

# the Medalist

a gold medal lifestyle



A Conducive  
Training  
Environment

a  
New Vision  
for a  
New Hope



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**TuksSport**

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



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UNIVERSITEIT VAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA

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# from the CEO'S OFFICE

**V**oula Patoulidou in a speech in an Olympic Education event in November 2004 said "There is no greater honor than the one received by athletes the moment they see the raised flag of their country at the highest level, and when they hear their national anthem inundating every corner of the stadium and reaching the ends of the earth."

Imagine the dismay and utter disbelief on the face of one of our medal winners when, at a medal ceremony of the All Africa Games the old South African Anthem was played prior to being awarding of the Gold Medal. This certainly is totally unacceptable and smacks of poor organisation from all concerned and is certainly not what we want our top performing sportsmen and women to be exposed to. Let's hope that this never happens again!

The All Africa Games have now been and gone and a number of our academy students and students on the full time residential academy programme of Sport and Recreation South Africa at the hpc, performed exceptionally well at these games. The final medal count saw our athletes winning 62 Gold medals, 58 Silver medals and 53 Bronze medals and this placed South Africa third on the overall medal count tally behind Egypt and Algeria. This once again highlights the value of the hpc University of Pretoria and what we are capable of delivering.

The focus will now shift to the various qualifying events for the Olympic Games to be held in Beijing next year and there are a number of World Championships taking place. The athletes will be competing in the World Championships in Osaka Japan, while the rowers will be competing in Munich in Germany.

While speaking about the rowers the hpc would like to congratulate Ramon Di Clementé and Donovan Cech in winning the world famous Henley regatta last month against most of the top rowers in the world by 2 ¾ lengths over the German crew in the final. This was their third win in four years in this prestigious event and only an injury last year prevented them from winning it four out of four times. This all goes well for their onslaught to win the Gold medal in Munich.

I am still of the opinion that there should be more high performance centres around the country as one institution cannot be "all things to all men", thus allowing these facilities to focus on their field of expertise. This will hopefully be addressed at a proposed meeting of stakeholders of National Sport during August when the Government, through Sport and Recreation South Africa will relook its White Paper on Sport and hopefully come to the conclusion that it is in need of a serious overhaul.

For the South African sports enthusiast, the next few months will certainly be one that will capture the attention and imagination of the sporting public at large. With the World Cup Rugby in France and the Twenty Twenty World Cup Cricket in South Africa, I am sure a lot of time will be spent in front of the TV or at the grounds watching these two exciting events and here's hoping that our two respective National Teams will do the country proud and return with the spoils.

Good luck to all our athletes in trying to qualify for Beijing 🇷🇺

*Toby Sutcliffe*



# A Conducive Training

*Text: Anton (Yogi) Ferreira, Cricket South Africa, Manager: Coaching  
Images: Touchline Photos*

The summer of 2004/5 is commonly referred to as a Watershed Cricket Season as far as our domestic structure and competition is concerned.

It was the launch of a new era in South African Cricket with the focus on a 6-point strategic plan, consisting of the following:

- The implementation of the new 6 Franchise system for domestic professional cricket;
- The incorporation of 5 new Associate regions into the then United Cricket Board of South Africa – UCBSA, now known as Cricket South Africa – CSA;
- The introduction of new competitions for Amateur cricket;
- A renewed focus on Club cricket;
- Widening and strengthening our base and sharpening our pinnacle;
- Increasing our spectator base in all communities.

All of this was part of achieving the overall objective of creating strength versus strength in the domestic first-class game so that the Proteas can remain competitive and successful at international level as well as an on-going attempt to ensure that South African Cricket continues to close the gap on international counterparts like Australia.

However, almost two years prior to this watershed season, another extremely important strategic decision was also taken; one that is certainly impacting significantly on the elite player development programmes of CSA as well as the domestic structure that ultimately feeds the national team with quality players.

The relocation of Cricket South Africa’s National Cricket Academy programme at the beginning of 2003 to its new home at the University of Pretoria’s High Performance Centre in Hatfield and the nomination of the hpc as the national federation’s Centre of Specialisation and training base for all our International Teams/Squads, from the U/19’s to the Senior Proteas, is definitely starting to produce the desired results.

A mere glance at the final 2006/7 domestic statistics clearly indicates that the relocation has been an inspired and astute move by CSA and unquestionably suggests that the Standard Bank National Academy programme is achieving its goals. While older Academy graduates from various intakes have firmly established themselves on the domestic scene in the respective franchise and amateur inter-provincial competitions, outstanding performances by a number of players from the past two Academy squads especially are of real significance and worth noting.

The following were Academy candidates as recently as 2005 and 2006 and virtually became household names in the SuperSport Series, MTN Domestic Championship, Standard Bank Pro20 or SAA Provincial Competitions during the last season:

2005	2006
Vernon Philander	Blake Snijman
Vaughn van Jaarsveld	Heino Kuhn
JP Duminy	Rob Frylinck
Faf du Plessis	Werner Coetsee
Lonwabo Tsotsobe	Keagan Africa
Thandi Tshabalala	Hillroy Paise
Mario Olivier	Dean Elgar
Morne Morkel	Farhaan Behardien
Aaron Phangiso	



# Environment





We also noted with pride the composition of the 14-man squad for the annual Emerging Players Tournament (EPT) in Australia during July this year that also featured sides from India and New Zealand along with hosts Australia. It is most encouraging that every single member of this touring party attended the Academy at some stage in his cricketing development but of even greater consequence in the context of the relationship with the hpc is the fact that no fewer than 8 members of this squad completed their training here in Hatfield less than two years ago, which is wonderful testimony to the rapid progress our finest young talent seems to be making at this relatively new base of ours.

To add to these satisfying facts and figures, the '2007 Emerging Squad' once again clinched the series in Australia and retained the EPT trophy and title secured a year back, courtesy of a number of impressive and noteworthy individual performances by the likes of Morkel, Philander, Duminy, du Plessis, Tshabalala (2005) and Abdulla (current 2007 squad). These players have all benefited from the intensive individualised training programmes and other specialist services that the hpc offers and provides, and almost ominously, the newest players who have been capped at international level are hpc graduates; Morne Morkel, JP Duminy, Thandi Tshabalala and Vernon Philander.

When one takes into account the victories by the Standard Bank National Academy squad against the Australian Centre of Excellence touring side during August last year, it effectively means that we have now beaten our old cricketing adversary in all three competitions we have participated in the past two years and appears as if CSA is well on track towards achieving the objectives as set out in the strategic plan of the Watershed Season of 2004/5.

The hpc is undoubtedly a world-class facility that has been widely acclaimed and recognised by all 3 international teams that have visited and played here against our Standard Bank National Academy in the past couple of years; the Pakistan Academy, Zimbabwe Academy/National teams and the Australian Centre

of Excellence side have had nothing but praise for this comprehensive 'one-stop shop' with its magnificent state-of-the-art facilities and services.

From a pure cricket perspective, one would have to go a long way or search high and low to find a more suitable training and development facility. Blessed with the fantastic Pretoria climate and weather that allows outdoor participation during the winter months and given the superb infrastructure of the hpc, our aspiring international cricketers have no reason whatsoever to complain. They are exceptionally fortunate and indeed privileged to have such a training facility and everything else that goes with it, at their disposal. A modern all-purpose gymnasium with the latest, technologically advanced apparatus, secure and comfortable accommodation, a heated recovery pool with ice baths; numerous lecture rooms with ample audio-visual equipment, a restaurant serving delicious meals and an appropriately equipped Sport Science and Medical Unit providing every possible service and discipline required by sportsmen/women.

It was while sitting on the patio overlooking the swimming pool and chatting to Terry Jenner (world-renowned leg spin guru and mentor to the legendary Shane Warne) just a few days ago that I was again reminded of the value and magnitude of this stand out training facility and educational environment. What an ideal setting for an aspiring sportsman/woman to pursue a professional career in sport as they regularly get the opportunity to rub shoulders with and learn from countless groups of athletes from various sporting codes, an additional benefit the centre offers our young cricketers. This was so noticeable as the SA Hockey, England Netball and Zimbabwean Cricket sides enjoyed a typically delicious hpc lunch in each other's company.

With the help and support of partners such as the hpc, CSA aims to carry out its strategic plan successfully and achieve every objective in its quest to produce world-class cricketers for many years to come 🏏



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**Fig 1.1:**  
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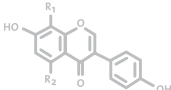
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- 1985 PVM Mealie Meal Mix:** World's first fortified pre-cooked mealie meal was developed. It became the benchmark for pre-cooked meal mix specifications used by the Department of Health.
- 1992 Enerformula Range:** Energo became the world's first 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.
- 1999 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. Some version 3 products are currently available.
- 1999 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.
- 2003 Octane Gel:** Includes protein that has, to date, never been used in gel form.



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.



# A New Vision

*Text: Rick de Villiers Images: Susan du Toit*

The hpc Cricket Academy is about to be launched, and it promises to propel South African cricket to the next level

When a country suffers through an existential cricket crisis due to its national team's World Cup disappointment, trivial doubts creep into minds and over tongues: Will we ever beat Australia when it counts? Why can't we take the pressure of being no.1? Where is the passion? These questions, however philosophically intriguing and therapeutic, are all pretty pointless. A more fruitful approach would be to investigate how the situation can be reversed and how South Africa can become the sustained dominant force in world cricket. This is what the hpc has done, and the answer can be summed up in two words: Cricket Academy.



# for a **New** Hope

'The aim of the Cricket Academy is to provide a unique brand of coaching and coaching philosophy to cricketers of different ages and varied degrees of potential in order to maximise individual potential,' says Rob Walter, manager of the Cricket Academy. 'It is our intention to develop every aspect of the player and assist the current cricket structures in producing complete cricketers. By "complete cricketers" we mean thinking cricketers with superior technical skills, elevated cricket awareness, mental toughness and very high levels of athletic capability.'



To address the various aspects mentioned above, the Academy is divided into four programmes. By August the Elite Squad and Public Coaching Programmes will be up and running, and 2008 will usher in the School Academy and School-leavers Academy



# 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.

As Mr Walter points out, these many defects which currently pervade the school cricket system. 'For the most part school sides have only one coach who has a limited amount of time during the week to look after an entire team. Consequently it is impossible for the coach to give each individual the time he requires to make a meaningful and substantial change to his game.' In contrast, the Academy promises intensified individual focus which will nurture not only the technical side of a player's game, but also his mental fitness.



In the bigger context, the Academy endeavours to provide Pretoria and surrounding areas with a specialist cricket centre second to none. 'At present, Northerns (Titans) do not have any type of academy and so I believe that our programme will be of great assistance to the province in terms of the guidance it will provide to up-and-coming provincial cricketers,' says Mr Walter. 'We will be fortunate enough to have access to the world-class facilities of the hpc and Tuks, and the process will be driven by highly qualified personnel who have a genuine passion for the game and, more importantly, for the young people who play it.'

However sceptic one might be about the current state of South African cricket, there can be little doubt that the hpc Cricket Academy is one big step in the right direction. The professionalism, commitment and expertise within the programme all point to a new age in one of our country's most beloved sports, and may well prove a successful formula in seeing South Africa to the top spot in world cricket 🇿🇦





# The Complete Package

**Words of Wisdom:** 'Anything is possible if your timing is right.'

**Date of Birth:** 1984-04-19

**Hobbies:** Reading, hiking, dancing.

**Perks of her Sport:** The opportunity to travel; beautiful scenery as playing field; good friends.

*Text: Rick de Villiers*

**Brains, beauty, talent –  
Carla Germishuys has got it  
all. Now all she needs is a  
break on Broadway!**

**6**:03 AM. Daylight, like the rest of the sleeping world, is reluctant to get to work on this icy winter morning. But as tentative rays touch the tops of trees, night slowly begins to dissolve into still and fragmented silhouettes. Down below in the streets of Hatfield where obstinate city shadows reside, the rhythmical thud of rubber on tar echoes. This heartbeat of the road, which has been piercing the lethargy of the dark for nearly an hour, finally fades to a standstill. It's 6:11 AM, and Carla Germishuys completes her first run of the day.

Several hours later, when the day has thoroughly thawed, I meet up with the 23 year-old triathlete for a lunch interview. Our food arrives, and the juxtaposition of a towering cheese burger opposite an all-too-healthy plate of noodle salad neatly symbolises the daily sacrifices Carla makes. For her, late mornings in bed, super-sized junk food meals and the concept of relaxation can all be grouped in the same category as Snow White and the tooth-fairy.



