

Text: Adéle du Toit (biomechanical analyst)
Images: Adéle du Toit , Leandro Camacho

Team events present us with opportunities to expand our understanding of the phenomena we refer to as sport. Team sports are a unique blend of individual skills and flair combined with the often illusive element of team dynamics.

Figure 1 Individual technical skill continuum

Figure 2 South African men's team

In our preparation for 2008, we have had the opportunity to work with both the women's and men's hockey teams, under the guiding hands of Jenny King (women's team coach) and Gregg Clark (men's team coach).

Figure 3 Women hockey team during a training session, discussing an aspect of the next team drill.

As part of the sport science team we endeavour to provide a support service to the coach and team in their preparation for international competitions. In achieving this goal we need to align ourselves with the objectives and goals of the management staff and coaches. At the start of each camp we discuss the process and specific plan that the coach has identified. We then advise on the technical support that will best support that process.

In this way we ensure that the highest standard of service can be rendered, but above all we ensure that we provide the information that is vital to the coaching staff.

As I mentioned earlier team sports provide us with unique opportunities to implement the full scope of both biomechanical and video support. This spectrum includes the technical (often individual, although individual interplay also has a large technical component) and tactical aspects.

On the technical side of the spectrum we focused on the following aspects as identified by the coaches:

- Drag flick techniques
- Reverse stick receiving
- Movement patterns with specialized positional play
- Running technique analysis

In the highly competitive arena of international sport

biomechanics and video analysis in Hockey

it is imperative that techniques of various skills will undergo changes. These are often aided by changes in the design of equipment and playing surfaces, as well as the changes to rules – often to make the sport more spectators orientated. In hockey the drag flick represents such a technical aspect. It forms a vital part of any teams attacking arsenal.
We were able to assess individual players' time sequencing with those of international players and could identify specific components in the technique that required specific attention.

We could also assess this specific technique during actual game simulation drills (e.g. short corners, with and without defensive players). In a very short period of time the players were able to identify problems, make adjustments (have feedback on the changes), practice it under game play situations without pressure (no defensive players) and under pressure (with full defensive play).

This reinforces the importance of the feedback element that is provided by using video technology, and the tremendous influence it can have if planned and implemented correctly.

Figure 4 Front on view of a drag flick during a short corner

Figure 5 Posterior view of a drag flick during a short corner.

Another element in the technical component that we could evaluate and fine tune was an element called the reverse stick pick up. Due to the speed of hockey played on the artificial Astro surface players have to have tremendous individual skills to bring a ball under control, often in very difficult body positions. The reverse stick receiving was assessed in an individual player and compared to a very successful technique in the team. Within this context the player could be advised on specific adaptations that they had to implement due to physical characteristics and styles of play.

Figure 6 Reverse stick technique analysis

Figure 7 Reverse stick pick up using different angles

In hockey the goalie has become a very specialized position, and due to the speed of the game has been challenged to develop their defensive patterns very carefully. Our video footage was used by the goalies to identify specific preparatory movements that slowed them in positioning themselves in the defensive area. They were assessed during various play conditions, e.g.

- Team practice drills (were the element of anticipation could be assessed)
- Short corner drills (to enable them to assess their interaction with the larger defensive strategy)
- Warm-ups before matches
- During matches.

Figure 8 Goalie analysis during warm-up drills before a match

Figure 9 Goal keeping analysis conducted during a training session

The inevitable reality of injuries is a component in sport and especially in team sports that often cause an interruption and disturbance in the tactical preparations. During the national training camps individual players with specific injuries were assessed. They were assessed with regard to their individual running techniques after these were identified as one of the major contributing factors to their re-occurring injuries.

The individual analysis revealed specific individual technique deficits and risks to their particular injuries, which will be addressed through individual remedial and rehabilitation programmes.

Figure 10 Basic running technique analysis

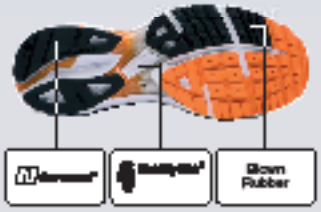
The end of the individual skill continuum is the analysis of teams during competitive situations. Due to the fact that we have had the opportunity to conduct individual assessments we used a 2 camera set-up to do game analysis. One camera focused on the actual game play, and the second camera could focus in on sub groups or individuals in the team.

In conclusion we learnt the importance of listening and distinguishing the specific requirements of the coach and team and suggesting the most suitable technical support that we could offer.

THE 1061 BY NEW BALANCE
FROM OUR NBX PERFORMANCE SERIES

NEW BALANCE IS ABZORBED IN RUNNING
IT IS OUR PHILOSOPHY AND OUR CUSHIONING TECHNOLOGY

RUNNING IS THE HEART AND SOUL OF NEW BALANCE AND THE NBX PERFORMANCE SERIES PROVIDES CUSHIONING, SUPPORT AND MOTION CONTROL SHOES TO ENHANCE THE PERFORMANCE FOR ALL RUNNING TYPES. THE NBX 1061 IS BUILT FOR RUNNERS WITH NEUTRAL GAITS WHO SEEK MAXIMUM CUSHIONING AND FLEXIBILITY.



VISIT WWW.NEWBALANCE.CO.ZA TO LEARN MORE ABOUT THE NBX SERIES AND OUR CUSHIONING SOLUTIONS FOR ALL RUNNING TYPES

NBX DEALERS: NATIONAL The Runner Group, Sportsman's Warehouse, Totalsports WESTERN CAPE Athletes Foot, Shoe Link, Wiskus Sports, Somerset Sports GARDEN ROUTE Action Sports FREE STATE Klappies GAUTENG Bester Cycles & Sport, Sweatshop, Baseline Runners, MB Sports, Run-a-way Sports, Running Inn, Sports Horizon KZN Poobie Naidoo Sports, Watts Sports, Sport Zone NORTHERN CAPE Oberic Sports Call our customer care line (021) 705 6026 or visit www.newbalance.co.za

YOU DON'T NEED WINGS TO FLY …

Text: Nicki de Villiers, Dietician, hpc

When you play a sport, you make sure you have the equipment you need, like your glove for baseball, cleats for soccer, and high-top sneakers for basketball. You couldn't play the game very well without this gear. But how do you help your game from the inside out?

You shouldn't go swallowing a pair of shin guards, that's for sure! But you should consider swallowing some healthy food packed with the nutrients you need. The right foods and drinks can help you be a better athlete.

Professional athletes know this is true. In fact, many professional teams employ dietitians- people who know a lot about healthy eating - to help players choose the best foods.

The first base of an athlete's meal pattern during training should be energy intake. When thinking about energy systems and what energy sources to consume when and in what quantity, my thoughts takes me through a library of alleys and books.
I have to consider ….

How old is the athlete? Does he run a marathon of 120 minutes or is this athlete a sprinter that competes for 12 seconds? Is this a rugby player that weighs 160kg or are we talking about a gymnast whom might weigh 40kg? Is this a he, or are we talking about a she? There are so many questions to consider before this question can be answered.

Keeping your energy levels up for peak performance isn't easy. Appetite does not automatically increase with an increased need for energy. In fact, one of the least-recognized nutrition problems of the athlete is simply not eating enough, and not often enough. Extracurricular activities and work obligations may make life so busy that you simply don't take the time to eat. Practice sessions may be so exhausting that you feel too tired to eat. But you must take the time to eat the right foods. Don't let fourth-quarter fatigue caused by poor eating hurt your performance.

Another problem of the athlete is not eating the right kinds of foods particularly foods high in starch. Eating a balanced diet that has plenty of starch keeps muscle energy up. Many young athletes eat more foods high in protein instead, and that's a mistake. A normal diet contains enough protein to support the added muscle growth and development of an athlete.

Increased Food Energy Needs

Participating in sports can drastically increase your food energy needs. Increased physical activity calls for more food kilojoules. Also, when you train, you increase muscle tissue relative to fat tissue, and muscle tissue requires more kilojoules than fat tissue. The amount of food you need depends on your age, gender, weight, and activity level. A larger athlete requires more kilojoules that a smaller one because more energy is needed to move more mass over the same distance. You usually burn more kilojoules in a practice session than in actual competition because more total work is usually done during practice. However, the rate at which kilojoules are burned for short periods of time may be greater from short bursts of intense activity during competition.

