

the Medalist

a gold medal lifestyle

A century
of excellence
in sport
facilities

100
1908 - 2008



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Deridze eis • Lead ng Minds • Cikgopolo lisa Dhlakof

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University of Pretoria

April 2008



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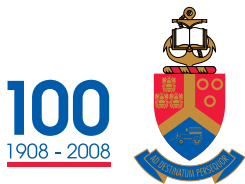
In our on-going race for excellence, we offer five sport related courses: Human Movement Science, B.Com (Sport Management), Sport Science, Tourism Management and a post graduate degree in Sport Medicine.

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Leading Minds



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



CONTENTS

Feature

6 A Century Of Excellence In Sports Facilities

Tukssport Academies

10 Killer Combo
11 Still Going Strong

People

12 Water Nymph
14 In Sync With Himself
16 Preparing For Takeoff
18 A Day In The Life
20 Legend: Gary Albertyn

High Performance Services

24 Psychology: Comrades: A Psychological Perspective
28 Biokinetics: Collaboration
32 Nutrition: Nutrition Considerations For Endurance Training
35 ISR: Comrades: April Is Big Mileage Month

36 ISR: Scientific Article Summaries: Drinking Too Much In The Long Run
38 Periodisation (Part 2)
40 Physiotherapy: Chronic Running Injuries
42 Sportscience Gym: Training Tips: Functional Power Lifts

Sports Law

44 The Enforceability Of Sport Contracts

Tukssport Combined School

46 Home Away From Home

Tukssport

48 TuksSport News: The Absa Tuks Stadium Benchmarks Development Of World Class Sports Facilities At The University Of Pretoria.

Inside News

On The Sideline

58 The Thrill Of The Chase

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from the CEO'S OFFICE



Not only is the year 2008 a very significant year in the life of every Olympic Athlete with the Olympic Games scheduled for Beijing later this year, but for the **hpc** it is also a memorable year in that the University of Pretoria, our mother body, is celebrating its centenary. As our only shareholder we are proud to acknowledge that many international sportsmen and women have graced this World Class Institution and have gone on to play a major role in the sporting history of this institution and indeed the country.

The University of Pretoria has its origins in the establishment of the Pretoria Centre of the Transvaal University College in 1908. The colloquial name of the university, Tuks or Tukkie, was derived from the acronym of the college – TUC.

The college opened its doors as an English language institution housed in Kya Rosa, a four-bedroom residential property in the centre of Pretoria. TUC started off with four professors and three lecturers and 32 enrolled students. Courses were presented in Dutch and other Modern Languages, English Language and Literature, Classics (which included Philosophy, Latin and Hebrew), as well as Natural Sciences.

On 10 October 1930, an act of Parliament – championed by General Jan Smuts – gave rise to the name TUC becoming the University of Pretoria. At the time the University had more than 900 students, making it the largest tertiary institution in the country at the time. Numbers have subsequently grown to over 50 000 students in 2008. General Jan Smuts said of the University of Pretoria that he “hoped that this institution will one day become to South Africa what Oxford is to England.”

During these 100 years the University of Pretoria has played a major role in the development of South African Sport and only last year a total of 103 Students

and Management were recognized for obtaining their full national sporting colours in a number of disciplines.

The **hpc**, in its short existence has also played a major role in the development and preparation of Team South Africa for a number of International competitions including the Commonwealth Games, the Athens Olympics and of late the Beijing Olympics. Furthermore the **hpc** has also acted as the home of Cricket South Africa, Rowing South Africa, Athletics South Africa, South African Hockey, South African Women’s Football, South African Table Tennis, Swimming South Africa and South African Tennis.

The **hpc** has also become the home for a number of International sportsmen and women who have “adopted” the **hpc** as their home away from home and have returned every year (sometime more than once) to prepare for various International competitions.

It is this unique blend of talent and the staff and services on offer that make the **hpc** the venue of choice for all our sportsmen and women, not only from South Africa, but also from all over the world. Certainly something to be proud of in such a short period of time!

On behalf of all the staff and sporting talent that have graced us with their presence over the past six years we convey our heartiest congratulations to the University of Pretoria during the celebration of its Centenary. We certainly look forward to the next 100 years! 🇿🇦

Toby Sutcliffe

a century

Text: Machteld Minnaar



1909



The University of Pretoria (UP) boasts a proud sporting tradition with world-class sports facilities. UP realised early on that properly equipped and appropriate facilities are essential to successfully compete. In this article we take a walk down memory lane and revisit the establishment of TuksSport's top notch sports landmarks over the past hundred years.

The first sports clubs to be founded in 1909 were for rugby, football, tennis and korfbal. The Transvaal University College (TUC), which was the original name of the University and from which UP developed, had no sporting facilities of its own and relied on the goodwill of city clubs, such as Berea Park, Caledonians and Oostelikes to play sport. The korfbal players practiced in the gardens of Kya Rosa, (an old house in the middle of Pretoria city, which was the first UP campus), while private tennis courts were rented.

Upon the completion of the first university buildings in 1911, the Student Representative Council brought the need for a sports terrain to the attention of University management, who promised due consideration to the matter. In 1912, three tennis courts were built. It appears as if little happened for the other sporting disciplines between 1912 and 1917, though rugby football was very popular and the TUC was quite a force to be reckoned with.

Due to a shortage of funds and the rocky terrain on which the University was built, the development of sporting facilities was first put on the back burner. One rugby field was completed in 1922. Plans to convert the hockey field into another rugby field never came to fruition. A second rugby field was only completed in 1931. However, by that time, interest in the sport had grown to such an extent that two fields were insufficient.

Three more tennis courts were built in 1919 while in

of excellence in sports facilities



the mid-1920s, athletics became a strong force and a track was built. However, the development of a proper sports terrain was put off many times due to financial constraints. Furthermore, the sports fields and tracks were neglected during the off season, which necessitated renewed efforts every season to get facilities back to standard.

By 1937 the University had two rugby fields, one hockey field, an athletics track, a korfbal field, six student tennis courts, a tennis practice wall and a few showers. The establishment of a Department of Physical Education renewed focus to develop a proper sports terrain.

Athletics as a sport grew in stature and interest and in May 1948 a new athletics track, built at a cost of £2 000, was officially put into service in time for Dalrymple – an Inter-university Athletics championship. The track was considered one of the best in the country and was

in use until early in the 1960s. When the old track was demolished, a few steps of the pavilion were preserved and can still be seen at the Musaion. The spot is marked with a commemorative plaque.

After years of negotiation and many plans, it was decided to develop 28 morgen north of South Street, adjacent to the Experimental Farm. Finally, on 1 June 1959, the LC de Villiers sport complex - boasting seven rugby fields, a pavilion and dressing rooms, a cricket oval and a football and hockey field was inaugurated. The facility was named after Prof de Villiers, in honour of his service to sport at the University.

Pretty soon, with the University's growth, these facilities were inadequate. A 50m Olympic swimming pool was built in 1968. During the 1980s and 1990s, new sporting facilities followed each other in quick succession. In 1983 the major highlight was the official opening of the UP Sport Centre, which houses



2008



all indoor sporting disciplines. In 1987, the Daan Swiegers Club house was opened, followed by a tennis club house in 1996, the cricket club house in 1997, a new rugby club house, as well as a soccer club house in 2000, a hockey astro and club house in 2003, and the state-of-the-art Absa TuksAthletics tartan track in 2006, with the club house officially inaugurated in 2008.

The opening of the High Performance Centre (hpc) in 2002, a modern, fully equipped training and conditioning facility that boasts many sporting academies, was an exceptional milestone.

Today, the University of Pretoria's facilities count among the best in the country and considered in some instances as world class.

It has:

- a heated 50m Olympic swimming pool, a 25m pool at the hpc and a 12m rehabilitation pool in the Sport Centre.

- 22 tennis courts;
- one cricket oval, four cricket fields, a bank of exceptional turf nets and eight all-weather nets;
- one rugby stadium and five rugby fields;
- one soccer stadium and 12 soccer fields
- four hockey fields;
- seven squash courts, including a competition court;
- three netball courts;
- four volley ball courts, including a beach volley ball court;
- three basketball courts;
- a cross-country route;
- a climbing practice wall; and
- a dam for canoeing.

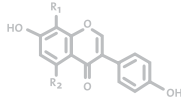
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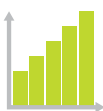
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2003 Octane Gel: Includes protein that has, to date, never been used in gel form.

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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.



KILLER COMBO

Text: Rick de Villiers



With the forces of the Limpopo Academy for Sport and the hpc combined, South African sport is sure to have a recipe for success on its hands.

Think Qui-Gon Jinn and Obi-Wan Kenobi. Think Hillary and Tenzing. Think Gilbert and Sullivan. Now, consider these duos and the type of dynamic each represents, fuse them together, and behold the final product: a powerful partnership between the hpc and The Limpopo Academy of Sport.

If the above analogy makes no sense, perhaps a little background information is in order. Over the last five months the hpc has been involved in aiding one of South Africa's nine national academies of sport with the processes of unit development and talent recognition. And while these terms might at first suggest nothing but the hollow abstraction of PR talk, the coaches and athletes who are already reaping the rewards of this liaison will testify to its practical impact.

The aim of the collaboration is simple: to provide the Limpopo Academy of Sport with the structures and knowledge needed to harness and nurture the talent of promising sportspeople in its own backyard. 'Our goal is to plough the experience we've accumulated over the years back into the community,' says the SSMU Performance Manager at the hpc. 'We want to ensure that the necessary processes are implemented so that athletes at grassroots level may be exposed to the greatest opportunities for development available.'

This does not mean the hpc will create these opportunities, but rather that it will serve as a centre of expertise – a hub of know-how which other institutions, like the Limpopo Academy of Sport, can access in order to become self-sustaining. For this reason the proper training of coaches is considered to be as important

as the development of athletes. "We would like to help the Limpopo Academy function within its own realm. In a sense we are decentralising skills development. This should lead to specialised foci at institutions and ultimately benefit South African sport as a whole."

Ms M.J. Ramodike, Manager of the Limpopo Academy, acknowledges the necessity for the development of both coaches and athletes. 'It is absolutely vital that the coaches be screened and capacitated. If the coaches are not exposed to the same level of expertise as the athletes, ours will be a fruitless enterprise,' she says. 'For this reason we need other stakeholders like the hpc to come to the party so that we would be able to render services which will benefit both amateur and professional athletes.'

As Ramodike explains, the Limpopo Academy of Sport's logo neatly captures what the process is all about. The green represents the grassroots, while the gold symbolises excellence. In between these extremes is the circular practice of development: as knowledge is fed into the system, so knowledge again is born from it.

But for the Limpopo Academy of Sport to realise its vision of 'nurturing excellence in sport' and the hpc to fulfil its function as South Africa's leading distributor of sporting knowledge, the three above mentioned dynamics must be achieved. Firstly, the Padawan must learn the ways of the force from his Jedi master. Secondly, new heights have to be scaled together through a fair distribution of weight. And finally, music must be made – it matters little who writes the words and who the songs, as long as the South African community of sport can sing together 🌈



Still Going Strong

Text: Rick de Villiers

For the last five years the hpc's academies have been setting the bar for sport training and development, but can they keep it up?

In the **Medalist** of April 2007 we gave you the inside scoop on the development and evolution of the various academies at the hpc. We told you that the number academy members multiplied exponentially in the space of but a few years. We presented you with stats and figures to indicate the influence scientifically focused sports training has had on athletes within these units. We dropped names of high-profile coaches and sports specialists to dazzle you with the gravitational pull of our institution. In short, we boasted. And we did so because we could.