'I don't have the biggest social-life at the moment,' she admits, and raises another fork-full of noodles to her mouth. The statement is an incongruous one – not only does she possess that bubbly disposition which tends to attract others, but she is also what Sports Illustrated might call a 'beauty of sport'. Her schedule, however, is senseless to these qualities, and perhaps appropriately so, since Carla's success as a world-class triathlete can largely be attributed to the diligence with which she tackles each day of training. That, and the fact that she's got lots of talent.

'I've always been mad about sport – it's in my blood. At school I did gymnastics, tennis and athletics and also represented Gauteng South for both hockey and netball. When I got to varsity my main focus was hockey, and by the end of my first year I was playing for Tuks' first team.'

'My entry into triathlons happened quite by chance. I had always admired the sport at a distance, and so, at the end of my second year

(2004) a few of my hockey buddies and I decided to enter the Energade Triathlon Series – just for the heck of it. To my surprise I finished in 15<sup>th</sup> place!'

Soon Carla's destiny revealed itself in shades of gold, silver and bronze. In 2005 she snatched up third position at her first Gauteng North try-outs, qualifying her for provincial colours. Since then she has won this event twice, secured victory at the 2006 South African triathlon championships, and finished seventh at last year World Championships.

Given her gene pool, it is not at all surprising that Carla has already affirmed her status as an international competitor. Her father, Gerrie Germishuys, was a very talented rugby player who represented both Transvaal (now Gauteng) and the Springboks. For many athletes the inheritance of talent is usually accompanied by a certain amount of expectancy, but for the triathlete this has no resonance. 'My dad places no pressure on me at all, because he's never had to,' Carla says. 'In fact, he has at times needed to keep me from doing too much. Having a father who had been a talented sportsman himself is much more of a motivation than it is a burden.'

After our respective meals of discrepant calorie counts are finished, Carla candidly informs me that there is a whole other side to her which I have yet to ask about. I do so, and am amazed to discover an even more intriguing persona. This other being confesses to a slight obsession with hiking, musicals and 'vas dans'. 'I love dancing,' she says with a chuckle in her voice. 'If I had the talent to sing, dance and act, you would have definitely seen me on Broadway! I'm a great fan of the theatre.'

She takes a sip of orange juice and continues in phrases of laughter, informing me about her other passions. 'I'm an outdoorsy type of person, so I imagine the ideal life awaits somewhere on a big farm in Africa, where I have a Landrover and at least 10 children.'

With greater earnest the physiotherapy student, who will be completing her degree this year, speaks of her own life and the possibility of touching those of others. 'To be healthy is one of the greatest gifts one can ask for. I believe that God has a plan for my life, and that it might well include helping others. I'm very keen to get involved with underprivileged communities and to promote healthy living through sport.'

For the moment, though, Carla's main goal is to secure a podium position at the next triathlon World Championships in Hamburg. And, considering her talent and perseverance, the shot is not a long one 🏆

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# Straight Shooting

*Text: Rick de Villiers Image: Susan du Toit*



Name: Dumi Masilela

Date of Birth: 1988-06-31

Hometown: Kempton Park

Plays for: University of Pretoria; SA u 23

Position: Striker, no. 10

**What has been the proudest moment of your soccer career so far?**

Wearing the national team jersey for the national team in eight nations tournament. Winning the player of the year in the league.

**You're moving to a new club. How do you feel about it?:**

Yes, I'm going to SuperSport United. I'm very Happy that someone is honouring my talent and that I have the opportunity to step my game up to a new level.

**What are your goals for the future?**

I want to be a regular in the South African u/23 side and eventually take my soccer overseas – hopefully Barcelona in Spain.

**What do you love about soccer?**

I like the fact that it's a lifetime discipline which allows you to meet great people and learn about life.

**What don't you love about it?**

Fights with team mates. That always sucks.

**What has the game taught you about life?**

You often only get one chance and when it comes around you must grab it with both hands.

**Three words which describe you best:**

interesting, spontaneous, intelligent.

**What are your favourite pastimes?**

I love listening to soul and gospel music, and also just chilling with friends and family.

**Complete the sentence: If I had one wish I would wish for...**

a prosperous life

**Words of wisdom...**

Never underestimate your abilities and always trust in that one thing which gives you inner strength 🌟

10 questions in 10 minutes for a tremendous no. 10.

# Fighting Fit

*Text: Rick de Villiers Images: Susan du Toit*

He might be small, but just don't say it to his face.  
It might be the last thing you do.



The small town of Sasolburg is an exporter of two prime products. The first is a highly-priced liquid used to quench the bellies of cars and empty the pockets of the driving public. The second is a highly-trained fighting machine able to take your head clean off with one swift punch. His name is Ben Smith, and he is one of South Africa's top junior Tae Kwon Do fighters.

When I first meet the sixteen year-old on the grass embankment outside his school, I am yet unaware of the boy's superhero-like abilities. He is relatively short, has a shy smile and seems harmless. It is only when I engage him in a few questions that a degree of caution enters my approach – with good reason.

Over the last five years Ben has not lost a single fight. In 2002 he won the Korean Open and was also crowned the best under-14 Tae Kwon Do fighter in South Africa. Last year his impressive results earned him national colours, and today...well, today he is having some schnitzel and rice, followed by a good helping of education, and then, if he is a good boy, he will get to be his training partners' worst nightmare.

'One of the coolest things about Tae Kwon Do is that you get to hit one another.' These words, as they tentatively escape Ben's tongue, are said with boyish delight. Despite his bashfulness, the Grade 10 pupil's gestures cannot hide the deep love he has for the sport in which he so outstandingly excels.

'Tae Kwon Do' loosely translated means 'way of the



foot and fist.' It is the national sport of South Korea and is one of the most widely practised martial arts in the world. But for Ben, the most important historic fact about Tae Kwon Do is its inclusion as an Olympic sport in 2000. 'My main goal is to qualify for the 2012 Olympics,' says the youngster. 'To do that, I must keep on practising as hard as I can every day. And because I am in the TuksSport School, I can actually do this.'

Due to the school's adapted (and adaptable) schedule, learners are allowed the opportunity to train like the professional sport stars they are sure to become. For Ben, this means being able to start the day nice and early (5:30 A.M., to be exact) with a 14 km run and a session in the gym. After school three hours of kicking and technique training await him. Sure it sounds tough, but remember that this kid can probably rip your face off with his bare feet.

Does this mean his friends stand in fearful awe of him? Ben laughs and lifts his shoulders as if to say: I don't know. But he does. 'They do sometimes ask me to show them a kick, and when I do they will say it looks kind of dangerous,' he says, grinning.

The only question remaining is whether Ben will wield his power for good or evil. When another shy smile spreads over his face, I'm reminded of the words of Spiderman's grandfather: 'with great power comes great responsibility'. But perhaps I'm totally wrong, and the earth faces its greatest threat of a ninja invasion yet. Whatever it means, you can be pretty sure Ben Smith will come out on top 🏆



**Date of Birth:** 1991-01-29

**Role Model:** Moan Dae-Sung  
(Tae Kwon Do world champion)

**Words of Wisdom:** 'Live your  
dreams and face your fears.'

Your bag  
shows you  
have brawn ...



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**... change your card, not your bag!**

# BESTmed is proud to be associated with **LJ van Zyl**

## Mr Performance

BESTmed Medical Scheme is truly proud to be associated with an athlete the calibre of LJ van Zyl. It comes naturally to ally oneself with an aspiring and dynamic young athlete whose athletic performance is testimony to his winning spirit.

LJ van Zyl has partaken in numerous athletic meets and has proven his strength as a contender in the 400m hurdles. He has participated in the following events:

- 28<sup>th</sup> April 2007 - Senegal, Meeting Grand Prix de Dakar: Position 4<sup>th</sup>, 49.31 sec
- 27<sup>th</sup> June 2007 - Czech Republic, Golden Spike: Position 1<sup>st</sup>, 48.64 sec
- 2<sup>nd</sup> July 2007 - Greece, Athens Grand Prix, Tsiklitiria: Position 4<sup>th</sup>, 48.32 sec
- 10<sup>th</sup> July 2007 - Switzerland, Athletissima: Position 3<sup>rd</sup>, 48.50 sec
- 13<sup>th</sup> July 2007 - Italy, IAAF Golden Gala meeting, Rome: Position 1<sup>st</sup>, 48.24 sec
- 21<sup>st</sup> July 2007 - Algeria, All Africa games: Position 1<sup>st</sup>, 48.74 sec

## BEST Medical Scheme performance rewarded

The reaffirmation of BESTmed's AA- credit rating by the Global Credit Rating Company is testimony to BESTmed's high claims paying ability, underscoring its standing in the industry as well above the norm and bearing in mind the fact that an AA credit rating level is the highest any medical scheme can possibly achieve. BESTmed has recorded a significant net surplus resulting in the Scheme's exceptional reserve ratio level of 49,64%!

The achievement of an AA- credit rating award in 2007 is testimony to the Scheme's outstanding results, as highlighted below:

- A recorded surplus of R51 618 810.
- BESTmed's sound financial status contributes favourably in terms of gross membership contribution increases at a consistent industry low of 6, 26 % (medical inflation is between 9% and 11%).
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- We have experienced a growth of 92% since 2000.
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# The Gentle Way Revisited

*Text: Rick de Villiers Images: Susan du Toit*

Inside the labyrinthine hallway of the Tuks Sports Centre there are many doors. One in particular holds beyond its wooden exterior sounds of crashing bodies and violent attacks. When you enter through this door, neither the row of socks and shoes alongside the mat, nor the mirrored wall is the first thing you see – your eyes are immediately drawn to the sight of a young woman hurling a bulky man across the room. In case this seems too incredible at a first glance, she does it again. And again.

What has now transpired before your mind's eye is the martial art called judo or 'the gentle way' (ironic, isn't it?), and the muscular bodies in the white uniforms (judogi) are the Gauteng North members of the South African judo team which has recently returned from the All Africa Games in Algeria. The Medalist caught up with three of the team's judoka (judo fighters) to find out about their performance at the Games, what the future holds, and judo in general.

## Tell us a bit about the All Africa Games. Did you learn any valuable lessons?

**Patrick Trezise** (captain of the men's team): Yes – don't eat the food! There was a major problem with the food supply, and come dinner time there was barely anything for us to eat. Nonetheless, the event was significant for us, since any competition you participate in is priceless in terms of experience gained.

**Marisca Loots** (captain of the women's team): Don't even get me started on the food! We had to get private catering in due to the insubstantial provision. Still, we managed to get two bronze medals (of which Marisca received one).

## 10 out of the 14 members of the South African side going to the 2007 World Championships are from Gauteng North. Why do you think this is the case?

**Justin Goosen:** First of all, we've got the Blue Bull thing going (laughs). But the main factor is our coach, Nicola Phillipov. We've had some very good results under him at both junior and senior level because he's introduced us to a completely new philosophy in our training methods. It includes more gym training,

more running and more technical judo training. This, in combination with Nicola's expertise, has placed Gauteng North at the top.

## Does the South African team have a collective goal towards which they are working?

**Justin Goosen:** As a team, we are now training for the World Champs in September. But at the end of the day judo is still an individual sport. When you step on the mat, there's not much your mates on the side can do to stop your opponent from ripping your head from your body.

## How does judo – the gentle way – influence your daily existence?

**Marisca Loots:** I don't get fat (another chuckle)!

**Justin Goosen:** I'm very thankful for judo because it teaches you 'vasbyt'. You carry the determination learned through judo into every other aspect of your life. Judo makes you tough.

## What makes a great judoka?

**Marisca Loots:** You have to be crazy (laughs)!

**Patrick Trezise:** Definitely crazy! But you must also be able to face your demons. One of my greatest fears is failure, and it is something you have to overcome every time you take to the mat. You can't be soft in this game.

## Why judo?

**Marisca Loots:** Apart from the fact that I love the sport, it's a great way to see new places and experience different cultures. We've toured our own country extensively, and I think that's a great privilege.

**Patrick Trezise:** I coach youngsters, and I've noticed that judo works miracles in terms of physical development. Some of the kids who train with me have no co-ordination when they start out, but after a couple of months you can really see a vast improvement in their motor functions. Judo teaches you discipline and also gives you a type of confidence that spills into every corner of your life 🌈

The national judo team has recently returned from the All Africa Games. We pop in for a few questions and to see the odd body flying through the air.



Anyone who is interested may attend the judo training sessions on Tuesdays and Thursdays at 18:30.