Activity levels vary among sports as well as with the position played in a sport. Obviously, it takes more energy to play basketball than baseball, and more energy to run 1,600 meters than the 100 meter dash.

If an athlete who is in shape loses body weight during a competitive season, it's a good indication that he or she isn't eating enough energy-providing food. Athletes should be weighed once a week throughout the season to guard against unhealthy weight loss caused by inadequate food intake.

All athletes need to base their diets on a variety of nutritious foods. Emphasises should be placed on starchy foods like breads, cereals, pastas and starchy vegetables. These foods will contribute to glycogen stores (the fuel tank of the body). A lower fat intake is advised. The diet should although still offer the athlete a variety of foods so that meals can be built around the foods that the athlete likes.

When to fuel?

Seeing that an increased energy need will ask for an increased food intake, it is advisable to distribute food intake between smaller meals throughout the day. Regular meals will ensure that your fuel tank stay topped up and that you would not need to eat excessive amounts with any meal.

When it's time to practice or play, you'll get energy from the foods you've been eating all week. But it's still a good idea to eat well on that day. If you're going to eat a meal, have it one and a half to three hours before practice or game time. If you have a full stomach, your body will need to spend energy digesting food, leaving less for you to use in your game or practice. But you don't want to be hungry either. Take a snack, especially for long practices, competitions, or all-day events. Half a sandwich, fresh or dried fruit, energy drinks or energy bars are all good snacks. Avoid sugary stuff like sodas or candy bars right before you practice or compete. You might get a little energy boost, but it will fade fast leaving you feeling drained. Make sure to celebrate a good training session or event with a starchy snack. This will refuel the glycogen stores and put you right back on track to first base for your next session or event

Now, go out there and have a great season!

The role of self-talk and language

Text: Monja Muller & Melissa Brokensha, psychologists at hpc

You often hear the phrase in golf "the way you train determines the way you will compete". Perhaps we need to change that to "the way you talk to yourself determines the way you will compete". Self-talk refers to the way you talk to yourself and the type of language you use. All golfers know that little inner voice, inner conversation or internal dialogue that is always present whether you like it or not. If we assume that this inner voice is always present why not make the most of it and start using it to your advantage.

Self-talk can assist with the following:

Self-talk can improve your concentration.

You can use positive self-talk to induce better concentration. Concentration includes focusing on the here and now. We can use self-statements to correct mistakes and encourage oneself not to dwell on past mistakes. Concentration for the next shot is hindered when we start thinking about our previous hole and the mistake we made. To do this during a round is wasted energy as you can't change it anyway. Self-statements can help bring us back into the present and encourage us to focus on the shot ahead. Positive self-talk can assist with changing mistakes and negativity into learning opportunities and encouraging challenges.

Enhance self-confidence

Your language has a direct impact on your golf game. Certain words undermine confidence whilst others improve it. Let's say you had a choice between two people who would spend every waking moment with you for a whole week. The difference between these two people is the way in which they talk to you. The first person has no confidence in you and believes that you are never going to make it. For example, "Morning Jim, so…you think that you are going to play a good round today? You have hardly trained the last two weeks, and your swing is an absolute laugh at the moment. I don't know where you got the idea from that you could be a pro-golfer." "What an idiotic shot! You know this hole backwards yet still you seem to mess it up. You are such a loser." "I don't even think you should finish this round, you should just walk to the club house and put your clubs up for sale." "Can you imagine how embarrassed your dad is of you right now, after all the time and money that he put into you." "You are such a disappointment."

The second person has confidence in you and believes that you are going to make it. For example, "Morning Jim, what a day to play your best round of golf!! You are going to go out there and show them how your new swing is working for you. Let them get a taste of the pro-golfer you are on your way to become. Jim, you have arrived!" "Ok, so this hole has a few more tricks up its sleeve, just when you thought you knew it backwards, it whips another trick out the bag. At least you can add this to your knowledge of this whole, each time you get to know more and more of its tricks. Soon you will be tricking it!" "what a good round to learn more about you and golf, pick up those clubs and thank them that they have brought you this far. If your clubs could talk they would say your gripped them beautifully today, just the way they like it. They would be proud of you" "dad's going to be really chuffed that you go out there and are prepared to learn each time, and that you enjoy the experience too."

So the question is, which person would you choose? How do you feel about yourself when person 1 is talking and when person 2 is talking?

Increase effort

Self-talk can help while you are training. Training in the gym or on the field can be excruciating at times. Positive self-talk can change the negative and toughest moments into positive challenges, and therefore, overcome it and train harder for longer. At the driving range when you have hit your 300 balls but know that you need to hit another 300, self talk can help you through the pain and endurance. Saying to your self, "every 600 balls I hit, is equal to one shot on the course. Have others got 600 balls behind every shot?"

Modify mood

Negative words have negative effects on you. If that is true then positive thoughts or words have to have a positive effect. Many athletes use negative statements when they do something wrong but few of them use positive statements when they do it right. By saying positive things to yourself you are not only encouraging yourself but also affecting your mood. For every good putt that you play, you could affirm it with a positive word. Saying it out loud also helps to confirm your belief in the shot, "Be Ee Ay You Tea Ful!" "what a winner", "nice one Jim", "Awesome", "fantastic", "Champion shot" "What a Tiger".

on golfing performance

Use self-talk as self-reward

By using positive statements about your game and effort, you can reward yourself mentally. This can become an internal reward instead of an external reward such as a medal or even money.

Here are a couple of examples to illustrate how certain words can introduce doubt in your golf game.

The following two statements are examples of tentative language therefore giving yourself room for failure. If you do fail, it's not that bad because you did say that you hoped and that you tried. This is not good enough!
"I hope I can sink this shot".
"I am going to try and sink this shot".

The word "but" negates whatever came before in a sentence. For example "I would really like to sink this putt but the green is too wet". This means that you are not going to sink that putt and you also gave yourself a legitimate excuse of a wet green because everybody knows it is difficult to put on a wet green. The first part of your statement "I would really like to sink" is made untrue by the word but. You actually know it is not going to happen because of the wet green.

Statements such as "I am going to improve my game" or "I am going to attempt this shot" are also tentative. Stop giving yourself instructions of what you want to do and do it! Confidence comes from doing!

Change from language of tentativeness and indecisiveness, to language of certainty and confidence. Here is an example "I am absolutely going to sink this putt. I am positive and I have worked hard. I will definitely drive this shot further than anything I have hit today."

There are three types of self-talk that you can use:

Self coaching

You talk to yourself in a manner as if you are your own coach. Examples are "watch the ball", "stay calm" or "be alert". "Focus on this hole". "Do your pre-shot routine". "You are not here to do maths calculations , (ie, I dropped a shot on the last whole, I am one over, therefore I have to make a birdie on this hole), you are here to play golf".

Positive self-statements

This is a form of self-encouragement or affirming your performance. These statements need to be short, positive and phrased in the present tense. Examples are "I am in control", "I love a challenge" or "I am a winner". "I am JIM" "I have the best swing."

Mood words.

Here you utilise cue words that create the appropriate mood for the desired performance. Examples are "slow", "control", "smash" or "go hard".

To conclude remember that practice makes perfect. You never go to a golf game without any training. That is why you also need to train yourself to use self-talk and to be aware of the language you use. If you do not teach yourself to use it during training, it won't be there in competition. It is the same as when you are not able to perform well because you have not trained for many months. If you use language that introduces confidence and certainty and believe positive things about yourself it will help you to feel prepared and enhance your performance.

"Negative words have negative effects on you. If that is true then positive thoughts or words have to have a positive effect"

Strength & Conditioning

"Principles & Considerations"

Text: Steven Ball, BA(HMS)(Hons)Biokinetics; CSCS(NSCA), Head Strength & Conditioning Specialist at hpc

Well constructed strength and conditioning programmes are based on the application of sound principles during each step of a process called 'programme design'. All work performed and to be performed must be based on these sounds principles. Yes, variations in the types of exercises prescribed, the execution of the techniques and the implementation within different phases is possible, as long as the principles are kept in mind and adhered to at all time. These basic principles form the foundation for successful programme prescription, implementation and successful athletic development.