The question in 2008 is whether the hpc's academies have managed to keep up the good work, whether enough has been done to merit a sustained flourish of favourable adjectives, whether there is even need for the flattery of words. Weigh the facts and decide for yourself.

In addition to the already existing academies for soccer, tennis, gymnastics, swimming, rowing, Taekwando, table tennis, athletics and golf, the full repertoire now also includes cricket. Heading this academy are Rob Walter (former assistant coach of the Nashua Titans) and Grant Morgan (assistant coach to the under 19 national side that recently made it to the final of the ICC u/19 World Cup). With its foci on moulding the future quickies and master blasters of South African

cricket, the academy serves as the official feeder system for the Titans.

This means talented young players are here afforded the opportunity to take their skills to a nationally competitive level.

But the Cricket Academy is not alone in this quest to produce quality athletes, as the 26% membership growth across all the other academies indicates. Mr Danie du Toit, manager of the academies, points out that 2008 has brought about greater emphasis both in terms of an expansion of the academies and student involvement. One of the initiatives towards achieving this goal has been the establishment of Golf degree at the University of Pretoria. Talented golfers are now given the chance to complete a three year degree in Sports Science while also earning their PGA licence. Since TUKS (in partnership with the hpc) is the first university to offer such a programme, South Africa will soon be producing internationally qualified golfers and golf coaches at an astounding rate.

Despite the growth the academies have shown, quality rather than quantity is still the main objective. 'There is a limit to the number of people we will take in, as our strategy is always centred on providing individualised training and development,' says Mr du Toit. 'In order to keep our attention focused on a smaller number of members, our selection processes have become much stricter.' Due to the high standards of excellence set by the academies and the specialised training they offer, no less than 24 junior and 12 senior Proteas have sprung from the academies in the last year, and 29 athletes from these programmes are on their way to Beijing.

Considering then the achievements of the last year, we may attempt to answer the above questions. Yes, the academies have indeed lived up to their reputation, and because of this can paint a picture of words which complements these triumphs. Finally, there is probably no need to boast since actions speak louder than words. But if you have it, why not flaunt it? 🏏



About her hangs an air of island life. Her walk is the amble of sand-filled flip-flops and indifferent soles, her hair the strings on a kite which will settle when the wind does, her smile that of the beach sage who knowingly winks at life. And yet, despite her carefree manner, she has a keen grasp on time.

At exactly the scheduled time, Lize-Marie Retief extends a slight hand towards me, ready for our interview. I am surprised by her appearance. She is petite; a nymph whom one would expect to dance on water rather than power through it.

She slumps into the chair on the Time-Out patio and, in defiance of the heavy heat, twice declines the offer of something to drink. A third enquiry merits only a polite shake of the head: she's okay, she knows what she wants.

The words aren't spoken. They don't need to be. At just a moment's glance into a life as frenetically paced as hers, you realise that focused determination is the thread with which Lize stitches it all together. Academic pursuit, a long distance relationship, the exotic diet of the bearded dragon, and, of course, the world of professional swimming – things she is in control of because she knows what she wants. And at the moment her greatest desire equals sport's greatest gathering.

'I've always dreamed of making it to the Olympics,' says Lize. 'I mean, everybody who is anybody will be there. It's a very exciting thought.' Modestly she dismisses speculating on her chances at the Games, pointing out that qualification is her first priority at the moment.

'I did qualify for the Olympics last year, but there is another trial in April which will finally determine

whether I can go or not. So for the moment all my training is aimed at performing well at the qualifier. We'll see what happens after that.'

If her current form is anything to go by, something spectacular could well be expected from the 21 year-old. Last year at the FINA World Cup in Durban she raked in silver for three events (50m & 100m butterfly, 100m freestyle) and claimed top prize in the 50m backstroke. In 2007 she also received a third overall standing at the FINA World Cup in Brazil, and became the South African and African record holder for both the 50m and 100m butterfly events in long course, and shattered the SA and African records for the short course 50m, 100m butterfly and 50m, 100m freestyle.

Impressive achievements and impressive prospects, but is there life outside and beyond the pool? Lize's smile seems to hold a tentative answer. And yet, when she speaks her words are clear and sure of their own weight. 'For the last 13 years swimming has been my life and I still love doing it, but the day will come when I have to move on and fulfil my other dreams. When I finish swimming I want to make a complete break with it. I want to try the other side of life.'

She considers what the other side of life may hold, and beams. 'I have always loved children, so my plan is to start studying medicine in a year or two and eventually move into paediatrics,' Lize explains. 'I feel I communicate well with kids. I guess I have a soft spot for them.' Whether it's her love for the Disney channel or the time she's volunteered at children's wards which makes her gravitate towards kids, her envisioned vocation seems as natural as her strokes in the water.

For the moment, however, the third-year Sports Science student has plenty on her plate. Apart from 40 hours of swimming per week and three sessions at the gym, she has to find time to visit her boyfriend and family in Johannesburg. And then of course there is her pet – an Australian bearded dragon which follows a strict diet of crickets and rocket leaves. Her study companion (she reads her work out loud to him) might not be an obvious choice, but it again proves that Lize-Marie Retief is in control. Whether it's a scaly lizard, the laughter of children, or an Olympic dream, she knows what she wants 🌈



Lize-Marie Retief is sure of her world.

Dancing on water and swimming through life

Text: Rick de Villiers Images: Susan du Toit

WATER NYMPH



Athens gave him bronze. And now, in 2008, Ramon Di Clemente is getting into the groove for gold.

7:00am: the time when the throbbing human engine disconnects from dreams and plugs into the city, into routine. At this hour, there is precision and unison. At this hour, bodies, cars and sounds move together and become one.

Elsewhere harmony happens too. At the Roodeplaat dam, Ramon Di Clemente and his training partner take to the water. Initially their strokes are gentle, as if the quiet mist must kindly be swept aside. Then their paddles dig deeper, faster, carving tiny tornados about the boat. On the water the image of twin oars redoubles and captures perfect synchronicity. Effortless synchronicity.

At least that's how it seems from the side. But in truth, there is nothing effortless about Ramon Di Clemente's rowing. As the Olympic medallist will tell you, it takes unrelenting discipline, hours' worth of sweat, and sometimes – if you're lucky – a slight breeze at your back. For Ramon, however, luck has had very little to

do with his prowess on the water.

Over the 15 years of his professional career, Ramon has established himself as one of the top athletes in his sport. Since teaming up with Donovan Cech in 1998, the pair has placed South Africa firmly on the international rowing map. Their greatest successes include four podium positions (two bronze and two silver) at the World Championships between 2001-2005, and in 2004 the two men walked away from Athens with Olympic bronze in the coxless pair event.

'Because we'd received medals leading up to Athens, there was a great deal of pressure to perform,' says Ramon, recalling the emotions surrounding the previous Olympics. 'Being able to achieve what we did was awesome. The sense of achievement we experienced after the tournament is indescribable.'

In spite of his track record, Ramon knows Beijing is a whole new ball game. With Cech experiencing back problems and currently out of action, the road ahead

IN SYNC WITH HIMSELF

Text: Rick de Villiers Images: Susan du Toit



seems unsure. 'Don's injury is a problem,' he admits. 'But at the moment I'm just focusing on myself and trying to be in the best possible shape. I'm training with a very capable partner from the hpc's academy, so it's full steam ahead.'

In the months leading up to Beijing, Ramon's preparation will include a great deal of international competition. First up are the Australian Championships. Since the Aussies are the world champs at the moment it will give Ramon an excellent chance to check out the competition. 'I think success at the Olympics depends on good conditioning. When we've done well in the past we were also competing a lot. To do well you need to have done a substantial amount of conditioning which can only be provided by actual races.'

As Ramon points out, tournaments equip rowers with the necessary focus that comes with established routine. For him, this entails a ritual that starts when he opens

his eyes on race day. First order of business is a well-balanced breakfast which should keep his sugar levels in just the right place. Ramon likes to arrive at the course three hours prior to the race, during which time he checks all his gear, visualises every inch of the route, and tries his best to stay calm. 'I think I get more nervous as the years go by. This isn't a bad thing, because the day you shed your anxiety and nerves, there's trouble.'

But it doesn't hurt to have your mind in one place, and music helps Ramon achieve just that. 'The closer events get, the more music I listen. It just helps the anxiety levels and acts as a kind of buffer which allows you to get into a rhythm.'

And rhythm is what it's all about. As dusk bids the world to disjoint and go its separate ways, Ramon heads out on the water for the day's second session, stroking the crepuscular mirror with effortless ease and in perfect synchronicity 🌈

South African trampoline is scaling new heights. We talk to Tiaan van der Walt, the man behind it all, to discover the secret of success.

Text: Rick de Villiers Images: Susan du Toit

It's 8:00am when I arrive at the Rembrandt Hall – way too early to be up and out of bed on a rainy Saturday morning. The world is wet and cold, and I feel I should be having pancakes and hot chocolate, or at least some form of breakfast. But instead I'm fed a portion of the impossible.

The National Top 10 trampoline competition is the first sports gathering I attend where more people are in the air than on the ground at any given time. Bodies are flying everywhere. And although no warning is spoken, the message is conveyed clearly enough by the vicarious fear you experience watching the gravity-defying moves as they are pulled off by the gymnasts: Don't try this at home. That is unless you're being trained by Tiaan van der Walt.

As National coach, coach of Gauteng North, and that of TuksTrampoline, Tiaan obviously has some experience when it comes to making people fly (and land, of course). For the past 17 years his has been the business of aerial poetry, and his main objective has been to take South African trampoline to an internationally competitive level, which is exactly what he did last year.

In 2007 South Africa entered its first full senior team at World Championships in Canada and managed to finish in 7th place overall – an impressive feat considering that the four Tukkies representing their country were collectively the youngest group of gymnasts competing there. Under the expert guidance of Tiaan, the team also became the first African trampoline squad to qualify for a World Cup, the next of which will be held in 2009.



'South African trampoline has improved phenomenally over recent years,' says Tiaan. 'There isn't a single move being done internationally that our athletes can't do. We've finally established ourselves in such a way that the world has to take note of us.'

The only problem now, as Tiaan explains, is maintaining the current levels of achievement and growth. 'Since 2000, trampoline in South Africa has annually shown 65-70% growth. But the sport needs stability and sustainability, which in turn means greater availability of resources and money.'

Though financial support structures might be lacking at this point, there is definitely no shortage

of passion and commitment, and Tiaan is at the forefront of converting zeal into gold. 'I've been coaching trampoline for nearly two decades now, and not a day passes where I don't feel the urge to get on the mat again. But I'm too competitive and can't do this just for fun. I get an extreme sense of satisfaction from helping gymnasts push their bodies and skills to the limit and it gives me a great rush seeing them do the things they do.'

At the rate the sport is developing, and considering the expertise and drive which lie behind this progress, it's not difficult to grasp why South African trampoline is scaling new heights. Let's hope from here on in it's just up, up and away! 🇷🇺

PREPARING FOR TAKE OFF





a day in the life

Ever wondered what an average day in the life of a sports-star-in-the-making looks like? We followed golfing wiz kid Leon-Brink Knoll and found out.

Text: Rick de Villiers Image: Leon-Brink's own collection

It's 05:20 when Leon-Brink Knoll's alarm clock calls him to consciousness. He gets up and gets ready for a long day, ignoring his body's plea to return to the warmth of his bed. Tiger wouldn't get back into bed, and nor does Leon-Brink. Instead he zips through his morning routine and shoots off to the hpc.