# The Phoenix Rises Again

## Legend: Ray Jennings

*Text: Rick de Villiers*

*Images: Ray Jennings's own collection*

**P**rofessionally speaking, journalists should avoid letting their own feelings creep into the stories they write. They are expected to remain detached at all times. And whether reporting on an unpleasant subject or one dear to their hearts, they must guard against any slip of the subjective, any lapse of the personal. This is the theory – now for the application.







I arrive ten minutes early at the appointed destination where I am to interview Ray Jennings. Here, at the lower cricket field at the L.C. de Villiers sports terrain, an icy wind has suddenly picked up. The eleven fielders and two batsmen who now take to the grass oval seem unaffected, and within a few moments the match is under way. Halfway through the first over, cries of 'HOWZIT?' drown out the hum of highway traffic. The first batsman is out, and I am in.

As I approach Mr Jennings, two distinct emotions overwhelm me. The first is a great sense of excitement; excitement due to the fact that I am about to meet a man who has, and continues to make a considerable mark on the game which I have loved since childhood. The second is fear: fear that Mr Jennings will notice my unshaven face (stubble is, reportedly, a pet hate of the coach).

Fortunately, the rumours of Ray Jennings' stern disciplinarian ways have been greatly exaggerated. He greets me kindly, extending his right hand while keeping one eye on the game. We find shelter against the biting wind behind an advertisement board, and so the story of a great cricketing legend unfolds.

From a very early age Ray Jennings knew that the thud of leather on willow – or, more specifically, leather in leather – was a sound that would keep pace with the rhythm of his heart. This passion was affirmed on a day in 1967 when his mentor and inspiration, Dennis Lindsay, scored a century against Australia. 'To be the best in my country had always been in the back of my mind,' he recalls. 'On that day, having witnessed Lindsay's knock of a 182, I decided I wanted to play for South Africa. That was the real starting point of my career, and from there on in it was all just hard work.'

He doesn't add 'exceptional talent' to this last statement, firstly because he is a humble man, and secondly because his record speaks for itself. In 159 First-class matches (for Northern Transvaal and Transvaal) the right-handed batsman scored 4160 runs with a highest score of 168. To top that he took 567 catches and made 54 stumpings, consistently asserting himself as South Africa's best wicketkeeper for over a decade. Unfortunately, when Jennings was in the prime of his career, his country was in its darkest hour. South Africa's isolation allowed Jennings only fourteen Test and seventeen One Day International (ODI) appearances against touring rebel sides.

Another wicket falls. If Mr Jennings is pleased about this, it doesn't show. 'I missed out on playing international cricket, but I don't have a chip on my shoulder,' he says, vaguely observing the incoming batsman. 'I don't look back on that with regret.'



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It was just a phase in our country's history, and I happened to be affected.'

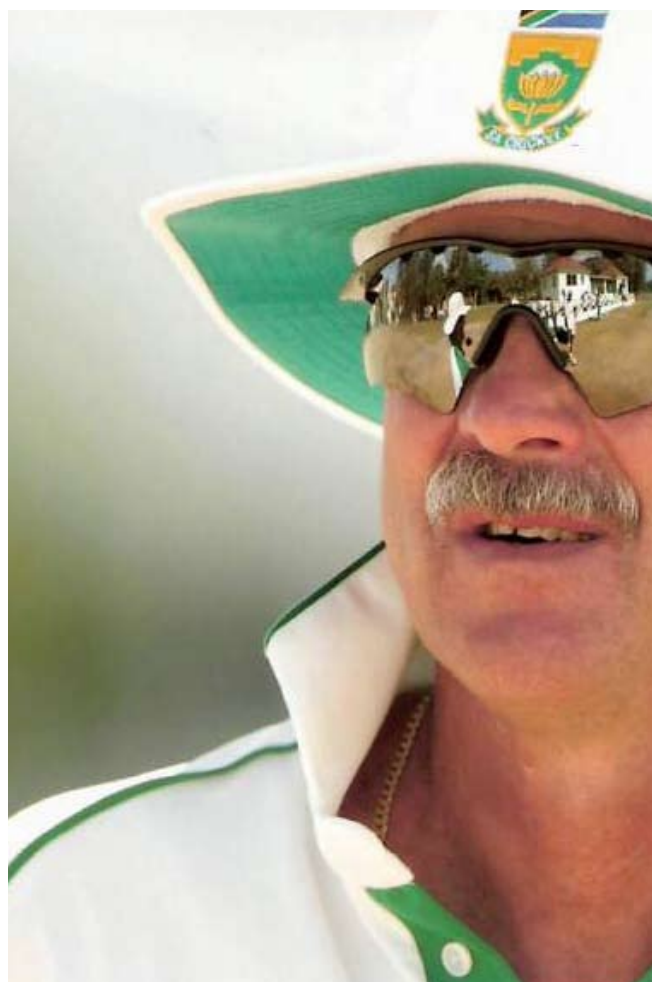
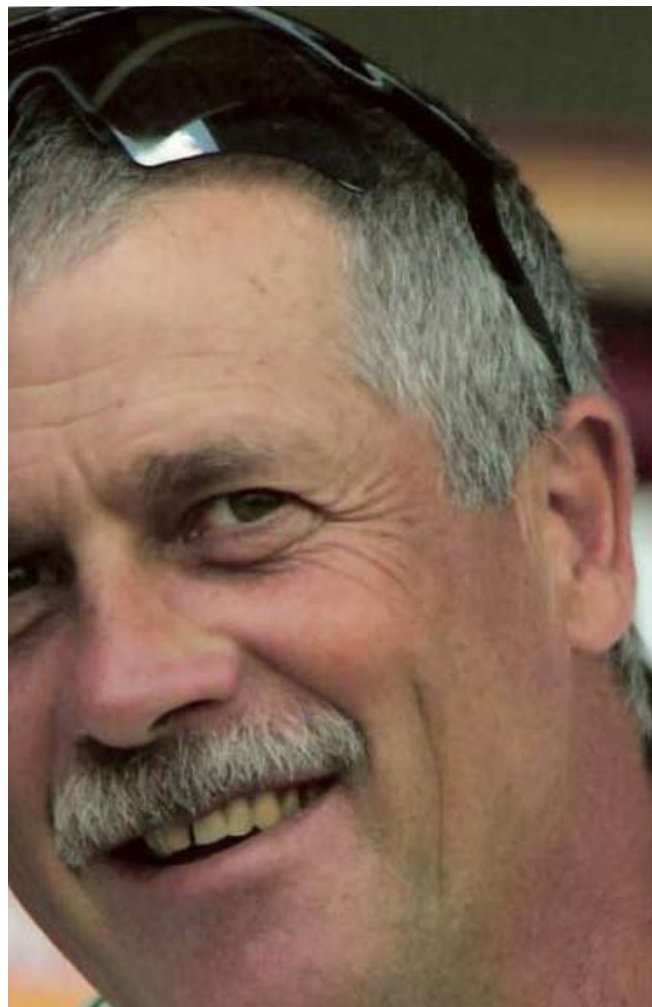
Although Jennings was denied the chance of a sustained international career as a player, his love affair with the gentleman's game was soon to enter a different dimension. In 1995, shortly after his playing days had ended, Jennings was asked to be a selector for Gauteng. What started out as a part-time appointment crystallised into a full-time job as the coach of this side. After an innings of four years at Gauteng, Jennings took up the challenge of coaching an underrated Easterns side. Within four years he brought the side from bottom-of-the-log to the top of national competition. 'The win against Western Province in the Super Sport final was a very special moment. We were 25/5 in the first hour and still managed to win the game by almost 300 runs. Just to be able to turn a match around like that is a hell of an achievement.'

In 2004, having had great success with the South African A side, Jennings was appointed as the national coach. Although his spell with the Proteas was a brief one, he achieved amazing feats with the side, which included a comprehensive ODI series victory over England in South Africa, as well as a five-Test whitewash of the West-Indies on their own soil.

Cries of 'catch it!' echo from the middle of the pitch. The SA under-19 team, which Mr Jennings now coaches, seems to have the batting side under some pressure. As the players huddle together in celebration, I ask the coach about the current state of South African cricket in light of our recent World Cup disappointment.

'The next three or four years will prove to be a difficult period – a period of consolidation. The mental toughness of our players is one of the areas where the team seriously fails. In order for real talent to come through, the character of a player must be put under pressure. I think it's time that SA cricket adopts a more professional outlook. There should be more academies like the hpc that can develop players and coaches alike. Cricket needs quality people in the game, and they should be well looked after.'

Having concluded the interview, I try to suppress a cliché that is rising through my thoughts. Nonetheless, it eventually surfaces – 'the stuff legends are made of'. I tried to avoid using this phrase, not because it doesn't apply, but because it reveals subjective writing. It shows that the writer has been overpowered by his subject. It proves that, in spite of journalistic formulas, cold and detached descriptions are impossible when chronicling the amazing and the extraordinary. Ray Jennings is a legend 🇿🇦



Emotional Intelligence,



# Life and Sport

*Text: Melissa Brokensha & Monja Muller, Psychologists at the hpc*

**S**port performance has taken a great leap over the last 20 years. Technology has enhanced our level of performance greatly through improved equipment and nutritional products. Back in the 1980's it was good enough to be fitter than your opponent, that would secure the win; it was good enough to have more technical skills, it would ensure the upper hand; even having tactical skills would allow for an advantage. Today however, everybody is as fit, as technically and tactically advanced as their opponent. The playing fields have been leveled once again. What possibly could give us the edge that we are desperately looking for to give us the one up on our opponents?

Imagine you are a builder. You have been given all the material you need to build your house. The question you need to ask yourself is, do I have the skills to build my house? Is this material just going to lie around as bricks, sand, wood and glass, or will I be able to construct something with it? Will my house stand firm or will it crumble at the first signs of distress (rain, wind etc)? Will I feel proud of my house or will I be embarrassed? Will I have a welcoming house or will passers-by avoid it? Will others feel at ease in my house or will they feel uncomfortable? Will I be flexible as a builder and make any necessary changes to my house as time goes by or will I hold on to the first layer of carpet I installed even though it is thread bare and does not serve its purpose? Will I ensure the upkeep and maintenance of my house or will I just let it deteriorate with time?

**You are the builder of your life;** you have been given material to do the job. This material equates to our intellectual abilities or IQ. Some of us receive an electric saw and some of us receive a hand saw. Some of us get a cement mixer and some of us have to mix by hand. The point is, we all get material. For some it might take a bit longer or we may have to put in more effort but we can all still build our house. For others, the electric saw never gets put to use. The question is not what material we get but what we DO with that material. Do you have the skills to build your house? Do you have emotional intelligence to help create a successful and meaningful life?

We may have been given the state of the art material but never do anything with it, while others may have been given standard issue material and build a solid, attractive, functional and award winning house. How does this happen?

**Emotional intelligence** or **EQ**, is an array of skills and competencies that we develop through out our lives to help establish and maintain a comfortable and meaningful existence. Without these skills it is very difficult to know what to do with our building material. Without emotional intelligence we will struggle to make informed decisions, we will not know how to plan the stages of the building. We might not have the self-belief and confidence that we can actually build a decent house. We find it difficult to manage good working relationships. When the pressure is on and we have to throw the concrete or when a storm is on the way and our roof tiles are not on yet, we will not know how to deal with the stress and anxiety. Or when something small goes wrong like a broken tile, we fall apart.

If you want to make sure that you build the best possible house, and become the most you can be, you need to make sure that emotional intelligence is in your tool box!! So, what is emotional intelligence and how do we use it in sport?

Emotional intelligence consists of 5 main areas:

- Intrapersonal skills – the conversation we have with ourselves on a daily basis
- Interpersonal skills – our interactions with others
- Stress Management – our resilience
- Adaptability – how flexible we are
- General mood – our happiness and optimism

People who have developed and have good **intrapersonal skills** are in touch with their feelings, feel good about themselves and feel positive about what they are doing. They are able to express their feelings, are independent, strong and confident in conveying their ideas and beliefs. They generally wake up in the morning and can't wait to hang out with themselves on their building site of life.