One of the earliest recollections of these fundamental principles was in ancient Greece. There is a story about an Olympic hero name Milo, which provides us with an excellent illustration of the modern principles of athletic conditioning and preparation. Times have changed dramatically since those times, and unlike our athletes of today who use steel weights as resistance and specific resistance training equipment, Milo made use of other forms of resistance to train. Every day, Milo lifted a small calf into his arms and carried the calf a certain distance. As the calf grew into a bull, Milo continued training. On the first day of the Olympics, Milo walked the length of the track carrying a full-grown bull.

Regardless of the type of training programme (resistance, plyometric, speed, aerobic or anaerobic), there are several foundational principles that always apply, namely specificity, overload, and progression. A lack of attention and application to any of these principles often produces less than desirable training outcomes and sometimes injury. This is even more important in an academy environment where the overall development of our young athletes is of utmost importance.

This story of Milo holds many truths and lessons for us today when applying the principles to our strength and conditioning programmes. These include the following:

1. **Training should be progressive.** He would not have been successful if he just started carrying a fully-grown bull. In the same way I can not expect my athletes to start lifting large weights as they start out. His training intensity grew as his calf grew and in the same way the intensity of our sessions we prescribed should increase with increases in weight and resistance. We need to competed, each and every day, our task that has been stipulated within our training programme, progressing from one stage to the next. The progression is through continuously introducing greater amounts of stress on the body, in very much the same way that Milo did all those years ago.

2. **Training should progress towards a specific point of time.** Milo planned his training, building to a specific peak being the Olympic Games. In the same way we need to plan our athletes training and sessions towards a specific time and goal. This demonstrates forward thinking, planning and goal setting. We could be able to put together the best strength and conditioning programme but if we can not plan to ensure peak performance at the time of the designated competition then we have failed. This largely requires the putting together of an appropriate periodisation model to achieve the proposed performance. Through periodised training, physical conditioning and sport skills are maximized when they are needed most – in competition. Keep in mind that training should be seen as a cycle of building, competing, and rebuilding.

3. **Good training requires foresight and vision.** Within the story of Milo we can see vision but also an objective towards his training. It was not unstructured and goalless. He started by lifting something small and not a bull that was fully grown. He did not have the physical and mental ability to lift a bull on the first day of training but through planned confidence and dedication he was able to achieve his goal. Milo showed no intimidation toward his training and rather saw it as part of his daily activities. I believe that this is crucial in the process of strength and conditioning and following a planned, structured strength and conditioning programme should have an end goal with the athlete incorporating it as if it was part of his daily existence.

So in conclusion we realize that training includes placing a load on the body over a period of time allowing for the growth, development and conditioning to complete a specific exercise task. We have to plan and know how and when to perform at our best. We can learn from Milo in that he first believed and then accomplished something no one had seen before

"the future belongs to those who believe in the possibilities of their dreams" - Franklin Rooseveldt

References:

1. Baechle & Earle (2000). **The essentials of Strength & Conditioning.** Human Kinetics
2. Cook, G (2003) **Athletic Body in Balance.** Human Kinetics

HIGHLAND

wa'ter

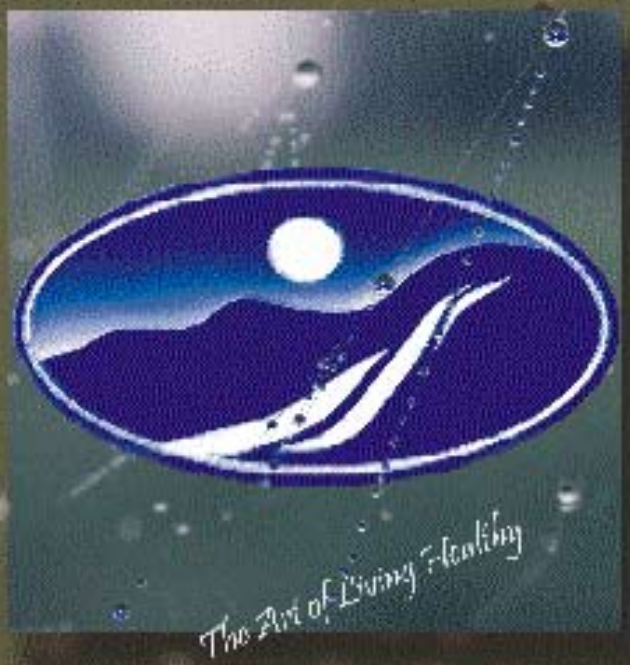
\wot-er, wä-ter\ *noun*

Transparent, colourless, tasteless and inodorous liquid (H_2O); a major constituent of all living matter.

A short history of bottled water

Once upon a time, long, long ago, food was food and water was just that: water.

Even the earliest civilizations realised and utilised the health benefits of water. The Romans specifically searched and established sources considered to be of the highest quality as they continued expanding their vast empire. Health spa's or Roman baths can still be found today scattered around Europe and Great Britain as a legacy of Roman times.



Water was already commercially bottled in France from the mid 19th century. It was not long before other European countries, as well as the Americas followed.

All waters are equal, but some are more equal than others…

It is a farce that our bodies depend on water. The truth is, our bodies desperately need good quality water for survival. Fresh, clean water is becoming a commodity and sources around the world are becoming scarcer.

About 97% of the planets water is seawater, while another 2% is locked in icecaps and glaciers. Vast reserves of fresh water are situated so deep underneath the earth's surface that most of it is too deep to be economically tapped.

Municipal water supplies are usually drawn from surface water which opens up the possibility for contamination. Municipalities furthermore seem to be losing control over the safety of water supplied, despite the critical role that water plays in health and development.

It is therefore refreshing to know that Highland is brought to you as it is found, high up on the Elands River catchment area in the pristine and unpolluted vicinity of Waterval Boven. Highland water is of the purest water currently available on the market. It is bottled at the spring and without any additional chemicals or unnaturally added minerals.

Why Highland Water?

The general public has, in recent years, become more educated in terms of health related issues and can make informed decisions regarding aspects such as mineral contents. The spring water is characterised by a very low dissolved mineral content. This is an important feature in terms of its value and utility. The modern trend in bottled waters is a preference for low mineralised waters. This style of water is preferred as it is light and refreshing, which matches a contemporary and active lifestyle.

Highland Mist Farm, Waterval Boven, Tel: +27 (0)13 256 9101, Fax: +27 (0)13 256 9248, highlandwater@absamail.co.za

Q & A In Sport Science:
BAROMETRIC PRESSURE

Text: Jimmy Clark, Institute for Sport Research University of Pretoria

A myriad of factors affect physical performance. Besides the innate (age, sex, genotype), a variety of external influences contribute to observed performance, including nutrition, psychological approach, recovery, environmental factors, training, and pharmacological agents [1]. One of the most widely discussed and controversial environmental considerations in sport science is altitude.

Just about every athlete, coach, and sport scientist has an opinion on the effect of altitude on performance and the concept of altitude training, but few seem to pursue the topic further than reading a chapter in a textbook or discussions with foreign coaches with strong accents. Perhaps the apparent scarcity of really high altitude in this country, lack of well equipped training or testing facilities, and comparatively young sport science profession in South Africa have contributed to the mystery and mysticism that surrounds the topic. The question posed to me this week was "does the variation in barometric pressure on the Highveld confer any altitude-training advantage for sports people?"

A few basics first up. The barometric pressure at a given location depends on the weight of the column of atmosphere directly over that point. Hence, places closer to sea level have "higher columns" of air above them, and consequently greater "atmospheric" or barometric pressures. The air density and pressure decrease almost linearly with increasing altitude, as shown in Table 1.

TABLE 1. Barometric pressure and partial pressure of oxygen at various altitudes [1].

ALTITUDE (m)	PRESSURE (mmHg)	TRACHEAPO2 (mmHg)	ALTITUDE (m)	PRESSURE (mmHg)	TRACHEAPO2 (mmHg)
0	760	149	5000	405	75
500	716	140	5500	379	69
1000	674	131	6000	354	64
1500	634	123	6500	330	59
2000	596	115	7000	308	55
2500	560	107	7500	287	50
3000	526	100	8000	267	46
3500	493	93	8500	248	42
4000	462	87	9000	230	38
4500	433	81	9500	214	35

It should be remembered that this atmosphere, or air, is a mixture of gases, mostly nitrogen, around 21% oxygen, and small amounts of other gases. This remains largely unchanged around the globe. In other words, at high altitude the air contains the same percentage of oxygen as at sea level. But because the air is less dense, a given volume of air contains fewer gas molecules, including oxygen. The partial pressure of oxygen (PO_2) is lower at high altitude, due to the reduced barometric pressure. In lay terms, PO_2 is the pressure available to force oxygen into the blood in the lungs. We maintain this "force" by continually "freshening up" the air in our lungs through the breathing mechanism. If the PO_2 is excessively low, insufficient oxygen is driven into the blood, neurological function is impaired, and the person loses consciousness. The reduced PO_2 with increasing altitude is but one of many environmental changes encountered as one ascends, with some highlighted in Table 2.