At 06:00 the 17 year-old golf prodigy lies stretched out and facedown on the physiotherapist's table. The sports massage lasts an hour and provides the only bit of relaxation he will get throughout the day – it's not his bed, but it will have to do. He gets up after the final chop has landed between his shoulder blades, and makes his way towards the gym.

After an intense hour of muscle conditioning, Leon-Brink can finally enjoy the day's most important meal. In Time-Out he meets up with his school mates, and he crams in as much conversation as an hour and intermittent chewing will allow. He finishes the last bit of scrambled egg on his plate, wipes his mouth, and walks off to where the idling school bus waits.

The school bell sounds at 9:30. In the first class of the day Leon-Brink sits facing a blackboard covered with numbers. It is a language he speaks well – the language of Mathematics – and it is obvious his arithmetic skills aren't only put to use on the golf course.

The rest of the academic day moves along without much incident or excitement for the matric pupil. That is, of course, if you don't count the surprise lunchtime brings. Unlike most of the other kids at the school, Leon-Brink doesn't make use of the cafeteria. The

reason for this is that his mother packs him a delectable lunch box everyday. Today it's biltong sandwiches and – because mom remembered – a little cheese triangle.

Is this special diet of love and dairy the secret to South Africa's second best under 19 golf player, or does it have something to do with the hours of sweat Leon-Brink spends on fairways and greens? It's now 15:00, and time for the business end of Leon-Brink's day. Behind each of his swings there is purpose and focus, and each putt is made with the greatest precision. What started out 13 years ago as a fun exercise in sending plastic balls over a neighbour's wall, has now shaped into an immutable ambition. 'When I was a little kid, I never wanted to play with cars or action figures – I only ever wanted to play ball sports,' Leon-Brink says as he sends another ball into the distance. 'Over the years I've had to give up other sports to pursue golf with greater focus, which is a pity. But you have to accept that certain sacrifices have to be made if you want to be great at what you do.'

'Take Tiger Woods, for instance,' he continues. 'He is so disciplined and never sits around hoping things will go his way. He knows what he wants and works hard to get it.'

It's now 18:00 and dusk begins to settle. 'I also know what I want – to be the greatest golfer the world has ever seen.' Leon-Brink takes one last swing with his six iron, watches as the ball loops and lands, and nods. Now the day holds only homework, an episode of Prison Break, and a few hours' sleep before the alarm clock flashes its green wake-up call yet again 🌈

The Stories Confirmed

Text: Rick de Villiers Images: Susan du Toit and Gary's own collection

Who is the real Gary Albertyn? The Medalist digs behind the myth to find a legend.

When you ask Gary Albertyn's colleagues at the hpc to describe him, you're sure to get a very positive picture of the man. Some call him diligent, others trustworthy. There are those who knew him as an exceptionally talented swimmer, and there are those who now know him as a dependable number cruncher. The stories almost seem too good to be true.

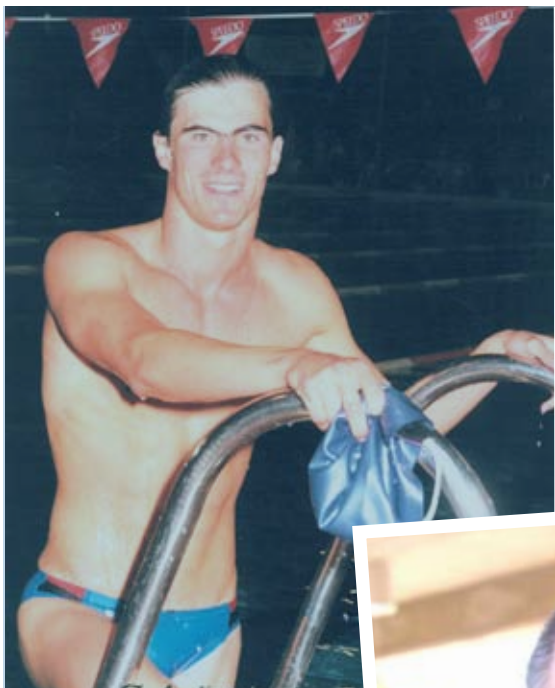
'Pure Gary,' Rocco Meiring says with a chuckle. 'That's what we used to call Gary in his swimming days. He got the nickname because he was always such an upstanding guy. Or at least he appeared to be.'

Meiring, a long-time friend and colleague of Albertyn, looks around the room conspiratorially, his eyes speaking good-humoured jesting. 'Don't be fooled – 'pure' Gary has a dark side too. In his day the girls used to swoon over him. Who knows whether he yielded to temptation?' Another chuckle escapes his mouth. 'You can ask him about it, but he's got a knack for being vague.'

I arrive at the Finance House of the hpc where I'm supposed to meet the man himself. I'm shown to his office by a secretary; he'll be with me in just a second. I gaze around the room, noticing a picture of two kids on his desk, a signed and framed Manchester United shirt on the one wall, a white board covered confusedly with numbers and dates on another.

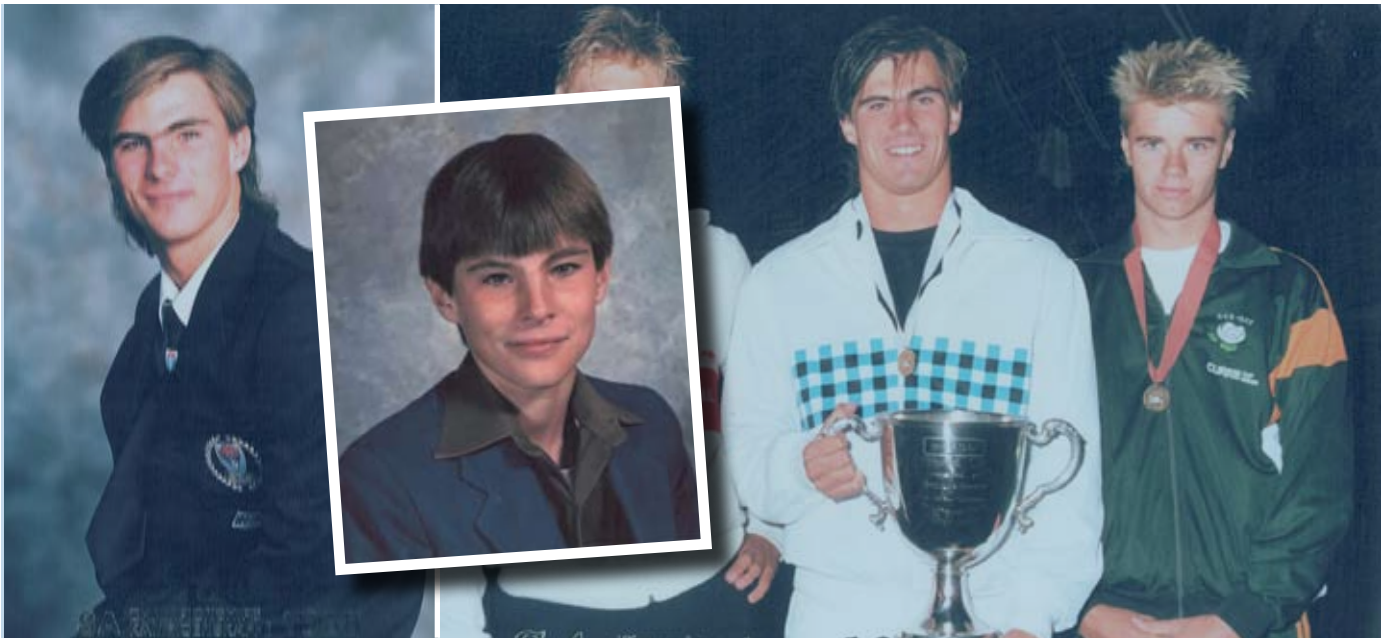
Just as I start my psycho-analysis of the writing and choice of colour marker displayed on the board, Gary Albertyn steps through the door. He is a tall man, and his hand swallows mine when we greet. He invites me to sit down and call him by his first name. I do so, and the familiarity makes it difficult to pursue the line of questioning suggested by his friend. Instead I go opt for the route of history.

'When did I start swimming?' Gary muses and tries to recall when his life aquatic began. 'I was in Standard three. My family had just moved to Alabama, America. One day we went out to a nearby recreational pool, and on that day there happened to



LEGEND

gary albertyn



“Gary held the record for the most national titles in South Africa”

be a gala. I competed in the event for my age group and was noticed by Jonty Skinner, assistant coach at the University of Alabama swimming programme. From there on in swimming became a big focus in my life.’

During his high school career at Littleton Manor in Centurion, Gary kept honing his talent in the water.

‘After school I trained with veteran Springbok coach Kobie Louw while doing a degree in BCom Accounting at the Pukke’s Van der Bijl Park campus. And in 1991 I was awarded a scholarship to the University of Nebraska where I stayed for two years.’

I get the idea that had I not spoken to Rocco Meiring beforehand and learnt from him about the Gary’s many achievements, my subject’s modesty would have prevented a true account of his impact on South African swimming. At one point in his career, Gary held the record for the most national titles in South Africa, and in one year (1989) managed to pick up as many as 17 of these. He was both member of the Protea team and the national masters team, and also attained Springbok colours for biathlon.

Apart from the positive impact Gary’s individual success had on the South African swimming community, he has also been greatly influential in terms of development and coaching. In partnership with Rocco Meiring,

Cobus van der Walt, Xilia Joyce and Professor Niek Grové, Gary contributed to the re-opening of the Tuks Swimming club in 1999, which since then has gone on to nurture and produce some of South Africa’s best swimmers.

But for the last four years, Gary’s present duties have had him swimming in numbers. Since 2005 he has been the hpc’s financial manager – the go-to-guy who keeps calm when everyone else panics at the sound of terms like ledgers and impaired financial abilities in mild cognitive impairment. Okay, maybe I just looked up these terms on the internet for dramatic effect, but the point is Gary Albertyn can keep calm under pressure.

For the grand finale I get to ‘Gary and the girls.’ A massive smile spreads across his face and a light shade of pink flushes his cheeks. ‘You must always remember to take what Rocco says with a pinch of salt. He likes to exaggerate.’

As vague as his friend predicted he would be. I realise this and also that everything his colleagues mentioned about him is true. He is honest, warm, and a gentleman. He has made his mark on South African swimming and continues to be a big personality. For once, the stories surrounding a legend are true 🌈

UNIVERSITY HUMANITY INTEGRITY RESPECT ACHIEVEMENT



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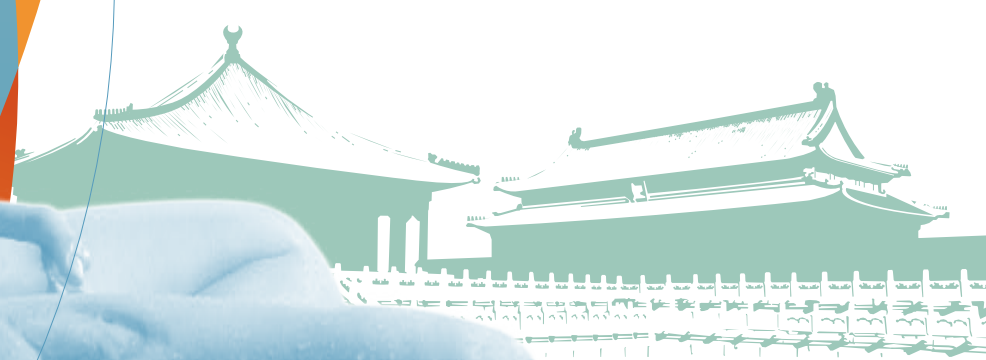
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Our sponsorship of Natalie and the Olympics is just one example of our support for the communities in which we operate, which includes running a range of important education, health and environment programs.