Emotional self awareness is one of the most important skills we can have; it is the builders' control-station, his office. He knows exactly what is happening at all times. For the swimmer, it is when they stand on the edge of the starting block and know what they are feeling and why. This allows them a sense of control over their emotions. If we are aware of our feelings and where they come from, they won't suddenly rush upon us and make us say and do crazy things like, shout at your coach and quit because you didn't swim a PB



People who have developed and have good **interpersonal skills** are responsible and dependable individuals who have good social skills - they understand, interact and relate well to others. These people are able to establish and maintain mutually satisfying relationships. In terms of the builder, he is the guy that others want to work for because they feel comfortable in his presence. When his geyser bursts the plumber is more than willing to help him out because he has had a positive experience with the builder. In a room of cricketers, this person is the one that others tend to gravitate towards, the one that others are curious about. This is the person that we want to share a room with on tour.

People who have developed and have good **stress management skills** are able to withstand stress without falling apart or losing control. They are generally calm, rarely impulsive and work well under pressure. If the builder has this skill in his tool box, he is able to build his house in the most adverse of conditions. He does not rush the process; he waits for the concrete to harden before building the walls. He does not lose control or over react when he realizes he's built a wall skew and has to break it down and rebuild it. For the rower who has an injury that needs rest, she is able to delay impulses to give up or defer temptations to ignore the pain or better yet, is able to resist training on the injury.

People who have developed and have good **adaptability skills** are generally flexible, realistic and effective in understanding problematic situations and arriving at adequate solutions. They understand that the environment is not predictable and they are able to change and adapt to the ever changing world. Flexibility is the builders' rubber and pencil. The area where he wanted to build his swimming pool is now a heritage sight. He needs to adapt to this information and make another plan for his swimming pool. If he is unable to do this, he will never have the experience of swimming in his own pool because he was unable to alter his plans. For the rugby player who is unable to wear the new bright pink springbok rugby jersey, he will never know the glory of scoring a try for the Boks!

People who have a good **general mood** have the ability to enjoy life, have a positive outlook on life and overall feeling of contentment. They are cheerful, positive, optimistic and hopeful individuals. They experience happiness and value the here-and-now. They feel satisfied with their lives, enjoy the company of others and have a happy disposition. They are

optimistic about their future and look at the brighter side of life. They maintain a positive attitude, even in the face of adversity. This builder wakes up in the morning and loves each day that he has. He takes note of and enjoys his surroundings, his achievements for the day and the moments that filled his day. He looks forward to his future and a house he will be proud of. The tennis player wakes up in the morning and cannot wait to get onto the court because that is where she is happiest. She acknowledges her achievements for the day and goes to bed with a smile on her face. She dreams of winning the French Open one day and wakes up energized and excited about her future. It's time to go back to the questions I asked right at the beginning. You are the builder of your life; you have been given material to do the job. Is this material just going to lie around as bricks, sand, wood and glass, or will you be able to construct something with it? Will your house stand firm or will it crumble at the first signs of distress (rain, wind etc)? Will you feel proud of your house or will you be embarrassed? Will you have a welcoming house or will passers-by avoid it? Will others feel at ease in your house or will they feel uncomfortable? Will you be flexible as a builder and make any necessary changes to your house as time goes by or will you hold on to the first layer of carpet you installed even though it is thread bare and does not serve its purpose? Will you ensure the upkeep and maintenance of your house or will you just let it deteriorate with time?

What does YOUR house look like so far? Maybe you are only at the foundation level, or have built the walls or perhaps you are already doing the interior decorating. Perhaps you are still hoping that just having material is good enough, like just having talent for a certain sport is good enough? You cannot build a house without motivation, planning, self confidence, resilience and help from others. Just like it is difficult to build a house without Emotional Intelligence, so is it difficult to excel at your sport without EQ. You can always start building, it is never too late.

Now that you are familiar with the builders' EQ toolbox, you may have noticed that some people are better builders than others. Some sports people are more successful, confident, happy, healthy, energetic and sought after. It is EQ that allows them to build this fantastic house. You can use EQ in your sport to create the most optimal sportsperson you can be.

Don't be the one sitting on your heap of sand, use an EQ toolbox and build a Manor! 🏡



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# Simple Sugar blues

*Text: Nicky de Villiers, Dietician, hpc*

**T**he major role of carbohydrate in human nutrition is to provide energy. Carbohydrate is one of the prime sources of energy during exercise. Any carbohydrate is easily digested and broken down to form glucose. The body will store this glucose in the liver or muscle. These storage spaces although have limited capacity and therefore should be refilled regularly. All carbohydrates aren't equal when it comes to the nutrients and energy they provide.

Simple sugars are a group of carbohydrates and are found in sweet things like table sugar, honey, maple syrup, fruit sugars and the like. Simple sugars are relatively simple compounds, but when they team up, they become a more complex carbohydrate.

Remember the instant energy you were feeling the last time you had a bag of candy? The simple sugars in the candy work fast and furious lifting you from a slump within a few minutes. You would ask what the problem with this is. Well, whatever goes up, must come down – and this happens at the same fast pace as which they made their entrance with. Simple sugars, although heavenly tasting, are little more than empty calories. Intake of small amounts of simple sugars should satisfy your sweet tooth without creating havoc, but when should we stop? Acceptable intake is often expressed as percentage of energy or carbohydrate intake. This makes it difficult to know where to draw the line, but good advice would be to limit the intake to 6 - 10 teaspoons per day!

## EXPLAINING SIMPLE SUGARS

Saccharide means "sugar" or "sweet".

- Monosaccharides (one sugar) include **glucose** and **fructose** found in fruits, honey and processed foods. **Galactose** is a simple sugar found in milk.
- Disaccharides are formed when two simple sugars team up together. A **glucose** teaming up with a **fructose** makes sucrose (table sugar). **Glucose** and **galactose** in a team forms lactose (milk sugar). **Glucose** teaming up with **glucose** renders maltose.

Most dietary carbohydrates are broken down to glucose for absorption in the blood. The majority of

the absorbed fructose and galactose are transported to the liver where it is also converted to glucose. A high carbohydrate meal will lead to a rapid increase in blood sugar and leave you feeling energetic within an hour. This glucose will be used by the brain and nervous system to provide energy. Some of the glucose will enter the liver and muscle and be stored as glycogen for later use. When carbohydrate intake exceeds energy demands, excess glucose may be converted to and stored as fat. If intake is excessive, some of the glucose can be excreted by the kidney in the urine. It suggests that it is amount at a specific meal or snack that counts!

## LABEL READING EXERCISE!

– Identify the following **HIDDEN** sugars

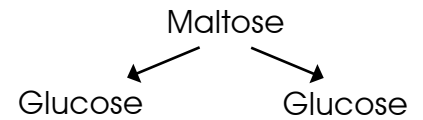
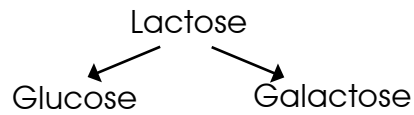
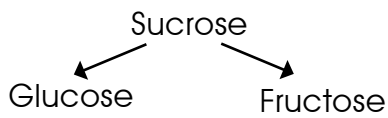
- **Sucrose** is granulated sugar or white sugar. Other products in the sucrose family include turbinado sugar, brown sugar, maple syrup and molasses.
- **Corn Syrup** is the most popular form of refined fructose. Food manufacturers like it because it is sweeter and cheaper than refined sucrose.
- **Glucose** is also known as dextrose. It is found in fruit, honey, carob and corn.
- **Sugar Alcohols** add bulk and texture to food such as chewing gum and hard candies. These sweeteners are metabolized more slowly than sucrose. They are not completely absorbed by the intestine and can have a laxative effect if too much is used.

## SWEET TIPS FOR REDUCING SUGAR INTAKE

- Read your labels and keep an eye out for added sugars.
- Can the soft drinks – An average can of soft drink contains 8 teaspoons of sugar! Rather drink water, low fat milk or diluted fruit juice.
- Reduce the sugar added to baked goods to one third the amount called for in a recipe.
- Use sweet tasting herbs and spices, such as cinnamon, nutmeg, cloves, ginger and coriander to enhance the flavour of foods.



Glucose, fructose and galactose are all natural sugars. We, although, often alter these sugars and these refined sugars are often added to products to convince our taste buds.



### HOW MUCH SUGAR INSIDE?

EXAMPLE PRODUCT	VOLUME	EQUAL TO
Coke	340 ml can	8 teaspoons of sugar
Energade / Powerade	500 ml	7 teaspoons of sugar
Game	390 ml	6 teaspoons of sugar
Flavoured Water	500 ml	5 – 6 teaspoons of sugar
Jelly Babies	3	2 teaspoons of sugar



# CAN I RECOVER FASTER?

*Text: Kobus Maree: B.Sc., Sport physiotherapist hpc, Recovery specialist TukesSport*

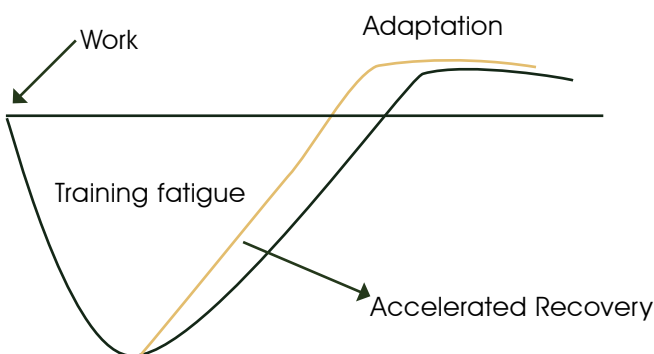
With the competitive season growing longer in most sports, it is becoming more and more challenging to stay fresh and injury free. Optimal recovery is supposed to be an integral part of your daily training routine, but do you really understand what it entails?

Starting off with a simple definition, recovery is anything you do between your training sessions and games to speed up your recovery so that you can perform at your best in your next session.

## Is it really important?

Barry Barnes (Head Coach, Australian Men's Basketball, 1996 Atlanta Olympics) believes: "If there was one single factor that helped this team to perform to the level they did at Atlanta (Olympics), it was the recovery programme that was put in place ... and monitored throughout our 1996 programme."

Taking the above statement even further, Calder (Australian recovery specialist) believes that with effective monitoring and recovery management an athlete can train harder, reduce training related injuries and illnesses and perform better with more consistency. The following diagram demonstrates how accelerated recovery helps the athlete to adapt faster to training by reducing any performance fatigue that they experience (Calder, 2003).



(Calder, 2003).

## Can we classify types of fatigue?

Yes, here is an example of how we can break it down in different categories:

- Metabolic Fatigue/ Energy stores/ Nutritional
- Neurological Fatigue/ Periferal Nervous system Muscles
- Neurological Fatigue/ Central Nervous system/ Brain
- Psychological Fatigue
- Visual Fatigue
- Environmental Fatigue

Depending on your schedule, type of training and the requirements of your sport, the above elements are stressed in varying degrees of importance. For example, for an endurance athlete, the categories stressed from most important to least important is: nutritional, physiological, neurological and psychological. Whereas if you do sprint training it is: neurological, physiological, nutritional and psychological in that descending order of importance. (Calder, 1995)

This will thus greatly influence how and what you would do to recover.

## What can I do to recover faster?

There are various modalities we can use: Compression garments, ice baths, contrast baths, pool recovery sessions, supplements and correct nutrition, massage, active recovery sessions, cool down after training, stretching, psychological techniques, postural exercises, saunas and a lot more.

We have all been exposed to some of the above techniques in varying degrees. But the research teaches us that the **combination** of these recovery techniques prevented physical drop off, lowered the occurrence of influenza symptoms and produced a higher rating of overall wellness (Flanagan et al., 1998). The big challenge is to structure this component of your training, as you do the rest of your training.

## Where do I start?

The first step for you as athlete is to monitor yourself. How else will you know if you are under-training, doing

enough or over-training? Start by keeping a log book that contains the following to gauge how fatigued you are:

- Resting hart rate
- Your sleep quality
- Energy levels
- Mood
- Muscle soreness
- Your general health

As a coach, you want to monitor the above mentioned aspects and look out for signs of fatigue in your squad like: loss of concentration, difficulty with a session previously easily executed, longer time to warm up and increased complaints about aches and pains.

The next step for you as athlete/coach is to structure your recovery programme, get it integrated into your daily schedule, and stick to it! By using this same diary to gauge if you are recovering sufficiently between sessions and matches you can adjust your recovery or training programme.

## I understand the principles, but give me an example of how to do it!

### End of training session:

Cool down/ aerobic recovery session witch entails 5-20min of low intensity activity, for example jogging, cycling or swimming and a proper stretching routine.

### After training session:

Put on your compression garment, if you have one.  
Start to replenish your carbohydrate stores and add some protein.  
After a hard session you can take an ice bath.