TABLE 2. General environmental changes with increasing altitude [1].

Reduced barometric pressure
Reduced air density and external air resistance
Reduced PO2, as well as partial pressures of all gases
Reduced air temperatures
Reduced relative humidity, i.e. air more dry at altitude
More intense solar radiation

Differences in physical performance at high altitudes is well established [4]. Generally, sprint and power events benefit, while work of 90secs and longer is impaired at altitude compared to sea level. The percentage impairment in physical tasks is greater as altitude increases, so that at 8500m, mountaineers may cover less than 50m in an hour! However, we will not concern ourselves with the effects of very high altitude, as our question relates to the South African Highveld, a vast plateau around 1600 -1800m above sea level for the most part [6].

Answering the question really has two parts. Firstly, what sort of variations in barometric pressure occur, and secondly, does altitude training improve physical performance?

The first part is fairly simple. As shown in Table 1, barometric pressure decreases with increasing altitude, and the concomitant decrease in PO_2 is largely responsible for the physiological adaptations experienced with chronic exposure to high altitudes. But the values in Table 1 are averages. Barometric pressure is variable, just like blood pressure and tyre pressure. Pressure is dependent on temperature and volume, as stated in Charles' Law and Boyle's Law

respectively. Temperature changes brought about by the seasons and weather systems mean that barometric pressure fluctuates. Figure 1 displays the variations in barometric pressure over a year for Johannesburg [6]. It is clear that barometric pressure is, on average, lower during summer, and higher during winter. Furthermore, a regular daily pattern is observed, with lowest values around the late afternoon. But are these variations significant? Maximum and minimum PB values in 2005 were 634.6 mmHg and 617.8 mmHg respectively, a range of only ~17 mmHg throughout the year. This represents an effective altitude difference of around 200m at most. If there is any physical benefit to living or training at altitude, it is not as a result of barometric pressure variations at a specific location.

The second part of the question is still difficult to answer. Certainly, an extensive review of the altitude-training concept is beyond the scope of this magazine. Without describing the physiological changes occurring with chronic exposure to higher altitudes, a brief summary of what is known so far can be found in the points below. Readers are welcome to contact the author with further questions or comments on the topic, or details of more extensive reviews.

- Altitude training is beneficial for competition at altitude in performances greater than 90-120sec in duration [1].
- There may be some improvement in high intensity exercise performance lasting 20-120sec from training at high altitude [2].
- Good scientific studies on the topic are practically difficult to conduct [1, 4].
- Well-designed research studies critically assessing the effects of altitude training on sea-level performance or lower altitude performance are few and far between [1].
- The majority of scientifically-sound evidence suggests no beneficial effects of altitude training for sea-level performance [4].
- Improvements in performance too small to be called significant in scientific investigations may be highly significant in elite sport, where improvements of 0.2% can alter outcomes [4].
- There seem to be significant benefits to training at lower altitudes. The practice of "living high-training low" may therefore hold most promise [1, 3]
- Significant physiological adaptations to altitude residence may require altitudes of at least 2500m, and possibly as high as 4000m [1-5].
- Numerous factors may be responsible for the anecdotal reports of improved performance following altitude training, including training focus, increased rest, and psychological outlook [1].
- Improvements in performance following altitude training may be more evident in long duration, submaximal events [3-5].
- Practical barriers to engaging in altitude training include travel time and effects, cost, and facility availability [1].
- Physiological drawbacks include reduced training intensity and increased risk of infection[4].
- Acclimatization may require at least 14 days and up to 30 days for significant changes. Some individuals from sea-level may never reach the adaptations seen in natives to high altitude.
- Insufficient evidence exists to either recommend or discourage the practice. However, based on these points, it seems prudent to reserve the use of altitude training for elite athletes with exceptional training histories, who may benefit from small improvements. Sub-elite athletes may be better advised to get the basics of optimal conditioning, recovery, and nutrition right, no matter there location. It is unlikely that altitude training will propel them to a different class of athlete

REFERENCES

1. Åstrand PO, Rodahl K, Dahl HA, Stromme SB. Textbook of work physiology: physiological bases of exercise. 4th ed. Champaign, IL: Human Kinetics, 2003.
2. Hendriksen IJM, Meeuwsen T. The effect of intermittent training in hypobaric hypoxia on sea-level exercise: a cross-over study in humans. Eur J Appl Physiol 2003; 88: 396-403.
3. Levine BD, Stray-Gunderson J. "Living high-training low": effect of moderate-altitude acclimatization with low-altitude training on performance. J Appl Phsiol 1997; 83(1): 102-112.
4. Noakes TD. Altitude training for enhanced athletic performance. International SportMed Journal 2000; 1(2).
5. Vallier JM, Chateau P, Guezennec CY. Effects of physical training in a hypobaric chamber on the physical performance of competitive triathletes. Eur J Appl Physiol 1996; 73:471-478.
6. www.weathersa.co.za

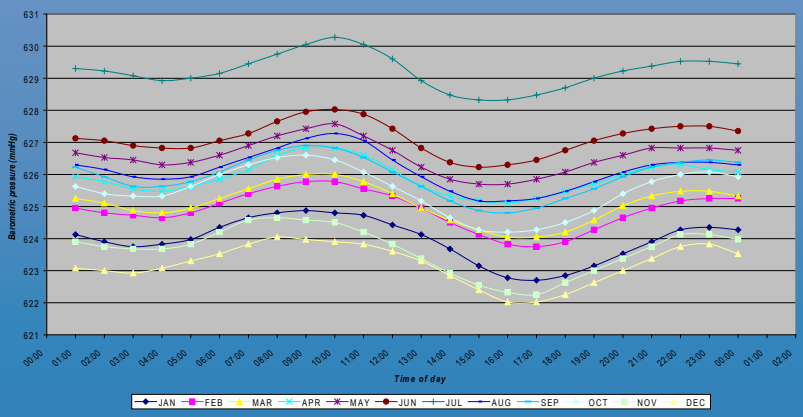


Figure 1: Daily and monthly variation in barometric pressure during 2005 for Johannesburg (1695)[6]

Jimmy Clark
BA (HONS)(HMS)(Biokinetics)
CSCS (Certified Strength & Conditioning Specialist)
BSc (HONS)(Human Physiology)

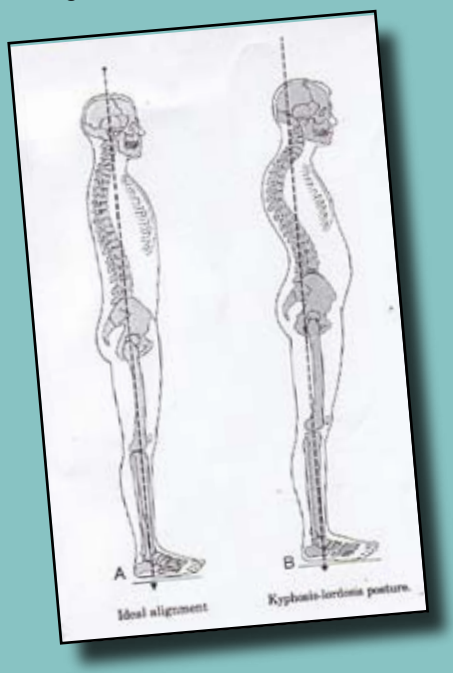
Institute for Sport Research
University of Pretoria
TEL (012) 420 6033
FAX (012) 420 6099
EMAIL jimmy.clark@up.ac.za

Getting LJ back on track

Text: Physiotherapy team at hpc Images Adéle du Toit

After struggling through a tough competitive 2006, LJ ended up with having to go for surgery to repair a tear in his left external (outside) oblique stomach muscle as it goes into the groin. Because he lost core stability due to the tear he overused his adductors (inside leg muscles) and ended up with a chronic osteitis pubis (inflammation of the pubic bone) and a chronic adductor tendinopathy. LJ travelled so much internationally that there was never sufficient time to correct this long term problem.
The reason for this serious groin problem was a number of biomechanical problems that if corrected earlier could have prevented the surgery.