PARTNERSHIP

Comrades:

A Psychological Perspective

Text: Monja Muller and Melissa Brokensha

The Comrades marathon is a world renowned race that takes hours and months of physical and psychological preparation, both of which are equally important. However it often happens that athletes only focus on their physical preparation.

Here is an easy way to remember important aspects that contribute to your psychological preparation.

Commitment

Ownership

Mental rehearsal

Remember hard work

Achievements

Discipline

Emootional control

Self talk

Commitment

Commit to your goals and action them! Before you start your preparation, take time out and put your goals on paper. This could serve as a gesture of commitment to the process that you are about to engage in. Set your goals as specific, as realistic, as achievable and as measurable as possible. After completion of this process, attach dead lines to them based on the time frames you have identified for yourself. This process can keep you focused and motivated.

Ownership

You are in control of yourself, your body, thoughts and emotions. Nobody can make it better or worse for you. It is all in your hands, therefore take responsibility for that. Be responsible for your responses to thoughts, emotions, set backs, and disappointments as well as for success, achievement, joy and the satisfaction you get from running. Take ownership for what you do and how you do it! Remember control the controllable, which is YOU, and let go of anything uncontrollable such as spectators, weather etc.

Mental rehearsal

This is the process when you create or re-create images in your mind by using your imagination. Do this by imaging yourself running smoothly, gracefully, effortlessly and relaxed. Other examples are to imagine yourself at the finish line and the spectators cheering you on. This will have a positive impact on your motivation and determination. Further, imagine how you will cope with pain and which coping strategies you are going to use.



“Set your goals as specific, as realistic, as achievable and as measurable as possible.”



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Remember hard work

Remember all your hard work when running your race. Especially when every bone and nerve in your body tells you to stop and the pain feels unbearable. Go through all your hours of preparation, all the sacrifices you've made and give yourself credit for that. Calculate all your hours of training and remember this amount during times that you almost feel like quitting.

Achievements

Use previous achievements on days when you feel that your motivation and discipline are challenged. These achievements can be running related or achievements from your personal or working life. Reminding yourself of these achievements might also boost your confidence levels.

Discipline

Preparing for the Comrades takes a lot of self-discipline. You complete long training runs while at the same time you need to cope with other daily commitments such as family, work and other personal responsibilities. This makes discipline around time management such an important issue.

Emotional control

Athletes often experience a mixture of emotions during a race which range from happiness, anxiety, fatigue, anger, frustration and so on. Fatigue is the one that almost everybody can expect to experience. The focus during the race should not be on experiencing certain emotions as good and avoiding others because they are so called bad. The important thing is to recognise the emotions that you are experiencing, stay aware of them and then work out ways for yourself to stay in control.

Self talk

This is the voice in your head or the message that your mind gives you whilst running. Examples of messages conducive to running: "If this was easy, everyone could complete a marathon". "In just one more hour this race will be finished and I will be relaxing, showering, eating etc". Lance Armstrong, world renowned cyclist said: "Pain is temporary, quitting lasts forever". Work out your own catch phrases or any saying that has special significance for you and repeat that during times when fatigue wants to take over and control your race.

The Comrades marathon poses a lot of physical and psychological challenges to any athlete who participates. Completing the race, achieving your goal or getting a medal are all part of the achievement but perhaps the biggest achievement of them all is in the question "what have I learnt about myself"? You have won the biggest prize or reward, if this question provides new and significant answers and helps you to develop and grow as a human being!! Good luck!

COLLABORATION:

A process worth pursuing for sport scientists, coaches and athletes in South Africa

*Text: Darlene A. Kluka, Ph. D. and Anneliese Goslin, D Phil, MBA, Center for Leisure Studies
Department of Biokinetics, Sport and Leisure Sciences, University of Pretoria*

Globally, the past decade has seen an explosion of activities in research and practice regarding collaboration and collaborative initiatives between sport scientists, coaches, athletes, and family members to answer a variety of performance-based questions in sport. Collaboration through the work of multidisciplinary Performance Enhancement Teams (PETs) comprised of sport scientists, coaches, athletes and family members can elevate the process of performance excellence to what is needed for additional South African sporting success internationally.

The collaborative process provides a forum for PETs to share ideas and expertise to develop answers to questions and strategies which are on the cutting edge of design, construction, and management innovations so that athlete and team performance can excel.

Coaching and athlete research are essential components for athlete, coach and team development. South African athletes need coaches who can apply theoretical models and important findings of research to the practical reality of day-to-day coaching. Through the development of a formal research programme and the creation of stronger links between university-based researchers and hpc programmes and services, sporting excellence can be developed more effectively and efficiently.

Research studies are intended to advance the coaching knowledge of South Africa's coaches and national sport organization technical experts. The studies will also inform the broader coaching and sport communities of coaching issues and solutions, promote coaching as a field of research, and stimulate interactions between field-based professionals and academics.

When coaches, athletes and/or teams are approached to form collaborative teams, the following steps should be taken to ensure success:

Step 1



- a. Should we participate in a collaborative initiative?
- b. What costs and benefits are involved in this decision?
- c. How well prepared are we to be a quality partner in a collaborative effort, e.g., can we allocate the time and other resources necessary for us to fully participate?

Step 2



- a. What motivates us to be involved in this collaborative?
- b. What do we most want to accomplish through our involvement?

Step 3



- a. Who is presently involved in this collaborative effort?
- b. Are those who will be most affected by our collaborative effort involved at this time?
- c. Who else should be involved?
- d. How will we involve them?
- e. How could community and sport community organizing become a central method of ensuring the participation of those traditionally excluded from decision making?

Step 4



- a. What expectations should we have for each other?
- b. What are some basic ground rules we have, or want to have, for participating partners?

Step 5



What is the mission statement of the collaborative? A mission statement can be defined as a simple, clear statement of purpose that is also a call to action.

Step 6



- a. What are the goals and objectives of the collaborative?

Prepare goals related to the mission statement and objectives related to the goals. A goal can be defined as a long-term activity to implement a mission statement and as a measure of progress on achieving a mission statement. An objective can be defined as a short-term activity to implement a goal and as a measure of progress on achieving a goal.

20 steps

Step 7



- a. Who will get the work done?
- b. How can we link specific individuals and groups to the specific objectives we have identified to ensure that the objectives will be carried out in a timely manner?

Step 8



- a. What do we know about other collaboratives that have worked on a similar mission and goals?
- b. What are some key lessons our collaborative can learn from these previous efforts?

Step 9



What can each partner contribute to the effort? This inventory can include a wide variety of financial and non-financial contributions. For example, a partner who brings credibility with and access to community groups adds something as valuable as any financial contribution.

Step 10



- a. How do the collaborative identify and encourage new members to participate?
- b. How well are new members informed about the roles, responsibilities, and rewards of participation?
- c. How well do new members reflect diversity of communities that the collaborative effort serves?

Step 11



What are some incentives and rewards that can be used to recognize and sustain partners' contributions to the collaborative and changes they make in their own groups' policies and practices that are consistent with the collaborative's vision, mission and goals?



Step 12



- How is the collaborative governed? Who makes decisions and what legitimate authority do they have to make them?
- How will governing responsibilities be rotated over time?
- How will governance reflect and respect the collaborative's diversity?

Step 13



- How effective is our leadership?
- Who is providing leadership for the collaborative?
- What might be done to improve it or better support it?
- How is new leadership identified and rotated into key positions if the project is lengthy?
- What expectations do we have for the collaborative's leadership?

Step 14



- How is the collaborative administered and managed?
- Are the arrangements adequate?
- If not, what could we do to improve the administration and management of the collaborative?

Step 15



- How is staff provided for the collaborative?
- How is the staff accountable to the collaborative?
- If staff is being donated by a partner or partners, what, if any, challenges does the arrangement present?

Step 16



- What barriers or conflicts make progress difficult?
- How can such barriers and conflicts be resolved or overcome?

Step 17



- How does the collaborative offer training for its members in areas such as group process, conflict resolution, and cultural diversity and inclusiveness?
- How can this training be most helpful in addressing and resolving important issues?

Step 18



- How will people find out about our activities?
- How will we publicize the activities and provide effective community education and information about the work of the collaborative?
- How well can we inform and engage people, organizations, and communities that represent diverse cultural and ethnic interests?
- Do we communicate well and regularly with grassroots groups and organizations?

Step 19



- How much money do we need and how will we secure it in a timely manner?
- What kinds of funding sources will be necessary if we are to be successful?
- Is there a written financial plan and a clear strategy with identified responsibilities for implementing it?

Step 20



- How will we monitor progress and evaluate the overall success of our collaborative?
- How can we monitor and evaluate both the results and the processes of the collaborative?
- How can our evaluations be used to make changes in the collaborative's process based on the findings of such evaluations and research?

Excellence in sport science is no longer a one-dimensional effort. It requires multidimensional and multifaceted input guided by a systematic and collaborative process. Performance Enhancement Teams (PETs) seem to be a very viable option to enhance performance in South African contemporary sport. By utilizing the 20 steps presented in this article, those who wish to pursue a collaborative process will find the way to performance success much easier 🏆



Institute for Sports Research
University of Pretoria

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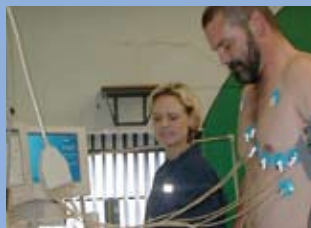
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- Highperformance Sport
- Physical Testing
 - Team Testing
 - Medical
 - Strength & Conditioning
 - Gymnasium



- Preventative Management
- Management Testing
 - Health Testing
 - Medical Aid Testing
 - Body Transformation



- Rehabilitative Management
- Heart Clinic
 - Orthopaedic Clinic
 - Diabetes Clinic
 - Arthritis Clinic
 - Hydrotherapy

NUTRITION CONSIDERATIONS FOR endurance training

Text: Nicki de Villiers, Dietician, hpc

Distance running is predominantly an aerobic activity, with elite runners running from under 30 minutes (10 km) to just over two hours (marathon). Recreational runners can take up to twice as long to complete the same distance, and sometimes even longer. Races above 30 km will probably challenge the usual carbohydrate storage capacity of most runners, and steps will need to be taken to increase or supplement glycogen stores. Ultra distance races call for the aggressive intake of additional fuels during the event.

Preparing for a competitive event usually involves a heavy training schedule that will demand a great physical output. To invest in good nutrition to support a proper training programme will pay off with results like quicker recovery between training sessions, resistance against injuries, more endurance during your training and ultimately a great performance on the BIG DAY. Food intake should be planned to:

- Provide adequate total energy (kilojoules)
- Balance carbohydrate intake with daily exercise loads
- Include a wide variety of nutrient-rich foods, including protein-containing foods

Nutritional training considerations

• Recovery and carbohydrate

Daily and twice daily training sessions call for optimal recovery. Timing carbohydrate intake will add to optimal recovery. Daily intake of carbohydrate should be sufficient to lay a solid foundation. The timing of carbohydrate is crucial for recovery after long, hard training sessions or races. Not only are muscles depleted of carbohydrate, but running also causes some damage to muscle fibres, which will delay glycogen recovery. Carbohydrate intake immediately after the session or the race will let the muscles take advantage or their most rapid recovery time.

• Low body-fat levels

Some runners need additional help to reduce body-fat levels. The first step to reduce body-fat levels is to set a realistic target and reaching the target with a healthy diet and a sensible workload.