### Within an hour:

Have a balanced meal.

### Later on in the day:

Take a contrast bath or go for a recovery massage.

### Next day:

If it was a very hard session and you still have not recovered satisfactorily rather do a pool recovery session and some stretching than another hard training session.

Like everything else in life there is no magical cure, but a well structured recovery plan will definitely speed up your recovery and decrease your injury risk. That alone is definitely worth the discomfort of an ice bath for me! 🌈

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COMPETENT & EMPOWERED

# COACHES

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Coaches require sets of skills that enable them to interpret, analyze, synthesize and utilize myriads of pieces of information in their attempts to enhance athlete development. Put simply, the ability to analyze performance is an integral part of the coaching process that leads to competent and empowered coaches. With the advancement of information technology, sport scientists and coaches can benefit from the use of tools that will facilitate athlete performance analysis.

Performance analysis, as an integrated sport science, is a field with infinite possibilities that link tools, analysis and consulting serves to athlete performance. This new area of sport science continues to be used in professional and elite sport, as costs for the tools involved have been somewhat expensive for most other sport programmes. Ease of access, reduction of cost and sophistication of coaches and athletes at all levels have placed performance analysis as a sport science in the forefront of what is needed in the development of competent and empowered coaches.

### What, then, is performance analysis?

It is derived from a combination of three sport science disciplines: match analysis, biomechanics (impact of the sporting environment on human movement) and motor behavior (skill acquisition and observation). In all three disciplines, the shared cornerstone is measured observation. This cornerstone involves the acquisitions and interpretation of relevant information through observation.

A logical and scientifically-based template for performance analysis involves six basic categories (Wilson, 2002): (1) determination of the item of interest to observe; (2) preparation to observe; (3) observation and data collection; (4) analysis and editing; (5)

interpretation (consisting of both science and art); and (6) provision of feedback to the athlete. At first, it seems feasible that if the coach is unable to observe an athlete's performance accurately, the collection of data, analysis, interpretation and supplementary feedback provided to the athlete will be imprecise. The importance of the efficient and effective use of performance analysis cannot, therefore, be understated.

### Competent Coaches and Performance Analysis

Performance analysis provides a means of assessment and potential for meaning relative to a variety of performance factors. Results from this can provide great benefit to coaches who can, in turn, use the information to enhance athlete performance. These benefits include:

- Availability and user-friendliness – Because costs have become more competitive and tools have become more portable, many coaches can afford to purchase laptops, hand-helds, camcorders, statistical and analytical software.
- Repeated performance “snapshots” – This has become increasingly helpful to determine performance curves, particularly with the advent of the Internet and Email.
- Analysis of skills, techniques and strategies – These have become available as a result of scientific investigation, thereby changing the importance of certain skills, techniques and strategies in relationship to play.
- Principles of performance analysis – These have begun to be formulated and are applicable to observation at a variety of levels of performance, from novice to elite.



## Competent and Empowered Coaches?

The legitimacy and credibility of coaches have come under increasing scrutiny by parents and administrators, particularly in developmental sport.

As a result, the need for competent and empowered coaches continues to grow. Therefore, sets of skills that enable coaches to interpret, analyze, synthesize and utilize information can be of great assistance. These skills include:

The ability to observe – the coach can develop and refine the skills of cue acquisition, cue interpretation, and analysis;

The ability to process meaningful information – the coach can develop skills that will assist in obtaining information quickly, identifying and processing that which is meaningful and integrating it with what has already been stored;

The ability to anticipate patterns of opportunities – the coach can develop skills that will assist in the quick determination of patterns that may develop in open sport environments;

The ability to recognize meaningful vs. manipulated statistics – the coach can develop skills to differentiate between skewed statistics and accurate information;

The ability to provide meaningful and useable feedback to the athlete – the coach can develop skills to construct drills and practices that lead to efficient and effective skill acquisition relative to performance goals, developing and utilizing specific feedback and communication skills.

Based on the six principles (Wilson, 2002), mentioned above, the following are suggestions for the coach:

### Preparing for data collection – what can the coach do?

There is a series of questions that needs to be asked prior to the purchase of any assessment tools. They include:

1. What needs to be analyzed?
2. Are there tools available to assess what is needed to be analyzed?
3. Do I have the skills needed to operate the tools? If not, how difficult will it be for me to acquire the skills?
4. Do I have the time to use the tools appropriately?
5. Ultimately, will I use these tools to assess what I need to analyze more than once?

Technique analysis assists in the determination of the status of action, as well as the determination of that which will alter action to improve its efficiency and its effectiveness. How action functions and links is vital to the mix so that injuries can be prevented, at the most, and minimized at the least.

A tool that is quite affordable for coaches is the camcorder. Selecting a camera is relatively simple, keeping the following points in mind: There are two types of cameras available for use – analog and digital. Analog, although less expensive, is destined for extinction (just as analog televisions are being phased out and replaced by digital). Digital cameras feature greater flexibility when linking to computers, DVD and video players or televisions. Particular attention needs to be given to the following features before purchasing: (1) the lens – keep it covered when not in use; (2) charge couple device – the part that detects the image; a camera with three charge couple devices is superior to one; (3) tape container – the area that envelopes the tape; (4) connections – connections that include video in/out, microphone, AV in/out, headphones, DV in/out; white balance; shutter speed; long life battery; tripod; inclement weather cover (when filming outdoor play).

Several other types of systems are available for use. One such system is produced by Dartfish. DartTrainer software is installed on a laptop computer and connected to a digital video camera for best resolution, playback and versatility. Tools needed to use the system include appropriate software, 120 GB portable hard drive in a laptop and a camcorder on a tripod. Information can be synthesized and then burned onto CDs or videocassettes for more thorough review and analysis.

Another feature of Dartfish technology involves StroMotion™. This feature allows for a frame-by-frame sequencing of objects in motion. Overall posture, hip, shoulder, knee and elbow angles can be studied in detail. Trajectories, arcs and centers of mass can also be determined.

A third feature that has been incorporated into Dartfish technology involves SimulCam™. It was the first technology that made two video clips of separate athletes' performances and superimposed one athlete over the other, thereby creating a reasonable quality comparison for analysis.

Another system with great versatility is one produced by Peak Performance Technologies, the Peak Motus. Peak Performance Technologies systems can be used to create computer animations of action. A motion capture technique provides X, Y and Z coordinate locations for specific body joint markers that ultimately translate into skeletal animation of action. The Peak System was used as recently as the 2004 Olympic Games in Athens, to analyze diving. This system seems to be particularly helpful to sport scientists who are in search of optimum performance factors.

Still another technique for use by the coach is tagging.

This technology allows the coach a unique way to analyze game film. For example, some video editing programmes will allow the game film to be run at twice the speed of the actual game. A coach can easily recognize offenses at twice the rate of real time, code the events, and then recall specifically for further analysis. This is invaluable in sports where there are defined offensive and defensive sets. The game can be transferred directly to CD, DVD, flash drive, or even a server for distribution to other coaches. The ability to segment game film at a faster-than-real-time rate gives the coach more time to perform more in-depth game analysis.

The time-saving value of video editing software is only the beginning. Using the same technique for dividing the game film into offensive and defensive sets also allows coding any event such as digs, shots taken, or turnovers and mark the film for later analysis. The information marked can be grouped together in a database format exported into a Microsoft Excel-type programme for statistical analysis, or events can be viewed directly with an instant recall with out having to fast-forward or rewind the film. The ability to quickly pick out tendencies in an opponent's offense by seeing offensive sets in immediate succession will also save time.

Game film can be copied to a DVD, CD, or video tape and given to players to take home to prepare for the next match. What if a game film could be made that is position-specific for athletes with a voice-over added that would tell them what to look for, corrections that need to made, and given to them in a format that would allow viewing the game film in the palm of their hands, as well as allowing them to download it from home? With today's technology it is possible.

Podcasting is a new phenomenon (an even newer version which is video podcasting). Podcasting, made popular by Apple's iPod, is online audio and video content that is delivered via a RSS (Really Simple Syndication) feed. RSS is used to automate the process of podcasting. Subscribing to a podcast with an RSS or similar feed allows the computer to automatically update the podcast. While this is the official meaning and use, podcasting for an athletic team can be a secured website where the athletes download game film they need an iPod, Palm, laptop, desktop, Playstation Portable (PSP), or cell phone. The only limitation with the hardware chosen to download video is the size of screen and memory capacity. With expansion memory cards and sticks and the ability to convert two hours of game film into a compressed version for a handheld device (under 500 megabytes) the potential for use by athletes is limitless.

Podcasting also has a marketing component that is often needed. All of the aforementioned can be turned into weekly highlight films for parents and fans to download and watch anytime they wish. Sponsorships can be obtained to help raise money for a programme. A fee-based subscription could also be offered.

## Observing and collecting data – What can the coach do?

Coaches can develop and refine the skills of cue acquisition, cue interpretation and analysis. The following list has been devised to assist the coach in learning more efficient and effective observational skills:

1. Classify each skill used in a specific sport;
2. Understand the physics associated with the skills and how they are used within the context of the game;
3. Chunk each skill into phases;
4. Focus on key body areas;
5. Interpret meaningful information;
6. Provide effective and efficient feedback.

In order to acquire and interpret cues, the coach must initially learn to classify movement. Poulton (1957) devised a method of classifying skills on a continuum from closed to open. Closed skills occur in a stationary or controlled environment. Closed skills include the dimension of internal timing. Internal timing involves the appropriate sequencing of movements throughout the body, facilitating a coordinated performance. In open skills, the dimension of spatial relationship is added through external timing. External timing has the component of body/object relationships. Understanding the timing proves beneficial to skill analysis.

An understanding of the biomechanics involved in each skill and how the skill is framed within the context of the game is also meaningful (Kluka, 1999). Learning biomechanical principles, studying films, texts and research articles, watching elite performance, using mental imagery to visualize efficient performances and using coding skills provide bases for cue acquisition. Each skill and the human body are coded, having individual components, in combination with timing from within and from without (between individuals/objects).

By developing a visual/mental model of the skill, based upon biomechanical principles, the coach can use the technique of external imagery to facilitate cue acquisition and interpretation. Each skill can be coded into:

- The ready position just before skill initiation;
- The preparation or backswing phase;
- The action;
- The follow-through; and
- The preparation for the next move.

For example, the high outside attack in volleyball acquires the coach to focus on:

- The initial starting position and dynamic body balance;
- The foot positioning as it relates to body angle, looking up the body to the coiling of the hitting arm;
- The uncoiling of the hitting arm as it contacts the ball;
- The visual release of the ball at contact to the core of the body, viewing its dynamic balance upon landing; and
- Looking again at torso/head/limb movement in preparation for further play.

When observing the athlete, the coach must stay far enough away to be able to see the entire movement in relationship to other events in the environment. Focus on the core of the body (the area from the navel to the nose). Peripheral vision can assist in cue acquisition/interpretation. Shifting focus from the torso/head to the limbs adds meaningful data elements for interpretation. To interpret cues, the following questions can be asked:

- Where is the alignment of the head/torso in relationship to the rest of the body's core?
- What is the head position and what impact does it have on the movement?
- Is there dynamic stability in relationship to side/side, front/front, front/back, up/down?
- What role did the arms/legs play?
- What contributed to the production of force?
- Where is the center of the body during the skill?
- Does the center of gravity change during the skill?
- Where is the body weight during the ready position, the preparation, the action, the follow-through and preparation for the next movement phase?
- Where is the head throughout? Where are the eyes fixed (e.g., on the ball, on the target, or in between)?
- How wide is the base of support?
- If hip movement is important, what are the units directions?
- Where are the shoulders in relation to the hips?
- Where is the hand in relation to the desired outcome just before and during contact with the ball or object?
- What is the extent of the follow-through?
- What is the range of movement within each joint that contributes to the production of force?
- What is the outcome of the movement?

Providing efficient and effective feedback based upon skill classification, biomechanical concepts, skill codification, observing key body areas and interpreting meaningful information completes the observational skills list.

The development of observational skills enables the coach to select information for detailed processing to analyze performance appropriately. The approach provides the coach with important tools to facilitate the learning and performance of individual athletes and teams.