1.Posture: The kyphotic/lordotic type of posture immediately puts the lower back at risk and interferes with optimal function of the buttock, hip and hamstring muscles



2. Weak buttock muscles (gluteus maximus and medius). Both his back buttock muscles and lateral (side) buttock muscles were weak resulting in too much movement of the hip and pelvis during the hurdle action
3. Weak hip flexors: These are very important muscles that are needed to get the leg up quickly during the hurdle action.
4. Short deep buttock muscles (piriformis): This changed his hip action when going over the hurdles
5. Weak core stability (transvers abdominus): He could not control his hip movement when going over the hurdles

6. Bad technique: Adele du Tiot from the biomechanical analysis lab video LJ`s technique that was far from perfect because of all his biomechanical problems and gave us great insight into the mechanism of the injury.

THE REHABILITATION

1. Initial phase: We started of with controlling the swelling and mobilising the scar, gentle stretches and light core stability work

2. Progression: Week by week LJ was challenged by more dynamic exercises concentrating more on strength, core stability and flexibility

a case study

LJ started with jogging and light hurdle drills on the track 8 weeks after the operation and ran his first 600m straight race recently. He is slowly progressing to running lower hurdles and plyometric drills

Although a variety of injuries occur to the lower limb in any sportsman, it is groin injuries which impede sporting performance the most severely.

The groin is a complex region in the human body, serving as a common point of attachment for multiple muscles as well as a pathway for major nerves and blood vessels which supply the lower limb. Therefore this area is very susceptible to injury.

The musculature of the groin includes the abdominals, hip flexors and hip adductors. Three flat abdominal muscles have attachments via the conjoint tendon to the pelvis. These muscles are of vital importance for core and pelvic stability and include the transverse abdominus, internal and external oblique abdominals. Also attaching to the pelvis are the hip flexors, known as psoas and iliacus, which allow for the bending of the hip. Lastly, the five hip adductors are fan-like muscles which aid in bringing the legs together (adduction). The long adductors, gracilis and adductor magnus, extend from the pelvis to the femur (thigh bone), while the short adductors, pectineus, adductor longus and brevis extend from the pelvis to the knee.

The greatest challenge experienced by an athlete with a groin strain, is to have patience. This is of vital importance because any injury to the human body ultimately leads to biomechanical abnormalities and associated muscular imbalances. This is especially true in the groin. Inadequate rehabilitation leads to chronic pathology, such as a tendinopathy.

Core stability is vital in any sports person, as without it, you lose power, speed and movement, provided by mobility muscles. This is due to the fact that you require a stable base in order to move and if your stability is provided by those muscles made for mobility, your mobility is inhibited. As a result, injuries occur.

Groin injuries are difficult to treat and if not properly rehabilitated often end up in the surgeon's rooms as in LJ`s case. If you have a chronic injury have it properly evaluated and treated as it can become a threat to your sporting career.

References:
1.Brukner P, Khan K, 2001 Clinical Sports Medicine 2nd Edition. McGraw-Hill Companies, Inc.
2.Netter FH, 2003 Atlas of Human Anatomy 3rd Edition. ICON Learning Systems, LLC, a sudsidiary of MediMedia USA, Inc.

Muscle strains	Grade 1	Grade 2	Grade 3
Mechanism of injury	May or may not remember the incident and are able to continue with activity	Remember the incident but may or may not continue with activity.	Remember the incident, but are unable to continue with activity
Pain Onset	After cooling down or the following day	Immediate	Immediate disability
Bruising/ Swelling	Minimal to none	Significant	Severe
Palpation findings	Local muscle spasm and tenderness	Moderate inflammation surrounding a tender palpable lesion	Severe muscle fibre defect
Effect of gentle stretch	Slightly painful	Significant pain	Severe pain
Strength testing	Pain with resisted active contraction of the muscle	Significant pain with unresisted muscle contraction	Severely painful and unable to contract the muscle.

Table 1: Difference in muscle strains

Training Tips

shoulder strengthening

Text: Steven Ball, BA(HMS)(Hons)Biokinetics; CSCS(NSCA),
Head Strength & Conditioning Specialist at hpc
Images: Susan du Toit

In this issue we would like to focus on the use of elastics for resistance training and in particular shoulder strengthening. With these exercises the use of either surgical tubing, 'theraband' tubing or Therabands is acceptable. Therabands are usually used more for rehabilitative purposes for example when an individual has a shoulder injury and we start retraining the muscles.

The surgical & 'Theraband' tubing is useful in simulating many sporting actions for example the catch & Pull through phases of the different swimming strokes. By simulating the strokes we are able to strengthen certain phases of the stroke that may be weak. You are able to breakdown the stroke into smaller compartments & emphasise each component.

Careful consideration needs to be given during the return phase of the exercise. If control is not maintained during this phase it could result in a jerky, uncontrolled action and this could intern lead to possible injury. Elastic band training can be beneficial to an individual as long as it is performed correctly and under the correct guidance.

In this edition we will look at Shoulder Internal and Shoulder External rotation which is critical in improving shoulder rotator muscular strength. These muscles are critical in the stabilisation of the upper arm in the shoulder joint when applying or receiving force through the arm.

Shoulder Internal Rotation

- Stand feet shoulder width apart, with slight knee bend.
- Keep brace position and body up tall.
- Bend elbow at a 90 degree angle keeping the upper arm against the side of you body
- Start with forearm in away from body and through still keeping the upper arm against your side rotate your arm inwards (towards your stomach) pulling on the elastic at the same time.

Shoulder External Rotation

- Stand feet shoulder width apart, with slight knee bend.
- Keep brace position and body up tall.
- Bend elbow at a 90 degree angle keeping the upper arm against the side of you body
- Start with forearm against your stomach and through still keeping the upper arm against your side rotate your arm outwards (away from your stomach) pulling on the elastic at the same time.
- It is key to note where the elastic is placed to start with

"Elastic band training can be beneficial to an individual as long as it is performed correctly and under the correct guidance."

Shoo Achoo!

Keeping the Colds and Flu at bay

Text: Lebo Tsomele (B Tech: Sports and Exercise Technology)
DR DC Janse van Rensburg (MBChB, MMed, MSc Sports Medicine)

Colds and Flu

Colds

A cold is a respiratory infection caused by one of hundreds of possible viruses which are so widespread, it is perhaps more accurate to say that colds are caused by a decrease in immunity that allows one of the viruses to take over. These viruses are transmitted through the air and may be characterized by symptoms like sore throat, sneezing, nasal discharge headaches and coughing.

Flu

Influenza B, commonly called the flu, occurs mostly in the winter season. According to the South African Flu Web, the different predominant symptoms of flu are fever, respiratory symptoms such as coughing, sore throat, runny nose, as well as headache, muscle aches and often extreme tiredness or fatigue. Although nausea, vomiting and diarrhea can occur especially in children, these symptoms are not characteristics of flu. It is important to note that a person suffering from flu should abstain from exercise as it could cause damage to the heart.

Is sports activity influenced by flu?

Athletes who participate in team sports are more vulnerable to influenza because they are in close physical contact and share locker rooms and often water bottles. Overtraining can suppress your immune functions and increase your susceptibility to upper respiratory tract and other infections. Even a mild viral infection can be devastating due to loss of important training hours and/or compromise competition performance. If you do not like risking your training program or competition during influenza season, you should be vaccinated.

Vaccination

When one is infected with the flu virus, one soon becomes ill. The immune system of the body recognizes the virus as a "foreign enemy" and tries to protect the body by producing antibodies. These antibodies take about 2 weeks to develop. The main function of the antibodies is to bind to the flu viruses and neutralize them.

Influenza vaccination is the only way to prevent getting influenza. The vaccines have 3 virus strains and they protect against 3 strains of flu viruses, which could most likely cause influenza in the population. The vaccine is given as an injection into the upper muscle of the arm. Both your doctor and pharmacist can give you the vaccine. Solvay-Influenza.com reports that inactivated influenza vaccine is usually effective 2 weeks after vaccination as by then your body has made enough antibodies to protect you against the virus.