• Females, fat and food disorders

For some runners, particularly females, setting and achieving a desirable body-fat level poses a problem. Many runners restrict energy intake to achieve low body-fat levels. Some runners

complicate the situation even further by adding weird diets, excessive training and eating behaviour problems to their weight-loss techniques. The penalty associated with chasing unrealistic goals is often a body that is starved or overloaded which will result in recurrent bouts of injury, illness and fatigue.

• Amenorrhoea, low bone density and stress fractures

Female runners are more likely to suffer interruptions to their menstrual cycles than other athletes. Low oestrogen levels in amenorrhoeic athletes can lead to loss of bone density and bone strength and may increase the risk of stress fractures. The picture is complicated with many contributing factors. A medical practitioner should be consulted if this problem arises.

• Calcium

Calcium is the most abundant mineral in the body and is found in food, particularly in dairy products, milk, cheese, yoghurt and ice cream. Other good sources are fish with small bones such as sardines and canned salmon, dark-green leafy vegetables, tofu, legumes and nuts. Some nutrients in food favour calcium absorption, namely vitamin D, lactose and adequate amounts of protein. Nutrients that work against the uptake of calcium are dietary fat, phosphorus, fibre, phytates in grains and oxalates in green leafy vegetables. Excessive intake of coffee and alcohol increase calcium losses from bone.

Calcium deficiency may develop from inadequate dietary intake or an increased secretion. A deficiency will present as bone diseases. Osteoporosis (thinning and weakening of the bones related to loss of calcium stores) occurs primarily in older individuals, but due to disturbed calcium metabolism, young female athletes, endurance athletes and those involved in weight-controlled sports can all be in a risk group for development of osteoporosis. With the possible exception of the amenorrhoeic athlete, calcium supplements appear to be unwarranted for the physically active individual. A balanced diet with dairy products and other high calcium foods will help maintain an adequate body supply.

• Iron deficiency

Distance runners, particularly females, are at a high risk of low iron status with symptoms of



tiredness. Iron is lost through gastrointestinal bleeding, sweat and red blood cell damage. Dietary iron is found in two forms, namely haem iron and non-haem iron. Haeme iron is found only in animal foods, for example red meat, liver, pilchards in tomato sauce, oysters and mussels. Non-haem iron is found in both animal and plant foods, for example eggs, fortified breakfast cereals, spinach, soya and dried apricots. Haem iron has greater bioavailability with a 10 – 30 % absorption compared to 2 – 10 % from non-haem sources. Iron absorption can be influenced by different factors:

- Meat, fish or poultry added to plant sources enhance the uptake of haem and non-haem iron. It therefore makes sense to include a protein source with your vegetables.
- Vitamin C also enhances the uptake of non-haem iron. Drink a glass of orange juice with your breakfast cereal.
- Substances found naturally in some foods, such as tannins, phosphates, phytates, oxalates and excessive fibre may decrease the bioavailability of non-haem iron.
- Calcium may impair the absorption of non-haem iron.

Iron is critical to oxygen use in humans, and it is therefore essential that those individuals engaged in aerobic endurance-type exercises ensure adequate dietary intake. It may be necessary to monitor the diet and iron status of athletes, particularly if performance begins to suffer without any obvious explanation.

- Gastrointestinal problems

Many runners report gastrointestinal problems (stomach cramps, diarrhoea, wind and heartburn) during hard runs. These problems seem to be related to the intensity of the running, the stress of competition and dehydration. Athletes complaining of gastrointestinal problems should experiment with the type and timing of food that is consumed before running. Often it is advised to eat pre-race and pre-training meals well in advance. Liquid meal supplements make a good low-bulk, pre-exercise meal.

- Alternative dietary lifestyles

Committed runners often decide to make some dietary changes and some runners embark on a special dietary programme, e.g. vegetarian diets and extremely high carbohydrate diets. Through these changes many runners make the mistake of concentrating on what should be given up rather on preserving nutritional variety, moderation and flexibility.

- Race preparation

An important dietary preparation is to store sufficient muscle fuel to serve as a fuel source throughout the event. Adequate muscle glycogen levels can be achieved with a high carbohydrate diet (daily intake of 8 - 10 grams of carbohydrate per kilogram of body weight) and 24 to 36 hours of exercise taper. Runners who like to race with a light stomach can modify the fibre and bulk in their diets over the 12 - 24 hours before the event to reduce their gastrointestinal contents. Storage of glycogen is accompanied by storage of 2.7 ml of water per gram of glycogen. This leads to both weight gain and muscle tightness. Weight gain is indicative that the carbohydrate loading has been effective, since

rapid weight gains from one day to another are usually due to changes in body water content. This can although propose a handicap for athletes for whom excess weight is a problem.

- Pre-event meal

The pre-event meal should never be sacrificed. It is the last opportunity to top-up glycogens stores, particularly liver stores, and fluid levels. Depending on an effective carbohydrate loading regime, a light snack and a drink might even be enough. Liquid meal supplementation provides a compact and quickly digestible alternative to solid food in situations where time is scarce or pre-race nerves are a problem.

- Race fluids and fuel

For shorter running events the internal fuel substrates namely glycogen should be adequate to provide the essential fuel during the race and race nutrition should be primarily concerned with the prevention of severe dehydration. Runners need to know sweat losses and fluids need to be replaced according to the sweat losses. Depending on the environmental temperature, races of less than 10 - 15km in cool conditions will not necessarily call for fluid replacement. As the distance increases or the temperature rises, fluid intake should be reconsidered. When running for more than one hour, aim for a comfortable fluid intake, perhaps 500 - 600 ml spread over the race. Water is the most likely drink to be consumed, but the intake of carbohydrate may provide an extra performance boost. For the marathon and longer events, taking carbohydrate during the run will enhance performance. An intake of about 50 grams of carbohydrate per hour is a rough guide for events that go beyond the capacity of muscle glycogen stores. The maximum comfortable fluid intake is approximately 500 - 700 ml per hour. With a sports drink of 7 - 8 percent carbohydrate concentration, and an intake of 200 - 250 ml at each five kilometres aid station, fluid and carbohydrate needs are generally taken care of.

- Travelling to races

Most athletes undertake their most important races away from the safety of home. It can be challenging to achieve special race nutrition strategies before and during races when travelling. The golden rule is to be prepared and organise ahead.


The runner should know that good nutrition for exercise implies more than just eating a big plate of pasta the night before your marathon. Nutrition principles should be applied throughout training periods to maximize training performance. The runner should eat well to train well to perform better 🏃

Reference:

Burke, L. 2007. Practical Sports Nutrition. Human Kinetics.

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Comrades: April is big mileage month

Text: Lindsey Parry, hpc

With the increase in training load your family will feel a little neglected on the weekend!! Everyone is talking about the big day and at the club everyone will be interested in how the training is going. Use the excitement to keep you motivated! April is your biggest month in terms of mileage and you will likely feel a little tired. Monitor yourself carefully and make sure you are eating and sleeping well. If you really struggle to get up or your motivation seriously takes a dive you may be overtraining.

It is important not to change anything, keep your routine as regular as possible, with regard to training especially. As you feel fitter, don't stray from your walking routine on long runs; remember this will be part of your race strategy on the 15th June.

The weather will start to change; you will be running when it is darker and cooler so take precautions. Wear warmer clothing to prevent chest colds and very importantly wear reflective gear. Make sure cars can see you so that you avoid nasty scares and accidents 🌈



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

Drinking too much

in the long run

Participants in endurance sports like ultra marathon running have long been warned about the potential dangers of 'dehydration' during events. Common recommendations in the past have included frequent drinking of set amounts of fluid during the event in an effort to counteract the fluid lost through sweating and prevent the excessive body heat gain supposedly associated with becoming dehydrated. However in recent years, evidence has been presented which suggests that excessive drinking during prolonged endurance events is linked to serious medical complications and even death during such events in some individuals. The condition is called exercise-associated hyponatremia (EAH), the occurrence of excessively low blood sodium concentrations in individuals engaged in prolonged physical activity. Since EAH appears to be a growing problem with potentially fatal consequences, dissemination of information on the topic is an important step in curbing the prevalence of what appears to be a preventable condition. At the forefront of the research and recommendations related to EAH is Prof Timothy Noakes and his colleagues at the UCT/MRC Research Unit for Exercise Science and Sports Medicine, Sport Science Institute of South Africa at the University of Cape Town. In 2005 their unit hosted a panel discussion of a dozen exercise and medical scientists from around the world in order to better organize the current understanding of EAH. The consensus statement developed from this conference ¹ serves as the reference for this brief summary.

As mentioned, EAH is defined as blood sodium concentration below the normal range during or after prolonged exercise. Factors which are more often

associated with the occurrence of EAH include low body mass, female gender, prolonged exercise (especially 4 hours or more), slow exercise pace, excessive drinking, impaired kidney function, and extreme hot or cold conditions. Since nerve cells of the brain are especially sensitive to the results of altered sodium concentrations, it is not surprising that signs and symptoms of EAH include neurological disturbances. While early indications may be bloating, swelling, nausea, vomiting and headache, as the severity of EAH increases, confusion, disorientation, seizures, difficulty breathing, loss of sensation, coma and death may follow.

Sodium (Na^+) is a key ion in our body fluids and its concentration is finely regulated in conjunction with the volume of body water. It is particularly important that concentrations are kept within a fairly narrow range to maintain optimal nerve and muscle cell function, cell volumes and body water content. Hyponatremia could theoretically develop because of excessive sodium loss, excessive water gain, or both. But in the majority of EAH cases the participants had gained weight during the event, suggesting that excessive fluid ingestion results in a dilution of the blood sodium and excessive reduction in its concentration.

With this as background, the risk factors mentioned above and problems with commonly recommended drinking regimens make a lot more sense. Standardized drinking volumes and frequencies do not make allowances for individual differences in fluid absorption and loss, work rate during exercise, or total body size and water volume. Two points in particular warrant closer attention. First, fluid loss occurs



continually during exercise through respiratory, gastrointestinal, renal and sweat mechanisms. But when the rate of fluid consumption exceeds the rate of loss by these mechanisms, the risk of EAH increases. Slower participants spend more time in the event, perform at a slower pace, and are more likely to drink more fluid than they lose. Second, even drinking electrolyte-containing 'sports drinks' rather than water does not seem to prevent EAH if fluid intake is excessive. These drinks are all hypotonic, meaning they have a lower sodium concentration than the normal range in the blood, and may therefore worsen the dilutional hyponatremia. In summary, it should be clear that many of the recommended drinking guidelines may actually put participants at risk during endurance events.

In addition, the inappropriate secretion of a hormone called vasopressin, or anti-diuretic hormone (ADH), may contribute to the problem in susceptible individuals. The levels of this hormone should be reduced during hyponatremia or excessive drinking to encourage fluid loss from the kidneys. However, ADH levels may for some reason not be maximally suppressed in EAH patients, compounding the fluid retention problem.

The major problem in the development of EAH is therefore that the fluid lost through sweat and urine is lower than the volume of fluid ingested. Since the rate of sweating and urine formation can vary dramatically between individuals, standard drinking rules for everyone cannot be accepted. The most appropriate guideline would be to avoid excessive fluid intake, especially if you are at increased risk according to the factors described above. If you could accurately estimate your sweat rate you could ensure that you only drink fluid at a rate less than this during exercise. But even more simply, if you only drink to your thirst, then you are unlikely to drink excessively 🌈

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Periodisation: **Part 2**

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

As discussed in the previous edition of *The Medalist*, we established that planning is a critical element in the overall success and performance of athletes, either developmental or elite. At a recent Fitness convention held, Springbok World Cup winning coach, Jake White, said that the number one key to their success at the international stage and particularly the World cup, was Planning. 'We had Planned' said White as failing to plan, means you plan to fail!