### Data analysis – What can the coach do?

Once data have been collected using good observation techniques, the next step involves the assessment and analysis of what has been recorded. The most effective way to begin the process is to play back what has been recorded on a large screen. By connecting the camera to a television, large screen computer or LCD projector, it will be easier view slow motion, frame-by-frame and stop motion (pause). Video forage can go directly from a camcorder to a computer and can be stored in memory for alter availability. Since a majority of analysis software is in a PC format, PC computers may offer a greater variety when making decisions. Minimum requirements include a firewire/I link/IEEE394 connector, 256 Mb RAM, 20Gb hard drive, Pentium III processor. This ensures efficient memory when a digital camcorder is selected. Editing software packages such as iVideo, MGI VideoWave and DV Capture are available. Forwarding and rewinding video for more detailed analysis can be completed. Controls on the software also feature pause, frame-by-frame, fast and slow motion. This type of software is generic in nature and is best suited for editing and creating movies. More appropriate and sport specific software are available. By identifying key elements of specific sport skills, a database can be easily collected. This information can be used to analyze a team's performance or the opposing team. A coding system can be devised to analyze officials, injuries and missed opportunities.

Software is available for purchase, based upon answers to the following questions:

- 1 What type of analysis is needed – film creation, event coding/notation or technique analysis?
- 2 What software tools are available to assess what is to be analyzed?
- 3 Do I have the skills needed to operate the tools? If not, how difficult will it be to acquire the skills (including the cost of training).
- 4 Will I have the time to use the tools appropriately?
- 5 Ultimately, will I use these tools to assess what I need to analyze more than once?

### Data interpretation – What can the coach do?

Coaches now have a wide variety of affordable hardware and software to choose from. Data can be created, displayed, stored and accessed in still or video form. Data can be organized in literally hundreds of ways to benefit coaches and athletes during competition, as well as during practice. Because digital systems are rapidly becoming the norm, the ability to make comparisons will be limited only by logic and imagination. Tremendous amounts of video data can be generated per match, coded, stored and accessed. A sport specific analysis system allows the coach to view whatever has been coded. Deciding what to code and how to code it is the most difficult part of data interpretation. The challenge is to provide meaningful feedback to the athlete that is both effective and efficient. For example, a coach may wish to view decision-making at specific point in a match or compare athletes at specific times of the match. The images selected could be used to discuss visual cues, timing and technique.

Ultimately, all events that have been coded can be cross-referenced. The coach may want to determine a performance curve of a player in practice as well as in competition during the season. By utilizing the information gleaned in a performance curve, the coach could then determine where and when to provide feedback and feedforward, as well as when technical changes occurred. There seem to be two issues of concern, however, regarding the use of data interpretation and analysis systems. First the use of archived data can be somewhat misrepresented when taken out of context. Because each data set is extracted from a sport specific environment, all data are not alike. When items are taken out of context, some of their authenticity is lost. Second, the use of slow motion can send mixed messages to the athlete. By slowing down or stopping action, timing is altered as well as the context in which it was found. The coach may find that the selection of one effective and efficient action can be used in a three-timing sequence: real time, slow motion and real time. For example, if the team performed an outstanding sequence against an opponent's attack, viewing the performance in real time, slow motion and again in real time may facilitate player decision-making. The coach during the three-timing sequence, could point out and ask questions about what made the play sequence so successful. Other play sequences could then be shown, using the same three-timing sequence format, and players would be allowed to make decisions about the quality of performance.



## Effective and efficient supplementary feedback – What can the coach do?

Each coach and athlete has preferred learning styles. The preferred learning style serves as a filter for how information is internalized and utilized, as well as how it is shared with others. Learning styles include the visual (what is seen), the auditory (what is heard) and the proprioceptive (what is experienced and felt). With this in mind, it is essential that the coach provides feedback that includes all three of these styles so as to reach each athlete's learning comfort zone.

Supplementary feedback provided by the coach needs to be specific to athlete performance goals and objectives. In this way, the developmental process can be appropriately evaluated. Type of feedback (visual, auditory/proprioceptive), frequency of feedback and timing of feedback (immediate or delayed) must also be considered prior to its use (Kluka, 1999).

Some actions in sport are simply too fast for the athlete to observe. Through the use of video camera feedback and video illustration techniques, the athlete can be more fully apprised of where specific body parts were during the actions.

It is also possible through use of performance analysis software to determine the appropriate timing, transfer of weight and angle of release to accomplish a particular movement. By using a split-screen technique, the coach is able to display a well-executed movement in comparison with one that is not. The coach may also be able to create benchmarks to make the comparison even more graphic.



When supplementary feedback is provided through performance analysis tools, its use can alter action, but not always beneficially. The type of feedback, when and how often to provide it will impact performance success. Therefore, in addition to the use of sport science technology through performance analysis, it is important to use supplementary feedback principles to guide coaching decisions and actions:

- Supplementary feedback provided with great frequency (after each performance) guides action during practice. It may also lead to athlete dependency. Reducing the frequency of supplementary feedback during practice will reduce the dependency.
- Provide frequent supplementary feedback as early during the season and as far away from competition as possible. If feedback is designed to alter action, sufficient time must be available to make the technical improvements.
- Ultimately the athlete must be able to detect the quality of actions and adjust those actions through intrinsic feedback. By limiting supplementary feedback near major competitions or matches, the athlete will rely on intrinsic feedback.
- In addition to immediate supplementary feedback (notational analysis) can assist the athlete in assessing action more effectively and efficiently.

The synthesis of interdependent performance factors combines the art of coaching with the science of coaching. It is imperative that coaches decide upon the most appropriate tools to use that best fit each sport, the athlete and the coach while also utilizing sport science principles in the decision-making process. This will have the greatest positive impact as the search for sport performance excellence continues 🏆

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(NOTE: The authors have no vested interest or association with any product mentioned in this article. Those mentioned have been used in investigations conducted by a variety of sports)

# Training Tips

## Leg Press vs Leg Extension

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Head Strength & Conditioning Specialist hpc Images: Susan du Toit*

**In this issue we look into two leg exercises, namely the leg press and the leg extension exercise. Both of these exercises have benefits within a strength training programme.**

The major differences between these two exercises can be seen as listed:

Exercise	Leg Press	Leg Extension
<b>Muscle Contribution</b>	Gluteus Maximus, Quadriceps & Hamstrings	Quadriceps
<b>Open vs Closed Chain</b>	Closed	Open
<b>Complexity</b>	More advanced	Simple
<b>Functionality within sport</b>	Greater functionality due to complexity of movement & muscles involved	Limited movement application within sporting activities

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.

## Leg Press

- Seated with upper back and bum in contact with the seat.
- Ensure Neutral spine at all times
- Place feet shoulder width apart on the foot pads.
- Toes slightly turned out
- Start (as indicated in the picture below), with your knees around 90 degrees
- Apply even pressure through both legs pressing the weight forward
- Don't lock your knees during the movement.
- Slowly return to the beginning position
- Ensure your brace position throughout the movement



# Leg Extension

- Seated with upper back and bum in contact with the seat.
- Ensure Neutral spine at all times
- Place the pads on the shins just above the ankle
- Toes slightly turned out
- Start (as indicated in the picture below), with your knees around 90 degrees
- Slowly contract the Quadriceps muscles, kicking the pads up wards until your legs are straight.
- Don't lock your knees during the movement.
- Slowly return to the beginning position
- Ensure your brace position throughout the movement



**Start & End Position**



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# Women and Strength Training: Should Women

# L i f t ?

*Text: Steven Ball, BA(HMS)(Hons) Biokinetics; CSCS, Head Strength & Conditioning Specialist, High Performance Centre*



**M**any misconceptions and myths are out there related to women and strength training, and these are often just misconceptions and myths. These often lead to major hesitations in women deciding to embark on strength work, especially the athletes looking to increase and improve performance. However in the world of modern sport participation, less of these myths are evident with our elite female athletes.

The use of strength training to enhance athletic performance and improve the fitness levels and thus the amount of strength and power outputs, is now a common means for exercise for elite level women.

Strength training has been proven to benefit all populations. This includes everyone from adolescent athletes through to seniors. Women, in particular, see enormous benefits from strength training. Not only does strength training provide the desired aesthetic changes that many individuals are looking for, but indeed provides the necessary functional strength improvements, as required in the world of elite sporting participation.

Many women are of the belief that strength training will cause unnecessary muscle gain leading to larger unattractive muscles and excessive muscle bulk causing decreased movement ability. These beliefs are by far outweighed by the positive adaptations from following a specific weight training programme. Some early studies showed that women were able to achieve decent amounts of strength improvements with only very minimal amounts of muscle hypertrophy (muscle growth). From these studies it was indicated that the likelihood of large muscle growth from strength training would be small in comparison to males, due to only about 5-10% the testosterone (anabolic hormone) levels of males found in that of females.

Research dated back many years proved that strength gain in women was without the hypertrophy effect, as

evident within males. This means that the vast majority of women don't have to worry about developing over muscular bodies, with the end result though being a leaner, meaner, firmer and more functionally stronger physique, capable of improved sporting performance.

But what about the strength gains of women versus the male counterparts? Well, we need to look at this on two levels, namely absolute (total amount able to be lifted) and relative (based upon the individual and their body weight) terms. Since women tend to have lower amounts of muscle tissue (and mass), women may not have as much absolute strength as men, but can compare relatively with men. When looking within relative terms the strength gain potential between men and women are almost identical.

So what are some of the benefits of women thus embarking on a strength training programme. These include, but are not limited to:

- Enhanced strength and power outputs within their specific sporting event
- Improved functional movement ability
- Injury prevention
- Injury rehabilitation
- Improved power-to-weight ratio

The key to female participation within strength training is to follow a step-by-step long term athlete development plan, as those followed by males. By following a periodisation plan encompassing all levels of strength work (such as stability training, anatomical adaptation, maximum strength, power and power or muscular endurance), we are able to ensure appropriate strength gains and thereby enhanced performance.

Every athletic programme should emphasize the use of strength training by women, just as it does for male athletes. There are however many coaches and female athletes whom still reject the use of lifting within their training programmes, all for the wrong reasons 🌈

# So ladies, Happy Lifting!

The recently completed Tour de France has captured media and public attention for all the wrong reasons.

Some feel that the event should rather be termed the "Tour de Farce", what with the many doping scandals detracting from one of the most picturesque and demanding events in the sporting calendar.

The disciplinary hearings, appeals and related matters to flow from the event will probably only please the lawyers!

Yet it is not only in high-profile events that "invitations" to attend disciplinary hearings send shivers up the spine of athletes, but also in junior and amateur events, as most sports codes are governed by regulations which must be complied with.

And while those who are alleged to have contravened are often castigated by the public, it is well to remember that sportspersons have important rights which should be protected at these hearings.

The outcome of a disciplinary hearing can have a drastic effect on a sportspersons career and, similarly a botched hearing can be very embarrassing for a sports federation.

Many hearings are conducted "in the heat of the moment", directly after a taxing day in the sun and under circumstances where an athlete feels intimidated by the presence of senior administrators.

There are certain basic rights which any sportsperson should, however insist upon exercising, to ensure that the hearing is conducted fairly and that sporting jungle justice does not occur.

## 1 THE RIGHT TO AN ENQUIRY

This seems almost too obvious to mention, but amazingly, administrators sometimes "convict" athletes on the strength of the say-so of others. The Latin principle of *audi alteram partem* applies. No, this not an advert for a luxury German motor vehicle, but a maxim which means that the other side must be heard. The sportsperson has the right to have the issues fully ventilated at a full enquiry.

## 2 THE RIGHT TO BE PRESENT AT THE ENQUIRY

The athlete is entitled to attend the hearing and it should only be conducted in his absence, should he have ignored proper notice to attend.

## 3 THE RIGHT TO BE GIVEN REASONABLE NOTICE OF THE ENQUIRY

This means that the sportsperson must be given adequate time to prepare his or her case. It was recently reported that JP Nel was advised late on the Saturday evening following a Super 14 fixture that he had to attend a hearing on the morning of the next day. Although the relevant codes often make provision for a matter to be disposed of as soon as possible, this may prejudice the "accused".

# DISCIPLINARY HEARINGS: EVERY SPORTSPERSONS NIGHTMARE?

*Text: Brandon Foot, a Director of the Sports Law Centre at the hpc.*

## THE RIGHT TO BE REPRESENTED AT THE HEARING

# 4

Most federations allow an athlete to be represented at a hearing by a colleague, such as a captain or possibly a coach. Normally, legal representation is not allowed at this stage of proceedings. What many athletes don't realise, is that the Chairperson of a hearing has the discretion to allow legal representation where it is appropriate. So, if the nature of the charges is serious and may have a serious impact on the career of the person, the athlete would be well- advised to ask for their lawyer to be present.