When Should One Be Vaccinated?

In South Africa, influenza usually occurs from about May until September according to South African Flu Web. Vaccination should therefore be given between mid March and April. It is important to note that there is no cut-off date for vaccination. While influenza activity usually peaks in RSA during June and July, outbreaks of flu can occur earlier as well as later in the season. It is never too late to get vaccinated against the influenza virus.

Why do I have to be vaccinated every year?

You need to be vaccinated every year because influenza viruses change over time. Therefore the vaccine composition is adapted every year to the human influenza viruses that are circulating throughout the world that particular year. Inactivated influenza vaccine works at least 6 months on average, which is long enough to protect you for the duration of a complete influenza season. The amount of antibodies in the body is greatest 1 or 2 months after vaccination and then gradually declines.

Side effects of vaccination

It is good to know that 95% of people vaccinated experience none or only very slight side effects. The most frequent side effect of vaccination is soreness at the vaccination site that lasts less than 2 days. These local reactions are mild and rarely interfere with the persons' ability to perform sports. Sometimes fever, malaise, muscle aches and other systemic symptoms can occur after vaccination. Allergic reactions rarely occur after influenza vaccination

MORE THAN JUST AN ENERGY TONIC!

Give your immune system and energy levels a super boost with ReVite Vit-T-Go™. Only Vit-T-Go™ contains Teavigo™, a pure green tea extract. Teavigo™ is a highly effective antioxidant that is 4.8 times stronger than Vit C and Vit E, to help keep cells healthy.

ReVite Vit-T-Go™ also contains Vit C, B1, B6 and B12, Glutathion, Calcium and Creatine in a delicious effervescent supplement to give you a sustained boost of energy to push life's limits.

Teavigo Powerful Antioxidant Keeps Cells Healthy

ONLY 1 SACHET A DAY

Vit-T-Go™
PUSH LIFES LIMITS™

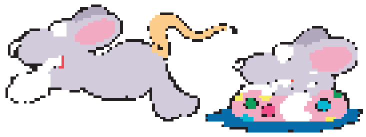
Pharmamark
www.revite.co.za
Tel: 011 457 3900

ReVite™

The Endurance Enhancer

Endurance can be defined as the ability of a muscle to produce force continually over a period of time.

Competitive athletes may find hope in research demonstrating that regularly taking Green Tea Extract (GTE) could boost exercise endurance. Green Tea Extract given to mice over a 10-week span increased the amount of swimming time to exhaustion by as much as 24%.



The main active or "magic" ingredients in Green Tea are called polyphenols, and the most important one is epigallocatechin gallate (EGCG). EGCG in its purest form is available as Teavigo™, which provides more than 90% EGCG, compared to between 10-60% EGCG from average Green Tea Extracts. Futhermore it is also free from caffeine and pesticides. Teavigo™ is used in a number of South African products like Revite's Vit-T-Go, Clover's Manhattan Ice Tea and Bokomo's Quick Break Lite Bars.

For athletes looking to perform at an optimal level, the time in which they reach exhaustion or their endurance ability during exercise is of utmost importance. Ten weeks of Green Tea supplements plus strenuous exercise made mice swim longer and stronger than mice that swam their laps without performance enhancement. Although the clinical efficacy of Green Tea Extract has not yet been confirmed in human studies, results suggest that Green Tea Extract may be a useful tool for improving endurance capacity in athletes.

The ability of Green Tea to naturally boost endurance during exercise performance (i.e. time to exhaustion) is attributed to EGCG, available in its purest form as Teavigo™. It is thought that the improved endurance capacity comes from an improvement in fat metabolism due to the stimulation of fatty acid utilization. This means that when you take Teavigo™ you might experience enhanced endurance because the EGCG may make you burn fat more efficiently.

Drinking a single cup of Green Tea before exercise, however, will not be effective. One single higher "dose" of Green Tea did nothing to improve performance in the mice. The animals had to receive Green Tea daily, and endurance increased gradually over the 10 weeks of the study. To match the beneficial effect on endurance capacity a 75kg athlete would need to drink at least 4 cups of Green Tea daily. If you battle to stomach this, an easier way to make sure you get sufficient Green Tea is to take Teavigo™ (such as Revite Vit-T-Go) daily.

- Daily intake of Green Tea may enhance endurance during exercise by almost 25%.
- Green Tea is a rich source of polyphenols, with EGCG being the most abundant and the benefits of Green Tea is attributed to EGCG.
- EGCG in its purest form is available as Teavigo™.

In addition to enhancing your endurance during exercise, daily consumption of Teavigo™ will also be beneficial to your health. EGCG is thought to play a pivotal role in Green Tea's anticancer and antioxidant effects, and should be considered right alongside the better-known antioxidant vitamins E and C as potent free radical scavengers. Free radicals are highly reactive molecules and fragments of molecules that can damage the body at the cellular level leaving the body susceptible to cancer, heart disease, and many other degenerative diseases.

Issued by: [illegible]
Registered Dietitian

References: [illegible]

Teavigo

a promise is a promise Or is it?

- Legitimate expectations in sport -

Text: Prof Rian Cloete

Introduction

The introduction of the unfair labour practice doctrine enabled our labour courts to regard the failure to renew a contract of employment under certain circumstances as an unfair dismissal. Therefore, if a player or coach reasonably expected their club or sporting body to renew a fixed term contract of employment and if there was either no renewal or the contract was renewed, but on less favourable terms, a dismissal has taken place in terms of sec 186(1)(b) of the Labour Relations Act.

This is precisely what happened to Lance Klusener, Hilton Ackerman, Victor Matfield and Richard Bands. Promises were made that resulted in legitimate expectations:

- Lance Klusener, a prominent South African cricketer, reached an out-of-court settlement with the United Cricket Board of SA in 2003 after he referred an unfair dismissal dispute to the Labour Court based on expectations created through promises or assurances given by the UCB and the number of times that the contract has been renewed.
- Ackerman v United Cricket Board of SA (2004) 25 ILJ 353 (LC) concerned an experienced coach (Ackerman) who had been employed full-time by the UCB since 1998. His duties included running the Plascon Academy (a national programme for cricket development under the auspices of the UCB), training and mentoring coaches, lecturing and public relations exercises for the UCB and accompanying the South African under-19 and the South African "A" team on national and international tours. However, since 1990 (and before being employed by the UCB on a full-time basis), Ackerman had coached at the Plascon Academy for four to five months a year. In 2000 the parties, partly because Ackerman felt vulnerable, concluded a written agreement of employment, which was to run for two years, expiring on 31 August 2002. During June 2002, the UCB advertised a position for a "senior coach to take responsibility for preparing the SA "A" and SA under-19 teams as well as running the cricketing programme of the national Plascon Academy". Ackerman applied but was not interviewed on the basis that the selection committee was already familiar with his work. Another applicant was appointed and Ackerman's services were terminated. The commissioner found that he had a reasonable expectation that his employment would continue after the end of the fixed term contract and that he was therefore unfairly dismissed and the UCB was thus ordered to pay Ackerman the equivalent of two years' salary as compensation.
- SA Rugby (Pty) Ltd v CCMA & Others [2006] 1 BLLR 27 (LC) concerned the contractual position of three international rugby players, Matfield, Bands and Bezuidenhout, and more specifically, whether they had a reasonable expectation that their respective contracts would be renewed after the Rugby World Cup in 2003.

  At the time, once a player was selected for the national team he would normally be contracted by SA Rugby (Pty) Ltd, either on a match-by-match basis or for a fixed period. All three players were given contracts for the 2003 RWC. These contracts were for three months and commenced in September 2003 and terminated at the end of November 2003. In addition to this, Matfield already had a twelve month contract to play for the national team during 2003. This contract terminated in December 2003. He had had a twelve month contract with the employer since 2000, which had been renewed in 2001, 2002, and 2003. Since 2003 the players had had no direct dealings with SA Rugby. All the national players negotiated their contracts directly with Straeuli and he in turn liased with the CEO of SA Rugby (Pty) Ltd.