Periodisation and planning forms the intergral part of the success of any athlete and cannot be neglected. Within this article we will investigate various phases of a periodisation plan, along with the various models recognised internationally.

Training Phases

Each training phase is critical in the overall development of the athlete over the training year and over that athletes long term development. It must be emphasised that during each phase of training specific, measurable outcomes need to be set up and identified during the planning stages. These outcomes can be used to determine starting points of the athlete, prior to entering the phase of training, and also whether the training planned and executed met the goals of that phase and contributed positively to the overall success of the overall periodisation.

To complement the overall development of an athlete all attributes, either physiologically, mechanically or technically must be trained and stimulated to allow for their development. This for example includes all aspects and elements of a comprehensive strength and conditioning system, namely Anatomical adaptation, Core stability, Proprioception, Flexibility, Maximum strength, Power, Power Endurance, Muscle Endurance, Aerobic Recovery, Aerobic Stamina / Endurance, Lactate tolerance, VO2 max, Anaerobic capacity and Maximum Speed.

It must be emphasised though that each phase of the training periodisation comes with specific contributions from the various types of training modalities, according

to the overall periodisation and outcomes set out. Each phase of the periodisation plan can and should not solely focus on one outcome (physiologically, mechanically and technically) but should still incorporate various percentages of contribution across all physiological, mechanical and technical attributes. What is however evident during the various phases is the percentage contribution of each area within a specific phase. Yes, specific outcome for that phase should be set (for example Anatomical Adaptation for strength and Aerobic Endurance for Conditioning) but the various other systems should still be stimulated regularly to aid in the overall development of the athlete.

In broad terms the training periodisation is divided into three main phases namely a Preparatory phase, a Competition Phase and a Transition phase. These phases have distinct focus within the overall training year and athlete development. Within the Preparatory phase specific work is performed to develop the overall base for an athlete, ensuring all the necessary foundations are set in place to allow for specific work to be done within the Competition period, where an individual athlete is then prepared specifically for the demands associated with during the actual competition. Here race simulations and game simulations are practised to prepare the athlete both physically and mentally for the actual event. The Transition phase

“ To complement the overall development of an athlete all attributes, either physiologically, mechanically or technically must be trained and stimulated to allow for their development. ”

is a critical element often neglected and allows for a period of moving from one major focus, coming off a competition period into another either Preparatory or Competition phase, depending on the sport and where they are within the overall season. During the transition phase, we are also often able to provide our athletes with a change of stimulus and often focus to aid in taking away the constant focus and often associated boredom.

Within these general phases of the training periodisation plan sub phases are usually identified. These include Macro cycles (usually comprising of a number of weeks with a specific focus to aid within the Preparatory or Competition phase), Meso cycles (usually comprising of a number of days or weeks that form part of the larger Macro cycle) and finally the Micro cycle (which could include loading on a specific day or combination of a few days, making up the Meso Cycle).

Periodisation models

Traditionally around the international sporting world various periodisation models exist. These exist due to the nature of the sport being competed in, the demands of the sport, the time availability and the time required, specific to the sport, for development of the characteristics needed to gain the necessary outcomes.

The two most common found models is the Single and Double Periodisation models. Within some of the extreme sport events a Triple Periodisation model can be seen. Within the Single periodisation model we find that it allows for good time to develop the necessary base of work, allowing for a longer Preparatory phase. This type of model has been successfully used bringing elite athletes into good competition shape. This is usually allows for an extended competition period and can be utilised within sports such as Football, Rugby and Athletics, where a very specific competition period can be identified.

The double Periodisation model has been utilised within a sport such as swimming where two key competition phases are often seen and allows for the athlete to work toward these distinct competitions.



In conclusion, it should be emphasised that the training periodisation for a specific year is dependant on a few criteria, which must be considered when putting your plan together. These include:

- The competition calendar
- The previous training background of an individual or group
- The biological rhythms of the human athlete
- The various training exercises and training loads and their various stages of the stimulus
- Time availability for training
- Level of efficiency of the athlete or squad

Within the next issue of 'The Medalist' I will provide you with practical questions you can ask, tips and ideas on how to go about setting up your periodisation model. We will also look into the traditional loading patterns used to achieve the necessary stimulus. Happy planning 🏆

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chronic running injuries

Text: Carien Ferreira, BSc. Physio (US) and Anelize Usher, BSc. Physio (UFS)

Runners often wind up with injuries without any obvious traumatic event to cause an injury. Most of these are the result of a wide variety of factors that over time lead to chronic problems. These chronic injuries may be caused by repetitive use, stress and trauma to the soft tissues of the body (muscles, tendons, bones and joints) without allowing enough rest and recovery. They begin as a small, nagging ache or pain, and can grow into a debilitating injury if they aren't treated early and correctly. Although running is undoubtedly one of the best ways to keep fit, as a 'high impact' activity, ironically it can lead to all manner of injuries.

Listed below are some of the injuries found in runners:

Iliotibial Band Syndrome (ITBS)

The iliotibial band is a thick, fibrous band that spans from the hip to the shin; it lends stability to the knee joint, and is attached to muscles of the thigh. ITBS is caused when the band becomes inflamed and tender.

Patellofemoral Syndrome

Also called "Runner's Knee", problems associated with the patella, or kneecap, are common in runners.

Shin Splints

Shin splints, like runner's knee, is a term that describes a set of symptoms, not an actual diagnosis. Shin splint pain can be due to problems with the muscles, bone, or the attachment of the muscle to the bone.

Achilles Tendonitis

Achilles tendonitis is a painful condition of the tendon in the back of the ankle. Left untreated, Achilles tendonitis can lead to an increased risk of Achilles tendon rupture.

Plantar Fasciitis

Plantar fasciitis is a syndrome of heel pain due to inflammation of the thick ligament of the base of the foot. A tight, inflamed plantar fascia can cause pain when walking or running, and lead to the formation of a heel spur.

PREDISPOSING FACTORS

Overuse injuries have been linked with abnormal lower limb biomechanics. There are three main biomechanical abnormalities affecting the lower limb contributing to chronic injuries:

1. Excessive pronation (rolling in on the mid foot)

This is when, either the ankle pronates (turns in) excessively, or when the foot fails to return to the 'supinated' (turned up) position between strikes. Impact whilst the foot is in this 'weakened' position will place extra stress on ligaments and muscles of the lower leg. This can cause an abnormal flattening of the medial longitudinal arch of the foot leading to increased strain on the plantar fascia. Adaptive shortening of the iliotibial band will cause an 'overuse' of the dorsiflexors of the ankle (gastroc., soleus, tibialis posterior) thereby leading to an increased risk of tendinitis. Since the foot is 'unstable' the risk of stress fractures due to uneven distribution is increased.

2. Excessive supination (running with feet pointing together)

This could be due to weak peroneals / tibialis anterior or tight calves leading to an inability to 'pick' the toes up between strides. This condition affects many runners when they tire toward the end of a run. Since a supinated foot is rigid, it possesses very poor shock absorption, inevitably leading to a risk of stress fractures.

3. Abnormal pelvic mechanics

A certain amount of pelvic movement is essential in running, however poor control of the stabilising muscles can lead to excessive movement in any of the three anatomical planes (i.e.: sagittal, frontal, transverse).

- **Excessive anterior tilt**

If abdominals are weak and or/ hip extensors are short / weak, active hip extension will place a strain on the lower back due to the inability to disassociate hip extension from pelvic movement (increased lumbar lordosis). This means that external hip rotators (e.g.: piriformis) work harder to help compensate and they too become tight.

- **Excessive lateral tilt**

Weak or tight hip abductors / adductors (muscles in the buttock & inside of thigh respectively) result in poor control of the leg whilst it is suspended i.e.: in the part of the stride whilst it leaves the ground. Strain is thereby placed on the lateral leg and knee structures.

- **Asymmetric pelvic movement**

Both the above conditions can be bilateral or unilateral. Previous injury, tight / short muscles, weak muscles,

Why do they occur and why don't they go away?

structural deformities (e.g.: leg length discrepancy) may all be causes in asymmetrical pelvis movement. Running will invariably highlight any such problems and so anyone newly taking it up should be closely monitoring during their early stages.

Biomechanical abnormalities are caused by:

- poor rehabilitation following injury
- poor technique
- muscle imbalances

Static abnormalities

In addition to the above functional abnormalities there are also some static abnormalities which, though genetic and thereby cannot be altered, still merit some consideration:

1. Genu varum or 'bow legs'

Excessive pronation is required to allow the medial aspect of the foot to contact the ground.

2. Genu valgum or 'knock knees'

Will place extra strain on all medial lower limb structures in much the same manner as excessive supination.

3. Leg length differences

Often overlooked, since leg length effects both structure and function, any discrepancy can be the cause of all the problems already discussed. Although static abnormalities can't be altered, they can be helped by properly fitted orthotics. A physiotherapist will be able to advise you whether a visit to a good podiatrist is necessary.

WHY DO THESE INJURIES BECOME CHRONIC??

Although direct treatment of the injury is, of course, paramount, establishing the 'cause' is vital if re-occurrence or 'chronic' conditions are to be avoided. On many occasions the 'cause' is less obvious. Common sense should be sufficient to minimise the risk of injury when beginning any sport, but what of those, sometimes quite 'elite' type athletes who seem to always suffer from one type of injury or another? 'Overtraining' is a common reason, since no matter how 'fit' you are, if your body is constantly 'run down' and worn out, it follows that it is much more susceptible to injury. However, if despite 'starting gradually', 'training sensibly', 'using correct training shoes' and religiously 'warming up, cooling down and stretching', you still seem to suffer with more than your fair share of niggles and pains, there could be another source of your problem i.e.: faulty biomechanics. As faulty biomechanics can both compromise the efficiency of movement and be the cause of many sporting injuries, they should always be considered when trying to establish a cause.

TREATMENT

Injuries that are inflammatory of nature should be treated with NSAID's, relative rest and ice in the early stages. Once the inflammatory soreness has been resolved a physiotherapist will assess posture, lower limb alignment and biomechanics in order to give specific stretching and strengthening exercises to treat the underlying cause and to find any areas of the body that are not working at optimum efficiency.

Make sure that you gradually increase your training load – there should be no sudden increases in workload as this can overload the tissues.

Any beginner would be well advised to start very gradually, allowing physiological (heart, lungs etc.) and physical (muscles, joints etc.) to become progressively used to the additional demands placed upon them. The same advice should still be true for those 'born again' runners.

- Specific tailored stretching and strengthening programmes will even out any muscle imbalances.
- Correction of abnormal body mechanics and altering technique
- Correct strapping will off-load predisposed muscles
- Proper warm up and cool down regimes during training season

Exercise does not take time out of your life, but puts life back into your time. Happy running! 🏃

Training Tips

Functional Power lifts

“the next step in your training armour”

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

Functional power lifting is another form of training stimulus, and provides us, especially elite level athletes, with a means of improving our functional whole kinetic chain movements.

Making use of Olympic lifting power exercises incorporates whole body movement, stimulating muscle contraction in almost all muscles within the body. It is a great training tool in improving our functional movement capacity and power outputs required by our bodies, especially during sporting activities. Typical lifts that get included in this category is the Hang Clean, Power Clean, Power Snatch, Push Press (or Jerk) and the Clean and Jerk.