## THE RIGHT TO CHALLENGE THE EVIDENCE PRODUCED

The evidence of witnesses who testify against the athlete are not the be- all and end- all. They may be cross- examined and other evidence, such as documentation or video material may also be contested.

# 5

## 6 THE RIGHT TO GIVE EVIDENCE (OR NOT!)

A sportsperson is not to be treated as children where in the old days and be only seen and not heard. The athlete has the constitutional right to give evidence personally. This also, however means that the athlete can choose to remain silent, which may be to his or her advantage. The athlete can also call other witnesses and produce other evidence, such as tape recordings, documents and the like.

# 7

## THE RIGHT TO AN INTERPRETER

This is a significant right in our multi- cultured country, particularly as we have many official languages. An athlete should not be forced to allow proceedings to be conducted in a language in which she is not comfortable. When dealing with his issue, I always think of the title of a recent movie *Lost in Translation*. An accused is often prejudiced by not understanding the subtle nuances of a language.

## THE RIGHT TO APPEAL OR REVIEW

# 8

In terms of most sporting codes, a hearing is not usually the end of the road. The chairperson should properly inform the "convicted" athlete of the further steps which may be taken, if aggrieved at either the finding or sentence (or both) handed down by the disciplinary tribunal.

These rights should not be seen as an exhaustive list, but can be regarded as seven useful "habits" which a sportsperson can be aware of and apply if faced with the daunting prospect of a disciplinary hearing 🏆

# POSSIBLE PARTNERSHIP?

BETWEEN UNIVERSITY OF LOUGHBOROUGH AND THE UNIVERSITY OF PRETORIA

*Text: Stephen Stewart*

Loughborough University's deputy director of sport Stephen Stewart has a couple of abiding memories of his visit to the University of Pretoria in South Africa.

"Playing fields. As far as you can see," Stewart said. "The facilities are amazing – no matter where you look, you are surrounded by pitch after pitch after pitch.

"I was also impressed with the enthusiasm and passion of the sport-related staff at the University. There is absolute belief and total commitment in what they are doing from the top management down through to the coaches and support staff, and that was quite inspiring."

Stewart and Loughborough University's director of rugby Alan Buzza spent three days visiting the University of Pretoria in May, inspecting the facilities, scholarship scheme, high performance centre, and support structures in an effort to not only share best practice, but also to investigate the possibility of establishing a formal partnership between the two institutions.

"At Loughborough, we are the pinnacle of British student sport, but we are seeking to forge partnerships with other institutions worldwide that have the same philosophy of academic and sporting excellence," said Stewart.

"What we saw at Pretoria certainly identified a number of areas where we are very similar in our outlook, thinking and structure, so I think we could be looking at developing a more formal partnership with them."

There are numerous similarities between the University of Pretoria and Loughborough, which is based in a small market-town in the East Midlands region of England.

Loughborough, like Pretoria, has invested heavily in sports facilities spending more than £40 million pounds upgrading their sports facilities to world-class standard in the past five years, while both attract a high calibre of elite student-athletes.

"Our student's Athletic Union is the dominant force in British university sport," said Buzza. "They have won the men's and women's British Universities Sports Association (BUSA) title for almost 30 successive years. "We also have more than 250 international level athletes, including world swimming championships double bronze medallist Liam Tancock and European

indoor athletics champion David Gillick currently studying and training at the University," he added.

"Others like Commonwealth Games 1500 metres champion Lisa Dobriskey continue to train at the University after graduating. Some of our alumni include England's Rugby World Cup winning coach Sir Clive Woodward; world record breaking athletes Lord Sebastian Coe, David Moorcroft, Paula Radcliffe and Steve Backley and Wisden cricketer of the year Monty Panesar."

Stewart added he had been impressed with the scholarship scheme the University of Pretoria operated, which enabled it to attract top sports scholars to the institution.

"We have the largest sports scholarship scheme in the UK and it is of a similar budgetary level to that of Pretoria's, but I think they get more value for money out of their scheme, so we will be looking at how they do that to see if we can apply their practices in the UK," Stewart said.

The two institutions were also similar in their academic outlook, Stewart added, with Loughborough's academic reputation in sports acknowledged worldwide.

"In 2002 Loughborough's recognition as the premier institution for sports development, research and education was recognised with a Queen's Anniversary Prize for Higher and Further Education," he said.

"The School of Sport and Exercise Science houses several research groups that deal with physical fitness and health, exercise physiology, youth sport, disability sport, sports sociology, sports psychology and the management of sports and leisure.

"Our SSES academics are also constantly asked to contribute to conferences, provide interviews for media outlets, and conduct research for numerous sporting governing bodies."

Loughborough also has recently completed a £20 million development and re-launch of its world-leading Sports Technology group, which will develop cutting-edge technology to assist the country's elite athletes.

Recent high profile projects from the group include partnering Adidas in the development and validation of their revolutionary 2006 World Cup football and work with Nike and Umbro on next generation garments for





England's rugby and football teams.

Stewart and Buzza also noted similarities in the ability of both Pretoria and Loughborough to work with national governing bodies and the use of the facilities by national teams.

"A lot of the sports that Pretoria attracts, we attract," said Stewart.

"We have a good relationship with elite rugby and football clubs, have the England cricket team's national performance centre, are the training centre for British Swimming, conduct national hockey squad training

camp, have the national gymnastic centre based at the University, have a Lawn Tennis Association high-performance tennis centre and regional badminton and netball centres. The list goes on and on.

"There are also a number of sports national governing bodies based on campus and we are a significant base for the English Institute of Sport, which works with our own sports science and medicine services to provide considerable support to our elite athletes."

Stewart said he had been impressed with the way the University of Pretoria utilised their sports science and medicine students to provide support for their elite

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OB1530 (July 2007)



teams and would be investigating the feasibility of introducing the practice at Loughborough.

The “athlete focus” for the elite student athletes at Pretoria was also something that had piqued Stewart’s interest and he would like to investigate it further to see if greater flexibility in academic programmes could be introduced at Loughborough.

“It’s always a delicate balance between academic and sporting life – but it’s something we would be interested in looking at further, particularly the way Pretoria are able to manage the process.”

Loughborough, which already provides opportunities for their students to gain coaching qualifications through the Boost and Coach Steps programmes, would also look at setting up coaching exchanges with the University of Pretoria.

“But we don’t want to stop there. We would like to have team exchanges as well, establish reciprocal training camps and also hope to make Loughborough the ‘home base’ for the University of Pretoria’s athletes and teams when they travel for competition in Europe,” said Stewart.

“In the end, no matter how far we take any proposed partnership, I think we would both benefit” 🌈



Prof Lubbe (UP Dept. of Tourism) & Masters students of University of the Netherlands



Ray Jennings & Tami Tsolekile on hpc patio



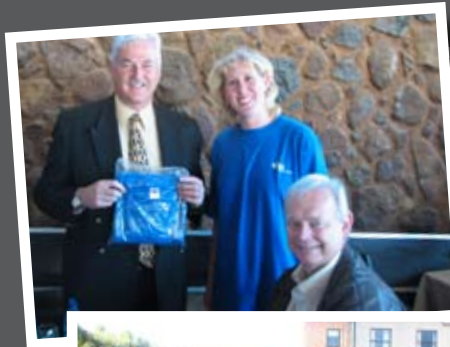
JetAmatuks Soccer team



SA Team enjoying lunch - before All Africa Games

# inside NEWS

the hpc celebrates its 5th Birthday with fun & games





Herschel Gibbs & Job



Makaya Ntini surrounded by fans



Disabled athletes at hpc before the SA Games



hpc personnel - supporters of the Blue Bull team



SA Cyclists before the All Africa Games



Monty & Natalie du Toit

# THE OMEGA-3

## QUESTIONS ANSWERED

After decades of debate, scientists have come to realize that not all fats are bad, and that the types of fat consumed are more important than the quantity. In fact, certain unsaturated fats are very beneficial and should be purposefully consumed. These include long-chain (LC) polyunsaturated fatty acids (PUFAs), such as omega-3s. There is no doubt that the Omega-3 fatty acids are essential to life and good health and they also protect against disease. Since the discovery in the 1970's, the omega-3 essential fatty acids have generated thousands of studies and clinical trials. Yet few people understand what they are, what they do and how to ensure adequate intake. Let's answer some common questions on this topic.

### What are Omega-3 fatty acids?

The omega-3 fatty acids are essential fatty acids from a family of polyunsaturated fatty acids. Fatty acids are the building blocks from which edible oils and fats are made up and are needed in the human diet for optimal health. Within this omega-3 family there are two key long chain omega -3 fatty acids – EPA (eicosapentaenoic acid) and DHA (docosahexaemoic acid), which are now generally acknowledged as having a whole host of health benefits.

### How can I get Omega-3's?

The omega-3 family is found mainly in fish, and especially in the oil rich fish such as herring, mackerel, sardines, salmon, trout and fresh tuna. Small amounts of the omega-3's are found in eggs, as well as certain vegetable oils.

### Is there a difference between the Omega-3's found in fish vs. those found in vegetable oils such as flaxseed?

Certain vegetable oils such as linseed (flaxseed), rapeseed (canola) and walnut oil contain a type of short chain omega-3, known as alpha-linolenic acid (ALA). ALA is a precursor for DHA and must be converted by the body before it can be used and only a limited amount of ALA is converted to EPA and DHA. The conversion rate from ALA to DHA+EPA is often as inefficient as 10% which means that roughly 10 times more of the short chain omega-3s must be consumed to have the same effect as the long chain form from fish oil.

### What role do Omega-3's play in the body?

These "good" fats are involved in regulating almost every body function at cellular level, provide energy, form part of the membrane surrounding cells and are precursors of some specific chemicals which control reactions like growth, cell division, blood pressure, blood coagulation, immune reactions and inflammation.

### Omega-3's are known for their health benefits. What are the most outstanding benefits of taking omega-3 on a regular basis?

In three areas in particular, omega-3's seems to make a unique impact: heart disease, joint pain and brain performance.

- Research has shown that these oils reduce the levels of unhealthy blood fats (triglycerides), raise levels of the healthy variety of cholesterol (high density lipoprotein), lower blood pressure, decrease the likelihood of blood clots and reduce inflammation. This is good news for preventing stroke, heart disease and arthritis. A recent trial involving 2,033 Welsh men who had suffered heart attacks was published in the Journal of the American Medical Association. The researchers found that the death rate in those subsequently advised to eat oily fish was 29% lower than in the others.
- There is also evidence that omega 3 helps people with inflammatory joint conditions such as rheumatoid arthritis. Several clinical trials concluded that taken for three months, omega-3s brought a reduction in joint tenderness and stiffness.
- And then, perhaps most spectacularly, there's the evidence that they actually seem to increase brainpower -in children at least. This is thought to be because the fatty acids contained in omega 3 are important structural components of cell membranes, particularly in the brain and retina, and essential for the formation of new tissue. So early results from a large trial conducted by Middlesbrough Education Authority on the effect of omega-3 supplements on children's reading, spelling and behaviour indicate that children of all abilities improve and their reading age consistently goes up.

### How will omega -3 benefit the developing fetus during pregnancy?

The long chain omega-3 polyunsaturates are essential for the optimal development of the foetus. They are especially important for the formation of a healthy brain, eyes and nervous system. Each is made up largely from the long chain omega-3s and studies have shown that if the mother's diet does not provide sufficient omega-3, then the formation and function of the foetal organs may be somewhat impaired.

## How does omega-3 aid in weight watching?

The long chain omega-3 polyunsaturates can aid weight loss by enabling each of the body's cells to function in the optimal manner. Accumulation of fat is the body's response to a surplus of energy over needs. When the reverse occurs, as in a weight loss diet, the stored energy (fat) should be liberated and burned. However, some people appear to have a problem with this mechanism, and it has been suggested that a part of the reason for this is that the membranes which surround each of the body's cells are not functioning in the way they should due to their composition being out of balance. Cell membranes are made up largely of polyunsaturates. Evidence recently published showed that weight loss was greater on a calorie-restricted diet when a small amount of fish oil was added to the diet, compared to the same diet when olive oil was added instead of the fish oil.

## Have there been studies showing a relationship between omega-3 and children's performance at school and ADHD?

A study published in the American Journal of Pediatrics investigated fatty acid supplementation as a potential therapy for children's performance in the class room. The researchers noted that the kids who received Omega-3 fatty acid supplementation showed improvements in behavior, reading and spelling within the first three months of treatment. In another study it was found that children taking the supplement showed an average seven month improvement in receptive language ability, and a nearly nine month improvement in expressive language ability. Furthermore, children suffering from Attention Deficit and Hyperactivity Disorder (ADHD) may also benefit from these fatty acids, which may improve attention, hyperactivity and impulsivity in these kids. 40% of children with ADHD on Omega-3 supplementation made dramatic improvements in reading and spelling.