  Despite the team's poor performance (their 2003 Rugby World Cup campaign in August 2003 ended in a miserable quarterfinal match) all three players performed well at the 2003 RWC and were generally complimented by the coach (Straeuli) and the media. After the 2003 RWC all three received letters from the coach which they interpreted as suggesting that they formed part of his future plans. Subsequently all three were told in person by Straeuli that they formed part of his future plans. Straeuli resigned during December 2003 when new management took over the affairs of SA Rugby

Lance Klusener, a prominent South African cricketer, reached an out-of-court settlement with the United Cricket Board of SA in 2003 after he referred an unfair dismissal dispute to the Labour Court based on expectations created through promises or assurances given by the UCB and the number of times that the contract has been renewed.

and the three players' contracts were not renewed for 2004. The case of Matfield must however, be distinguished form the matters of Bands and Bezuidenhout. Matfield had an annual contract as well as a three-month contract for the World Cup, while the other two had only a three-month World Cup contract.

The court relied on section 186(1)(b) of the LRA and found that players are entitled to rely on the word of a coach. If players have a reasonable expectation that their contracts shall be renewed and if there were no renewal, a dismissal has taken place. The court held that Matfield's expectation of renewal was reasonable, but Bands and Bezuidenhout was unsuccessful because they had no annual contract but were only employed for the duration of the World Cup.

In awarding compensation the court considered section 194(1) of the LRA. This section provides for a compensation award equal to not more than the equivalent of 12 months' remuneration unless the dismissal constitutes an automatically unfair dismissal, which it did not in this case. Matfield was paid a retainer of R400 000 in terms of his 2003 contract and he expected similar remuneration during 2004. The employer was thus ordered to pay R400 000 to Matfield.

Conclusion

These awards are timely reminders to employers in sport that the end of a fixed term contract is not an unconditional opportunity to terminate an employment relationship and that circumstances preceding the termination of the contract may suggest an obligation to continue employment. Sport federations, clubs or franchises will be well advised to make their coaching staff aware of these decisions in order not to make ill-considered promises to their players

Prof Rian Cloete
Director: Sports Law Centre (hpc)
Cell: 083 292 1644
Source: Cloete et al **Introduction to Sports Law in South Africa** [par 5.71 – 5.91]

Peace of mind is part of the deal!

McCarthy Toyota Gauteng has been in business for almost 35 years and has earned a deserved reputation over the years. We strive for committed service and have won many prestigious awards. We consist of 10 dealerships representing the Gauteng region.

It is indeed important for us at McCarthy Toyota Gauteng that the customer choose a dealer that can assist them in making an informed, knowledgeable decision and at the same time being assured of a pleasant and seamless transaction. Although the purchase of a new or pre owned car is often the second largest purchase many people will make, choosing the right model and make of car are often neglected as people tend to get tied up in the excitement of their new purchase. Buyers are often swept away with their new purchase, that they very seldom think of the value added items we can offer them.

We therefore take pride in giving you, our valued customer, the assurance and guidance by providing the necessary expertise to make your decision as smooth as possible. We deal in a fair and ethical manner and our business dealings are transparent.
McCarthy Toyota Gauteng operate according to a set value system. We believe these values set us apart ensuring customers to come back to our dealerships and that customers will recommend us to their relatives and friends.

We are not only focused on exceptional customer service, expert advice and value for money but are also involved in the community, especially the development of sport in Gauteng. Through the years we have built a lasting relationship with the High Performance Centre (hpc) and it is indeed a great priviledge and honour to be associated with such an extraordinary institution. We would like to congratulate the hpc on its 5th anniversary and share in its celebrations. McCarthy Toyota Gauteng is a proud sponsor of the hpc and would like to thank all the staff for their input over the years. We wish you a great 2007 and all of the best for the near future.

For peace of mind motoring please visit our website at www.mctoyotagauteng.co.za. - Jacques Porter (Marketing Co-ordinator, McCarthy Toyota Gauteng).

News from PVM

On Wednesday 21st February PVM Nutritional Sciences held its second annual Sponsorship Day in the Nashua Auditorium at the High Performance Centre (hpc). On this flagship occasion PVM invites the individual athletes and teams with whom a sponsorship agreement for the year ahead were successfully concluded. The day and the programme is dedicated to Nutritional Science and the emphasis is on sport and high performance. There is no better venue imaginable than the hpc of the University of Pretoria. Both the venue and the ambience bring a unique flavour and focus to the proceedings and the delegates - almost double the number that attended the previous such event - left with an experience that exceeded most expectations.

The Sponsorship Day is a natural consequence and tangible proof of the warm and productive relationship between PVM and the hpc, and PVM Nutritional Science is proud to be such an integral part of this 5th Anniversary Year. We know the hpc will continue to grow from strength to strength and look forward with excitement and anticipation to the 10th anniversary celebration. Accept our very best wishes for the future; you do South African sport proud being so proudly South African.

"The Sponsorship Day is a natural consequence and tangible proof of the warm and productive relationship between PVM and the hpc..."

Inside News

Ryk Neethling & puppy

Emile Smith - Sales Manager at hpc - in action

SA Boxing team & coach

IAAF Coaching Course Attendees

Sashsischer Football Federation coaches handing over gift to Rocco Meiring

Sashsischer Football Federation at hpc (Dec 06)

Scottish Hockey Team

German Hammer Thrower, Andrea Bunjes

Hirschel Gibbs & Rodger Tellemacus on their way to West-Indies

Prof Calie Pistorius welcomes Pres Mbeki

Pres Mbeki receives his cricket shirt from Capt. Smith while pres SA Cricket looks on

SA Netblall team having lunch at the Time Out Café

Italian Synchronised Swimming Team

Dutch Athletes: Mrs. A. Spierenburg and Miss K. Spierenburg

Lucas Radebe (ex captain of Bafana Bafana) addressing the SA u17 Soccer team

U 19 National Soccer Team

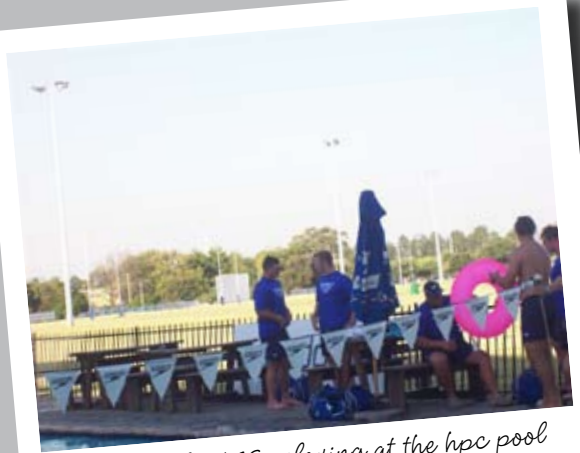
Dr Ligthelm's farewell

Precious Mtembu, Sindy Gomede, Leanne Zacky & Yvonne Phiri (the latter passed away on 9 Dec '07)

Dutch Olympic swimming Team

Pieter van Hogenband and coach Jaco Verhagen

Discovery Soccer FEVA mini 3-on-3 challenge



Blue Bulls U 19 relaxing at the hpc pool

Royal Air Force team entertaining young kids from community

Want a chiselled 6-pack & all-day energy?

With Phedra-Cut XT's aggressive 5-variable action formula, (including NdOc-600), you can now shape-up 5 times faster.

NdOc-600: The metabolic rate is a measure of the rate at which energy is released from the fuel molecules inside the cells. This energy production requires the use of oxygen with the release of carbon dioxide. Various natural ingredients have been shown to enhance this production of energy within the cells by improving the utilization of fuel molecules such as proteins, carbohydrates and fats.

Nano Dispersed Organic Complex (NdOc-600) provides a means for improved absorption of nutrients through cell membranes. The result is an improved delivery of vital nutrients, amino acids and oxygen into the cell, thereby increasing cellular metabolism.

NdOc 600:
- Improves absorption of vital nutrients*
- Removes toxins from the system*
- Stimulates cellular metabolism*

ACCELERATOR INCLUDED

PROFESSIONAL SERIES

Being the market leader in sports nutrition, USN is dedicated to remain innovative to offer all sportsmen and women the most advanced nutritional supplements to achieve optimum physical performance. At USN we are proud to present the new high performance Professional Series that is unsurpassed in quality and potency.

USN®
ULTIMATE SPORTS NUTRITION

The Leader In Sports Nutrition.