A few principles need to be considered prior to performing the Olympic lifts. These include:

1 In your previous training phase certain preparatory lifts needs to be mastered to allow for optimal adaptation to the Olympic lifts, through breaking the lifts into their component parts. The preparatory lifts that need to be mastered include the Front Squat, Deadlift and High Pull.

2 Proper warm up, especially of the shoulder joint and lower back, need to be performed prior to the Olympic and preparatory lifts.

3 A good flexibility routine needs to be followed as having shortened muscles will limit your ability to generate power, have control over the movements required and perform the lifts appropriately.

4 When performing the preparatory lifts the emphasis is placed on control, correct execution and to develop the necessary strength within the musculature associated with the lifts.

5 When performing the Olympic lifts it needs to be remembered that it is about correct execution of the exercise through generating the appropriate powers at the right moment. This can be achieved through the triple extension principle, namely extension in the ankle, knee and hip joints during making use of the power generating zones of the body.

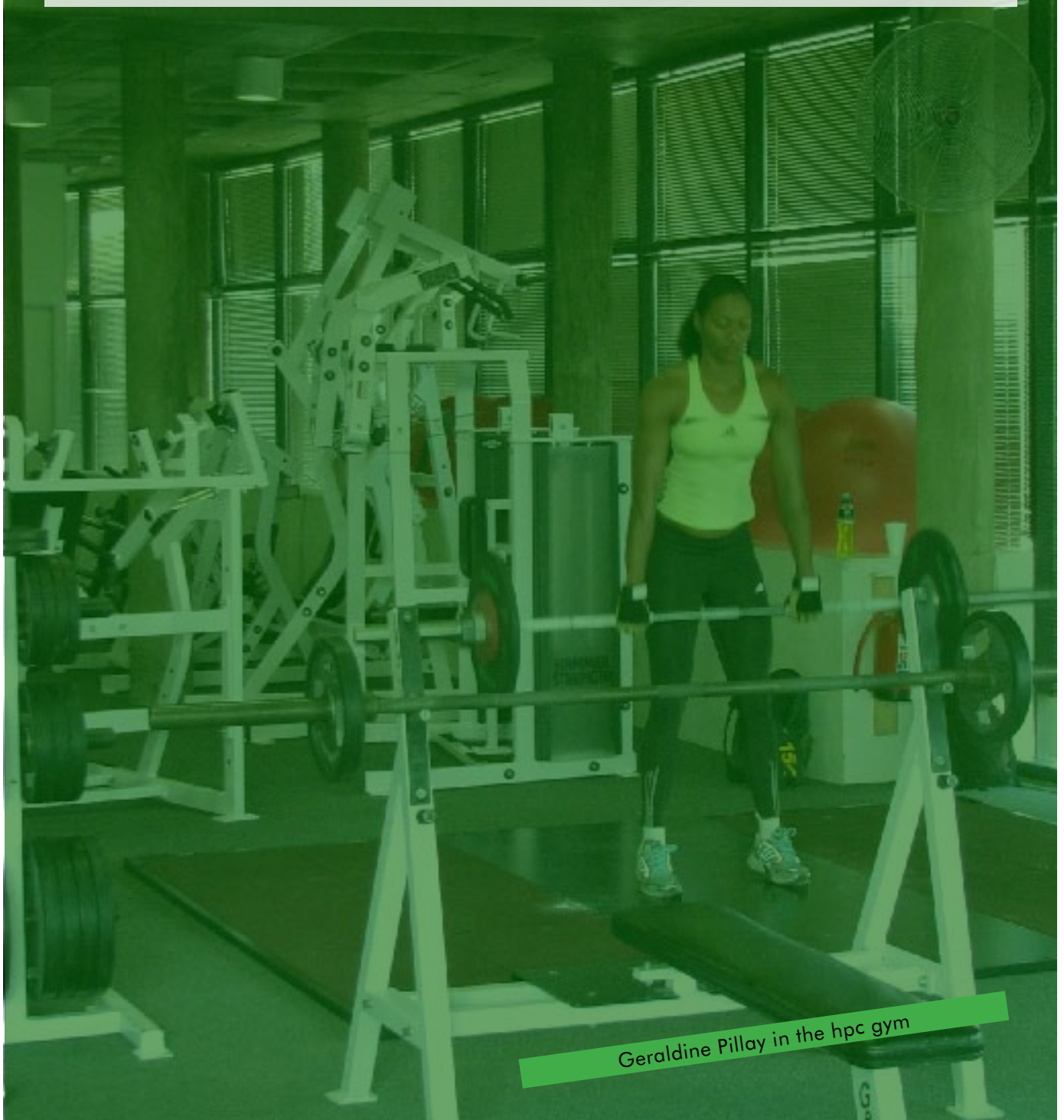
6 Another aspect that needs to be considered in the Olympic lifts is that it is about power generation and by using a too heavy weight (namely a weight that allows quick powerful and speedy movement) for the allocated reps and sets.

References:

- 1/ Baechle & Earle (2000) **Essentials of Strength & Conditioning**. Human Kinetics
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As for the reps and sets to be performed the following table summarizes the possible options.

	Reps	Sets	Rest Interval between sets	Training Load (% of 1RM)	Number of Sessions per week (Proposed)	Rest between Session (Proposed)
Single Power Event	1-3	3-5	3-5 min	90-100%	2-3	48 hours
Multiple Power Event	3-6	3-5	3-5 min	80-85%	2-3	36-48 hours
Strength	6-8	3-5	2-3 min	75-85%	3-4	24-48 hours



Geraldine Pillay in the hpc gym



THE ENFORCEABILITY OF SPORTS CONTRACTS

Text: Prof Rian Cloete, Director: Sports Law Centre, hpc

INTRODUCTION

When a player or coach signs a fixed term contract to play for a particular club in return for the payment of a certain amount of money, the question is whether he should be allowed to join another club midway through his contract. This usually amounts to breach of contract in the form of repudiation. The club may then institute a claim for specific performance and compel the player or coach to comply with the terms of the contract. However, in the past our courts have frowned upon an order for specific performance as it will amount to a continuation of a close, personal relationship between the parties and if a player would be compelled to play for a certain team, he would probably lose much of his interest and provide a lacklustre service.

CASE LAW

This matter was raised in ***Santos Professional Football Club (Pty) Ltd v Igesund 2002 5 SA 697 (C)***. Santos soccer club concluded a contract in terms of which Igesund, former head coach of the national soccer team, agreed to be the head coach of Santos until the end of the 2002/2003 soccer season. The contract expressly conferred on Santos the right to claim specific performance if Igesund committed any breach of the contract. Igesund performed his duties as head coach with considerable success during the first season. However, before the start of the second season, Igesund cited personal and financial reasons as he repudiated his contract with Santos and accepted an appointment as manager of Ajax soccer club. Santos applied to court for an order preventing him from doing so. The application was turned down, since the performance of

the service to be rendered by Igesund was dependent on his personal ability, efficiency and skill and that a coach, performing his function under a court order would do so with diminished enthusiasm.

Santos appealed to the Full Bench [***Santos Professional Football Club (Pty) Ltd v Igesund 2003 5 SA 73 (C)***]. In its judgment, the Full Bench used, as a point of departure, the well established principle that the election as to whether to enforce a contract by specific performance, or accept its repudiation and claim damages, is the election of the plaintiff and not the defendant.

It was held that the only party who will be prejudiced if Igesund does not perform properly is Santos. Santos has chosen to take that risk by bringing the application, seeking to hold Igesund to his contract. The judgment of the Full Bench accords with modern day commercial reality in the professional sports world and rebuts a number of arguments raised against the granting of specific performance which have no place in professional sport contracts. The contention that to grant such an order of specific performance would amount to some sort of forced labour is patently not true. The player or coach voluntarily concluded the contract in question in the first place and frequently receives a large sum of money for doing so. He cannot contend that being compelled to fulfil the contractual obligations, which he freely accepted, amounts to forced labour, any more than a party to any other type of contract can.

In ***Roberts & Another v Martin 2005 4 SA 163 (C)*** the Cape High Court reaffirmed the court's willingness to order specific performance of contracts in the realm of professional sport. Roberts, a promising teenage

tennis player, had met up with Martin, who began to take an interest in her tennis career. This culminated in him instructing his attorneys to draw up an agreement setting out the terms on which he was prepared to assist her in furthering her career. The agreement presented to her provided that Martin would sponsor her for a 13 year period, paying various expenses but would, in return, receive 75% of her tennis earnings. Martin would also act as agent in negotiating commercial deals and, in conjunction with her coach, deciding what fixtures she would participate in. For both contracting parties, it was therefore a risk/reward venture. In the short term, Martin would have to foot the bill but, if his charge made it in the professional tennis world, he would reap a generous dividend. Roberts, on the other hand, would have the funding required to establish herself in the professional tennis world, but would have to part with a large slice of her income if she was successful in her chosen sport.

Unfortunately, an injury impeded Roberts' progress, and Martin stopped paying. In this matter it was

argued on behalf of Martin that the court should exercise its discretion and refuse to order specific performance thereof. The court, however, reinforced the trend established in the Santos matter, and granted an order for specific performance.

CONCLUSION

The argument that a player or coach will be recalcitrant if he is compelled to comply with a contract, is definitely not the case in my opinion. In the world of professional sport, the future career and success of a player or coach is dependent upon his or her ability to perform consistently at peak levels. Once the player or coach realises that he would have to see out his contract, it will seldom happen that he will deliberately sabotage his own career and future earning potential by consistently delivering sub-standard performances. In any event, this is the risk that the employer takes and, if he is willing to do so, he should not be prevented from seeking the specific performance to which he is entitled in law 🌈

The mission of the Sports Law and Management Centre is to provide a centre of excellence by providing high quality services, research and products to the sporting world. The Centre provides advice and assistance across the full spectrum of sports law and management.

Legal services:

- negotiating and drafting of contracts;
- dispute resolution;
- sponsorship and endorsement agreements;
- protection of intellectual property rights;
- drafting and amending constitutions and internal rules;
- representation in any dispute/disciplinary proceedings;
- doping;
- risk management, compliance, waivers and disclaimers;
- good corporate governance;
- employment issues.

Management services:

- Budgets for your federation/club
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- Monitoring performance
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- Managing operations
- Finance for non-financial managers
- Strategic, medium- and short-term plans
- Lifestyle coaching

We can provide in-house training or workshops on any of the above fields for your members or staff.



University of Pretoria

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We asked five newcomers to the TuksSport School about the joys, fears and experiences that come with leaving their homes behind and becoming part of the hpc family.

Text: Rick de Villiers Image: Susan du Toit

On a Friday afternoon at lunchtime, five students find themselves in front of the principal's desk – a precarious position to be in at any school. Luckily for these youngsters, they have been summoned here for reasons other than bad behaviour. In fact, they are here to be questioned about the conduct and character of those around them, and provide some insight into what the TuksSport School is really like.

IN THE HOT SEAT

Grant Hudson (GH): Having left his native Zimbabwe, Grant arrived at the school this year with little more than a mean swing on the golf course and dry sense of humour. He might have a lazy look in his eyes, but don't be fooled – this Grade 9 pupil is as sharp as a tack.

Monique Viljoen (MV): Despite starting her high school career away from home and in foreign province, Monique seems little fazed by her new surroundings. In fact, once she starts talking about her new school, there is little you can do to keep her quiet.

Brahm Dhaen (BD): Originally from Belgium, Brahm has come to the TuksSport School to sink his teeth into tennis circuit of Pretoria.