### Issued by: Martie de Wet Registered Dietician

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## All Africa Games

A total of 33 Tuks athletes were selected to represent South Africa at the All Africa Games in Algiers from 11-23 July 2007.

### **Athletics**

Christiaan Krone, Jan van der Merwe, LJ van Zyl, Jan Blignault, Roelie Potgieter, MarcMundell, Estie Wittstock, Amanda Kotze, Marlene Breytenbach, René van der Merwe, Elizna Naudé

### **Aquatics**

Roland Schoeman, Cameron vd Burgh, William Diering, Lyndon Ferns, Suzaan van Biljon, Chanelle van Wyk

### **Gymnastics**

Ursula Botha

### **Judo**

Marlon Augustust, Matthew Jago, Patrick Trezise, Elmin Strydom, Bianca Visser, Marisca Loots

### **Fencing**

Rachel Barlow

### **Soccer (women)**

Bridget Molale, Keneilwe Mathibela, Simphiwe Dlodlu

### **Wrestling**

Heinrich Barnes

### **Taekwondo**

Duncan Mahlangu, Jennifer Beukes, Annelie Steyn

### **Tennis**

Heinrich Heyl

### **Officials**

Hennie Kotze (Athletics)  
Andrei Kovrijnikh (Fencing)



## TuksSquash

TuksSquash were all smiles after both the men's & women's teams walked away with gold at the SASSU Squash tournament, held at the Free State University from 1-7 July 2007. The men faced their strongest competition in the final against University of Johannesburg – however the cold conditions in Bloemfontein were in the favour of Tuks who only dropped ONE game throughout the entire tournament. The women had a harder road but triumphed over NMMU in a tough final.

The following players were selected to represent the SASSU National team at the World Student Games in Bangkok, in August this year.

Men: Nico & Jan-Hendrik Mulder, Jason Niven-Cole & Derek van der Merwe  
 Women: Karina Chetty & Cornelia Warschule

The final placings were:

### Men

1. Tuks
2. UJ
3. Maties
4. NMMU
5. Free State Univ
6. UCT
7. Rhodes
8. TUT
9. Pukke
10. Wits

### Women

1. Tuks
2. NMMU
3. Pukke
4. UCT
5. Rhodes
6. Maties
7. UJ
8. Wits



YEAH TUKS!

## Students Match Play Championship, Ingolstadt, Germany

From 29 to 30 June 2007, four Tuks golfers represented the University for the first time at a "Students Match Play Championship" in Ingolstadt, Germany. The tournament was hosted by the Catholic University of Eichstatt-Ingolstadt. Twenty three student teams from Germany, USA, Sweden, Finland, England, Wales, Scotland, France, Netherlands and South Africa (Tuks & Maties) participated. The University of Exeter – the current United Kingdom university champions – won the championship, with the hosts Ingolstadt 2<sup>nd</sup> and University of Pretoria a proud 3<sup>rd</sup>. The Tuks team consisted of Louis Moolman, Léan Boezaart, Ryno Viljoen and Barend Coetzer.



# The Robben Island to Bloubergstrand Swim Report

It was that time of the year again that the Vista Nova School hosted the annual Vista Nova Big Swim, from Robben Island to Bloubergstrand in Cape Town. A very challenging swim that only an elite few athletes take part in, not to mention finish.

The fact that the race was going to take part on Freedom Day added to the already famous history of the day as well as the national heritage site of Robben Island. However due to overcast conditions and rough seas the race organizers decided to hold the event back till the next day. The race was due to start on Saturday morning 10:00, however on our boat ride to the island we soon learnt that the conditions were less than ideal with a cold sea breeze blowing and a sea swell ranging between 4-5 meters. This did not break my spirit though as the rough conditions have been something I had been training for - however the real challenges were still to come.

Stepping off the boat and onto the island was the start of my problems as we had to wait for the race to start, wearing nothing but a single Speedo, a single swim cap and swim goggles. With an outside temperature of 16 degrees the water was not looking tempting with an average temperature of 10.6 degrees.

Starting the swim I felt very strong and not really cold as I was used to the 3-6 degree ice baths I had used to prepare myself for the swim. The sea was rough but soon I was in my rhythm and not even the more than occasional jellyfish sting or constant threat of the infamous jumping great white sharks could distract me from my swim. Before I knew it, the race was over in a time of 1 hour 34 minutes for the 7.9km crossing - the new race record by 14 minutes and the second fastest crossing ever achieved. My victory had been something I had worked for, for so long but was made all the more sweeter by the fact that my father had been released from hospital earlier that day after shattering his arm in an accident earlier in the week, just in time to enjoy the celebration.

Now we need to look forward to the next year and hopefully a repeat performance as well as new world record.

Tyron Venter, TuksSwimming, Long distance swimmer  
Gold medal winner of this event



Image: TuksSport

## TuksFootball

TuksFootball's two successful coaches that took JetAmaTuks to the very last leg of the Mvela Platinum play-offs – Steve Barker & Sammy Troughton. The coaching staff believe that the composure, commitment and "never say die" attitude of the players was tremendous and the key to their best ever season.



Image: TuksSport

## Athletics



Image: TuksSport

TuksAthletics' Karin Mey set a new SA record in the long jump for women with a distance of 6,93m. The 17 year old previous record was 6,85m. This record was achieved at an international Long Jump Championship in Germany on 7 July 2007, where she won gold. Karin now ranks 4<sup>th</sup> in the world in this item.

## TuksRugby



TuksRugby's Director of Coaching, Joost vd Westhuizen received the honour of being inducted in the IRB Rugby Legends Hall of Fame. The official induction will take place in London on 9 October 2007.



With Victor Matfield's selection as South Africa's 52<sup>nd</sup> Springbok rugby captain for the test against the All blacks on Saturday 23 June, he also became the University of Pretoria's 4<sup>th</sup> springbok captain, joining Wynand Claassen, Naas Botha & Joost van der Westhuizen.

## The BARLA Great Britain Lions

The BARLA Great Britain Lions made their base camp at the hpc, UP for their two weeks tour of South Africa. BARLA are the world's largest amateur rugby league organisation and were formed in 1973. The aim of the organisation has been "Play for BARLA and see the World".

Since then they have toured the world introducing, developing and playing rugby league in the Southern and Northern Hemisphere.

The side played a Sables XIII, South Africa Rhinos U/23s and two test matches against the South African Rhinos National Side.



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# To Gym or not to Gym ... That is the question

*Text: Hettie de Villiers,  
Principal, TuksSport Combined School*

If the poet Gertrude Stein is to be believed, a rose is a rose. Does that mean a gym is a gym is a gym? Surely, I hear you say, the back page of *The Medalist* is not the right place to share philosophical ideas about gyms and roses and leotards and water bottles? But hear me out.

Is a relatively small gym like the Sport Science Gym really the same as a chain store-type? Can we honestly compete with a gym that boasts with an ever-smiling knight as its patron? Let's face it, while Steven Ball, biokineticist and manager of the gym at the hpc, can give Sir Branson a go in the smiles department, I doubt that he's ever been called Sir before – not by anyone sober, that is.

And what about the image factor? Surely we fall flat on our faces when it comes to dress code? Anyone that knows anything knows that before you sign on the dotted line to join one of the major gyms, you have to purchase the latest training gear. Heaven forbid that your eye shadow doesn't match your outfit, or that your training towel is not colour-coded with your water bottle. And can we really compete with the big guns if we don't sport a health and snack bar with counters groaning under the weight of over-sized muffins and granola bars dripping with honey? For goodness sake, even Jan-Hendrik's 3" by 3" gym on 7de Laan has a snack bar!

I claim the right to say 'us' and 'we' because I am one of the unfashionably-clad members of the Sport Science Gym sans snack bar. For the last two years, Linda (friend, colleague and master of all things edible) and I have shown dogged determination in our fight against degeneration of any kind (allow me this one euphemism) by gyming at 5:30 in the mornings.

So what makes us choose the treadmill less traveled? Wherein lies the motivation to get up before the crack of dawn if not the hype, the outfit or the snack bar? To be honest, the fact that we've been able to sustain our valiant efforts come hail, wind or snow has less to do with self-discipline than it does with the two 'other' men in our lives – let's call them David and Jan.

"Tighten those abs, ladies" David says. "Great job, ladies," he smiles. All this while he puts us through murdering paces any teenager would struggle to do (okay, maybe any overweight, unfit teenager). He finds deep pleasure in calling us ladies while putting us in all

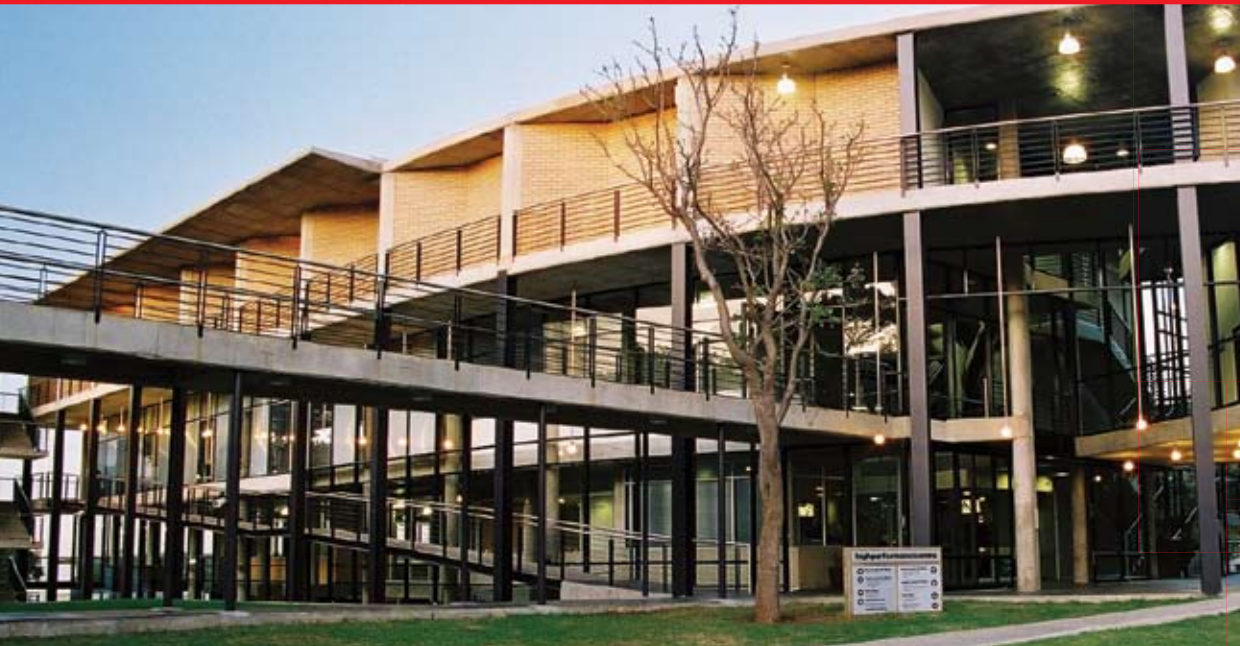


kinds of unflattering positions (he has a sadistic streak, our David). Let's be honest - no-one can look or feel lady-like doing squats on the power plate – there's very little that doesn't shake, rattle or roll once you push that dreaded start button!

Jan, too, has a sneaky side to him. His enthusiastic "Môre dames" is usually accompanied by a gleeful rubbing of hands that would put Lady Macbeth to shame. He disguises torture under the veil of fun and comes up with new ball exercises that make us giggle and feel twenty while we do them, only to make us cry and feel a hundred and twenty the very next day!

But the real magnetism of our gym lies in our fellow gym-members - the famous as well as the almost famous. The truly sporty, truly fit athletes that train every day - the rowers who keep at it till glistening sweat turns into rivulets, the swimmers with their unbelievably supple bodies, the tae kwan do athletes who hide enormous strength in their deceptively small bodies. They are the true reason we endure the pain and humiliation at Jan and David's hands.

Please don't misunderstand me – we don't go to the gym because we get our inspiration from their relentless display of stamina or their well-toned bodies. We go because we firmly believe in the philosophy of fitness by association. If they look that good, surely we must do too! 🌈



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