Ultimate Sports Nutrition Innovation Hub, Enterprise Building, 1st Floor & CSIR, Building 18 | Pretoria: (012) 844 1111 | Durban: (031) 700 4390 | Cape Town: (021) 552 8043/4 | Free State: (051) 432 3693

TIA Hellebaut

Tia Hellebaut (born February 16, 1978, Antwerp) is a Belgian athlete who used to be active in the heptathlon but has recently specialized in the high jump event.

Hellebaut is being trained by Wim Vandenven at her club, Atletica 84. She used to be a professional athlete with Atletiek Vlaanderen in the period from 2001 to October 2005. Since November 1, 2005 she is a professional athlete, at BLOSO.

Hellebaut who recently shared the Belgium sports person of the year award with sprinter Kim Gevaert was a guest at the hpc during December where she trained at the Tuks synthetic track.

In an interview with her she provided us with some views on her life, hobbies, successes and plans for the future:

"It is the 3rd time I have stayed at the hpc. I really like to stay here because of the nice weather and the perfect training facilities (very good track, good grass track, altitude, etc). The food is also very healthy which is, of course, very important to sportspeople. The people here are also very sports-minded in comparison with people in some European countries. There is always someone to help if you need something for training.

I live in Belgium (Tessendelo) with my boyfriend (sorry guys :)) and am very passionate about a lot of sports, but prefer to watch and participate in athletics and tennis.

In my spare time I like to watch DVD's or do sudoku or other brainteasers. My preferred type of movies includes ER, NYPD blue or other police series.

In winter time (European winters) I train about 10 - 12 times a week.

Last season I had a wonderful European Championship in Gothenburg, Sweden. I beat the big favourite Kajsa Bergqvist on her own turf and took my first international medal ever. I never expected to win the gold or to jump 2,03 m.
I am also very proud to have won 2 Golden Leagues - in Brussels, Belgium (my home country) and Berlin, Germany.

My goals for the next year are the European Championships in Birmingham and the World Championships in Osaka.

In Birmingham I want to get a medal in the pentathlon and aim to jump at least 2m in Osaka – so I won't be far from the podium."

BOPHELO
TOURS AND SAFARIS

www.bophelo.com

Tel:
+27 (0) 12 567-6981
Fax:
+27 (0) 12 502-7949
Mobile:
+27 (0) 83 9575 010
E-Mail:
marius@bophelo.com

To advertise your workshop, services or products call Leonore at
012 362 9800 or E-mail leonore@hpc.co.za

Golf Tuition

Louis Coetzee
hpc- Head Coach
PGA Professional
Tel: 083 640 5387
louis.coetzee@hpc.co.za

Stefan Matthysen
hpc- Assistant Coach
PGA Apprentice
Tel: 082 725 9579
stefan.matthysen@hpc.ca.za

Nicki de Villiers

Registered Dietitian
Specialize in the fields of sport nutrition, intestinal dysbiosis and lifestyle diseases

Tel: 012 362 9850
Fax: 086 636 4005
Cell: 082 3750574
e-mail : nicki.devilliers@hpc.co.za
Website: www.hpc.co.za

Melissa Brokensha
Psychologist
BA(Hons); MA(Counselling Psychology) Pret
Reg. No.: 0084557 Pr. No.: 086 000 0143839
Tel: 082 594 9195

Monja Muller
Psychologist
(M.A. Counselling Psychology, UP, SA & M.Psych. Sport Psychology, USQ, Aus)
HPCSA Nr: PS0071277 & PRACTICE Nr: 0138673
Tel: (082) 826-1012

sportsciencegym

Various packages are available:

Normal
R249 p/m x 12 months
R250 joining fee

Off-Peak (between 09:00 and 16:00)
R160 p/m x 12 months
R250 joining fee

Family
R350 p/m x 12 months (for both husband & wife)
R100 p/m x 12 months for child
R250 joining fee each

Operational hours:
Mon – Fri 05:30 – 20:30
Sat 07:00 – 13:00
Sun 07:00 – 12:00

Please contact Susan Kleynhans
(012) 362-9889/00
e-mail – susank@hpc.co.za

from the SIDELINES

Text: Anton Ferreira, Manager: Coaching Cricket South Africa

Given the regularity with which the original or existing offices have been transformed during the past year-and-a-half and the ingenuity it has taken from senior management to create additional office space for the ever-growing number of staff members, it would be quite comprehensible to an innocent passer-by why the coaching department of Cricket South Africa is the envy of many (if not all) of the highly skilled and exceptionally well-educated individuals currently occupying such space in the huge, concrete block that essentially is the hpc!

For a rather extensive period, we who are situated in Locker 2 have thought that the spacious and extremely comfortable office on the first level, with its enormous glass window offering an unhindered view of the magnificent green backdrop of the LC de Villiers Sports Grounds, was the apparent reason for some of this envious behaviour. The location and general setting within the hpc's superb sporting environment has obvious work-related benefits, and certainly creates a wonderful, relaxed atmosphere to perform daily tasks. It promotes interaction with a large proportion of the many guests who visit the TuksSport premises and allows us to stay in touch with the many events and happenings at the proverbial coal face of sport.

From a strategic perspective, the coaching headquarters of cricket's national federation can not possibly be positioned any better than its site overlooking the training and recovery pool at the hpc. A full range of club, provincial, national and international swimming preparation programmes are in full view of our vantage point and it is a common occurrence to see Rocco Meiring of the hpc and other high profile coaches pacing up and down the edge of the pool, barking out instructions and technical advice as their charges glide between the lane ropes and tumble turn after the completion of each 25 metre length.

Dependant on the season, all of this can take place at a rather ridiculous hour of the day with steam clearly rising from the heated pool and swimmers' bodies on chilly winter mornings, involving some of the world's most prominent champion swimmers. Different sport perhaps but identical demands to those encountered in cricket; commitment, dedication, passion, discipline, punctuality, sacrifice, hard work, incredibly high levels of fitness, long hours and patience amongst other things.

Similarities in coaching methods and styles are visible too; verbal and non-verbal communication, sometimes a bit dictatorial, other times business-like, occasionally less intense, every so often a noticeable nice-guy approach. Although clearly organised, caring and knowledgeable, Rocco is the epitome of a no-frills coach with a no-nonsense approach and coupled with those genuine "Popeye" forearms, he cuts out a rather intimidating figure and is sufficient enough reason for his swimmers and tri-athletes alike to listen and do as they are told.

Observing another coach in action represents an additional benefit of our 'glass lookout tower' and the swimming coaches exemplify the vital attributes required to succeed at the highest level of competition.

Very early in the new year however, the penny actually dropped!.....and it suddenly dawned on me why there were countless ad hoc visits from various hpc male staff members. It had more to do with the nature of the activities around the swimming pool at the time as well as the composition of the visiting foreign synchronised swimming team as opposed to the maintenance measures that were used as justification for 'simply popping by'.

The 'shadow' routines and drills performed by scantily-clad, exceptionally fit, superbly toned and tanned swimmers were most pleasant on the eye and especially magnetic in their attraction. Notwithstanding the regular Operational Meetings, Accredited Facilitator/Assessor Courses and other government-backed National Academy Programme Workshops, the CSA office can not recall when last we witnessed as much traffic entering and leaving the Locker 2 security door. There were times that quite frankly, this part of the hpc resembled Piccadilly Circus on a Friday afternoon!!

Fortunately, we have not yet received a landlord's notice requesting us to vacate this highly sought-after spot so we aim to continue to learn as much as we can from other sports codes and appreciate the more aesthetically pleasing aspects of the hpc and its immediate surrounds, something that normally appeals favourably to young national academy cricketers.

hpc
University of Pretoria

a gold medal lifestyle

The High Performance Centre (hpc) offers the following services:

State-of-the-art sport science gymnasium

Expertly groomed sports fields, courts and facilities

Discipline-specific sports academies

First class academic programmes from Primary to Secondary and then Tertiary

Luxury and team accommodation

Sports inspired dining

Superior conference facilities

Cutting edge sport research and technology

Peerless sport science and medical unit

Specialist advice from leading professionals in sports psychology, nutrition, physiotherapy and law

Burnett Street , LC de Villiers Sports Grounds, University of Pretoria, Tel: 012 362 9800 www.hpc.co.za