Jacques Malan (JM): He is tall, lanky and swims a mean breaststroke. As the rigid traditions of his old school recede further into the background, Jacques seems to be relishing the relaxed atmosphere at TuksSport.

Maira Frazer (MF): Maira is also from Zimbabwe. The Grade 11 student is quiet and confident, and when she speaks people seem to listen.

Has the transition from your old school to TuksSport School been an easy one?

GH: Well, I've had to leave my country (Zimbabwe) to come here, so I'm away from all my friends and family. But the people here are very friendly and they've made me feel very welcome.

MV: The transition hasn't been difficult at all. I've already made lots of friends, so I feel quite at home. Sometimes you get

homesick, but overall it's been a great experience.

BD: It wasn't really a big step for me, but it was a hard decision for my mom. It took some convincing, but eventually my dad and I got her to give in.

JM: Yes, it's been easy slotting in here because everyone is nice. The only problem is they won't stop teasing me about my Cape accent. (laughs)

What makes this school different from other schools?

GH: The uniforms we wear here are much better. (laughs) At my old school we had to wear longs and blazers. The vibe here is much more relaxed.

MV: We have a very flexible schedule here, which means you get enough time for sport and schoolwork.

BD: I like that we have a six-day timetable because that means you don't have to dread Mondays as the day on which you end with Maths. This way things stay fresh.

MF: TuksSport School is more like a family than a school. Everyone understands one another, because everyone is going through the same thing.

Have your individual performances, in both academics and sport, improved since coming here?

GH: Back in Zimbabwe our classes were often as big as 30 students, so the teachers couldn't really concentrate on individuals. Here, because we have smaller classes, the teachers pay more attention to you. My golf has definitely also been improving because I now have my own coach.

MV: There has been major improvement in my swimming. I've already brought my 50m breaststroke time down by seconds, and my individual medley (200m) time just keeps dropping – I've shaved 15 seconds off my previous personal best.

BD: I've improved a lot and I'm playing a lot more tennis, which is good because I'm being exposed to better competition.

JM: My training has doubled since I've come to TuksSport School. Whether it's learning in school or training at the hpc, everything

is more professional here. Even though I've only been here a couple of weeks, my times have definitely come down.

What is the best thing about being part of TuksSport School?

- MV:** The school is like a family. Everyone is constantly motivating and encouraging one another.
- BD:** There isn't too much traffic in the hall in between classes. (laughs) The teachers are also great. They are always willing to listen and help you.
- JM:** No matter where I am, the best thing in life is sleeping. (laughs)

MF: I love that the school is set up so you have time to do everything you have to. We have tight schedules, but it all comes together nicely at the end of the day.

Describe the vibe at TuksSport School.

- MV:** Everyone here is so friendly. The school really just is a warm and welcoming place.
- BD:** The vibe here is relaxed. You feel kind of free.
- JM:** Yes, it's like the teacher's treat you more like a real person than a kid. You get to be independent and take responsibility for your own success.
- MF:** I agree with everything the others say. The vibe at TuksSport School is really relaxed while also being very focused 🌈



TuksSport News

The Absa Tuks Stadium benchmarks development of World Class Sports facilities at the University of Pretoria.

TuksSport's centenary celebrations started with the official opening of the Absa Tuks stadium on Saturday the 2nd of February 2008. The celebrations kicked off with a football match between JetAmaTuks and Supersport United, this match was followed by an invitational athletics meet.

When athletics was introduced on camps in 1918, an athletics track suddenly became a priority. The first athletics track was eventually built in the early twenties. When the LC de Villiers sports campus was officially opened on the 1st June 1959 the grass track was introduced as part of the comprehensive sport facilities range. It did not take long before a synthetic track, conducive to high performance, became a necessity. 50 years later, the Absa stadium, purposely built to world class specifications, was opened.

This unique facility consists of;

- A 400m synthetic track
- Specialised throwing and jumping venues
- Synthetic mini-tracks for hurdling and long jump
- A separate 400m grass track for training and pre-competition warm ups
- A football field
- Post training or competition recovery centre
- Physiotherapy centre

It is no surprise that many international Olympic teams / athletes choose to prepare at this venue annually. The cream of South African athletes base themselves at Tuks purely to gain daily access to this superb stadium.



The ultimate goal of both Absa & TuksSport was to provide athletes & coaches a combination of sport specific scientific services as well as world class sports medicine and rehabilitation



TuksSport

Inside News

CHEF'S SURPRISE

It is a well known fact that the hpc possesses a magical magnetism when it comes to attracting the superstars of world sport. Just take a look around Time-Out and you are likely to notice the famous faces and sculpted bodies of those international athletes who monopolise your TV time over weekends. But if you think these to be the only celebrities who grace this centre of excellence, you haven't been paying attention.

For the last couple of months the hpc's kitchen has been the playground of world-famous freelance chef, Walter Grozinger. From Austria to Australia, New York to New Zealand, Walter has been putting his culinary skills to the test of taste for over 25 years. He has travelled the globe, worked in more than 13 countries and cooked for the likes of Jan Ulrich, the German soccer squad and the Swedish Bi-Athlon team.

Now he's right here in Time-Out, cooking up a storm – or at least dishes similarly exotic. According to Walter his South African experience has been thoroughly enjoyable. 'The people here are all so nice and the hpc offers a very warm atmosphere to visitors. I love working in new places because you get to see how things work elsewhere.'

Nationality: German

Favourite dish: Salmon with avocado and lime seed oil sprinkled with fresh herbs, served with sprouts.

Interesting Info: Walter completed the Hawaii Iron Man competition in a time of 9h47.



A MACSTEEL Maestros Athlete Service Centre (ASC) has opened at hpc. This initiative is the result of collaboration between hpc and the Sports Science Institute of South Africa (SSISA). The ASC will assist performance athletes and their coaches utilizing the hpc. The ASC is serviced with computers to access information and increase communication channels; viewing resources to analyse data; a library for increasing knowledge and a relaxing area to network with fellow athletes and coaches.

These centers are commonplace in first world sporting countries and once again, the hpc is committed to keeping up with international "best practices".



Prof. Kruger (UP), Colin Stier of the hpc and Prof. de Klerk (UP) attended the opening of the ASC at the hpc



MACSTEEL Maestros athletes and sponsors



Morné du Plessis and MACSTEEL sponsors



ASC Centre at the hpc

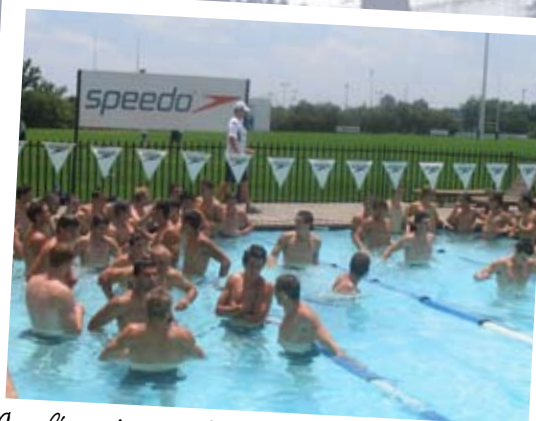


ASA Opening function on the patio

Images: Jaco van der Walt



Carlton Australian Rules football team relaxing on the patio



Carlton Australian Rules football team relaxing in the pool

Inside News

Images: David Mazibuko



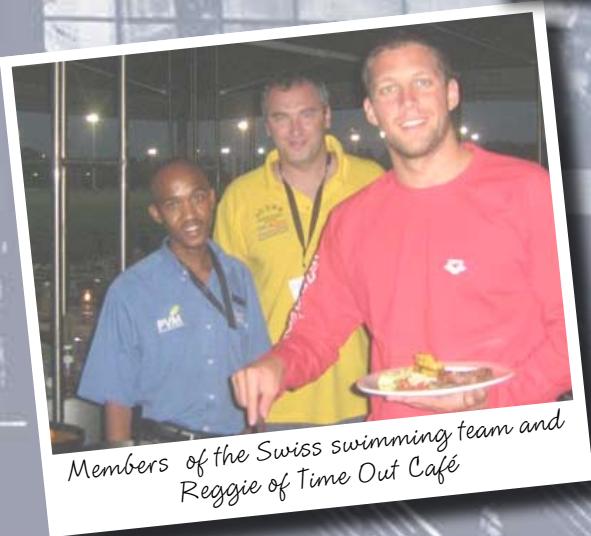
South African hand ball team



Mozambique hand ball team



Lesotho hand ball team



Members of the Swiss swimming team and Reggie of Time Out Café



German hammer throwers on the patio including women world champion Betty Heidler



Members of the Great Britain swimming team



Danish discus throwing coach & athletes



NAP SA Boyer and Job



Italian Synchronised coaches



Italian Synchronised swimmers



Rowing Academy kids



Kristina Wiegand

Inside News



Swedish swimmers



German Hockey Team



Egyptian and Danish discus throwers in hpc pool



Roland Schoeman and David



Former Boks Captain, Francios Pienaar at the Time Out Café



Members of Bafana Bafana



Marc Mundell



Klippies/ Cola Touch Rugby



South African u18 soccer team

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the *thrill* of the chase

Text: Hettie de Villiers



I recently rediscovered the thrill of being chased by a man. It was an experience that proved to be most exciting yet at the same time quite embarrassing. My knees felt like jelly and my heart beat so fast I was sure those around me could not only hear it, but also see it throb. I didn't have to wear my heart on my sleeve, my flushed cheeks and sweaty palms were a dead give-away! I felt breathless and light-headed, but very much alive. After many years of courting inactivity, I rediscovered the exhilaration brought about by a game of squash.

So what if the chase was confined to a room with a sloped ceiling and a glass wall, and the chasing was done by my son? So what if I couldn't reach all the balls that came my way - or more accurately, that didn't come my way? I loved every second of the 40 minutes I managed to survive on the squash court.

Squash is a very popular sport among the alpha and beta males in my family, and watching them play offers much sociological food for thought! But the once-in-a-blue-moon games they play with me are governed by very different rules.

For the first ten or so minutes my son (or husband) – hereafter referred to as **the opponent** – must show the utmost respect and place the balls within my reach. During this time, any inappropriate short ball or unreturnable service shot should be accompanied by an apology and an offer to replay the ball. It is an unwritten rule, however, that this show of respect is not mutual. Should I, for example, play a perfect (fluke) drop shot, a fitting exclamation of appreciation should be uttered by the opponent. And if and when I become suitably mobile on the court, I have the privilege of lobbing and dropping when and wherever I please – regardless of the opponent's position.

But once the warm-up period is over, once I've declared myself ready to play for points, all's fair in love and war. For the next 30 minutes I'm shown no mercy. Or – and this is the next unwritten rule – if I am, it must be very well disguised.

There are few things in life I hate more than being patronised. On a squash court that translates to pity. I don't mind being chased from corner to corner. I don't mind lunging for balls that require my hamstrings to stretch far beyond what nature intended them to do at this age. I don't mind dashing (although that might be a relative term, especially more so in the eyes of the knee-holder) to the front only to see the ball hit that sweet spot right above the red line and die just before I can reach it. I don't mind losing 9 – 0. I don't like it, but I don't mind it.

I **do** mind not giving my all. I want to go for every ball that comes my way. I want to return the balls that come straight down the wall, or chase down those that are lobbed over my head. I want to hit a perfect service shot that clings so tightly to the wall, it leaves no space for my opponent's back swing. I want to hear him mutter and curse under his breath when he can't reach a ball in time. I want to do all that, or die trying.

But most of all, I want to flop down after the game, ice cold drink in the hand, and relive all the shots. Only this time, I'll get there in time. Every time 🌈

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