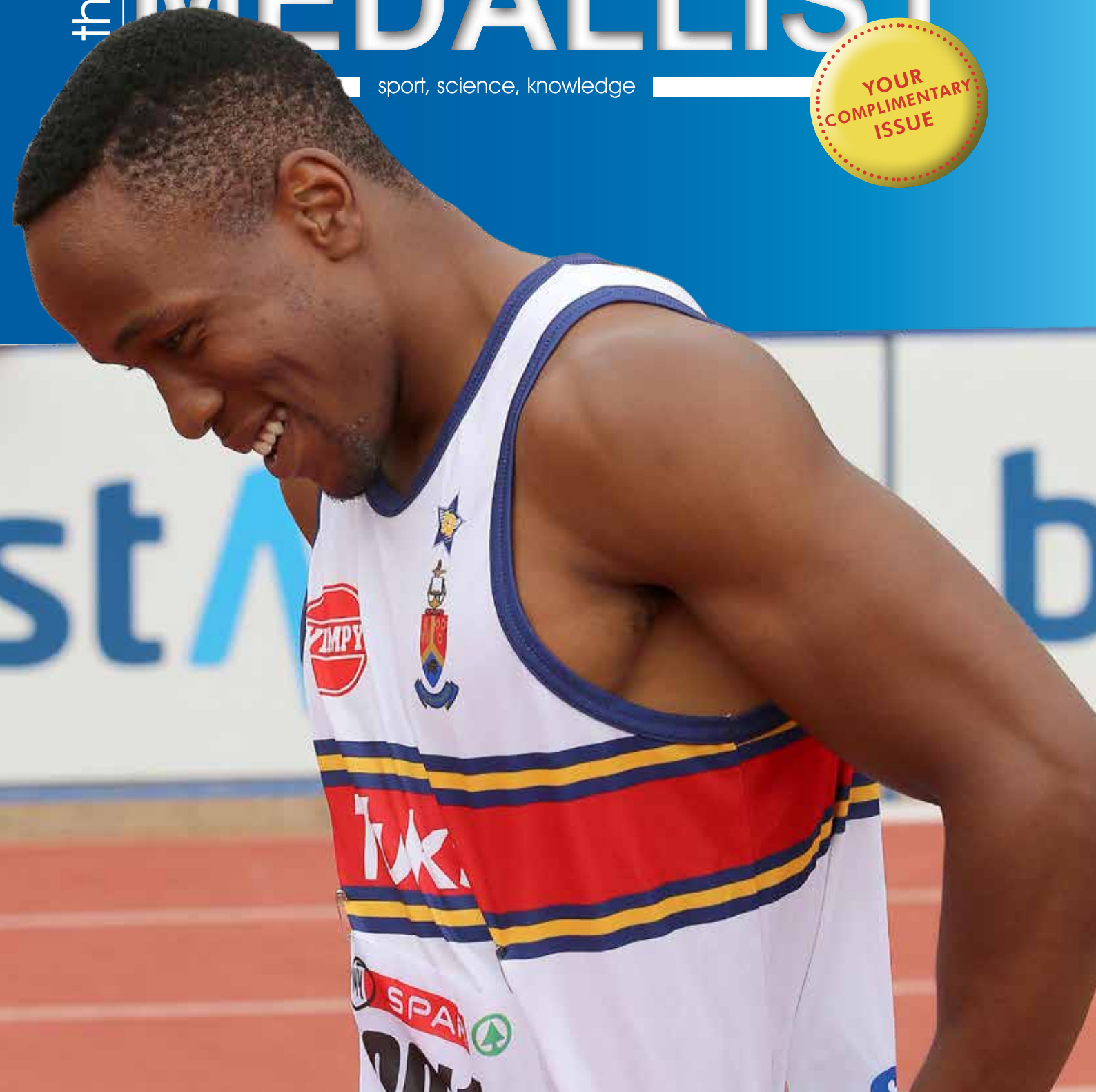


the MEDALLIST

sport, science, knowledge

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TuksSport, at the University of Pretoria, has established a winning culture spanning more than 100 years. Our athletes get the best available training and have access to world-class facilities, scientific and medical support.

Built on the foundation of strong academic programmes, we make today matter.

Our latest winning streak includes:

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2014 Varsity Sports Champions: Athletics, Football

2014 Red Bull Campus Cricket World Champions

2015 Varsity Sports Champions: Cricket



TuksSport

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Cover Image: Reg Caldecott



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from the CEO's



By this time next year the 2016 Rio Olympic Games will be but a distant memory and those who won Gold medals will be revered the world over. However as per usual, those that finished in the Silver and Bronze medal positions will soon be forgotten. This is the harsh reality for all the hard work that the athletes have put in to the past four years preparation since the London Olympics of 2012, but unfortunately it is the truth.

The preparation of our athletes is progressing well and we are hopeful of a number of medals in Rio, but only time will tell. The results for this year have, as in the past years, improved immeasurably and we are very proud of all the hard work and dedication that they have shown this year. What is even more pleasing to see is the performances of some of our younger talent and this all bodes well for the future.

As the hpc we would like to congratulate Durban on winning the bid to host the 2022 Commonwealth Games, but it is incumbent on us as a nation to ensure that we get behind our athletes for the future and ensure that come 2022 we have a team that we are proud of and that will perform exceptionally well at these games. This means that the hard work on the long term athlete development programme must start immediately if we want to ensure, just like Scotland and India who hosted the last games did, that we increase our medal count substantially. To give the athletes every opportunity to achieve this we will need Corporate South Africa, Government, SASCOC and Lotto to all get behind their preparation and ensure that we are ready for 2022.

The way forward lies in being "Athlete Centred, Coach Driven and Performance Driven!!"

What is imperative here is that we not only look at the athlete, but also the support structure around them, particularly the coach who plays a very important part in their preparation and development. Cocooned around these two are the support services that can, and must be offered from a sport science and medical perspective and this is where tertiary institutions in South Africa should be brought on board to assist in this area.

The performance pathway to 2022 includes other major events like the respective world championships, world cup events, but also the major milestones of Rio 2016, Gold Coast Commonwealth Games 2018, Tokyo Olympics 2020 and then Durban 2022 and it is imperative that we endeavor to increase our medal tally at every one of these major events along the way.

I have been saying it for years that we as a sporting fraternity and our sportsmen and women need to understand and embrace the mantra that it is not every

four years, but it is every day that will make the difference in the long-run and we cannot afford to miss a day in our preparation.

When looking back over 2015, we can do so with pride on many fine performances, but we must also realise that our best performances in 2015 must become the benchmark from which we launch our 2016 campaign and efforts and must also always remember that we should never think that we have arrived and always strive to go that extra mile to ensure that we build on the past on route to bigger and better results in the years ahead.

2015 has also been an historic year with the official opening of the newly built TuksSport High School and for this I wish to place on record our sincere thanks to the Athletics Foundation Trust and its Donor whose magnanimous gesture allowed us to take this giant stride forward. Not only did they donate money for the building of the new school, but they have also changed the lives of many learners (from athletics) to whom they have kindly given bursaries to attend the school. We are now in our second year of the bursary programme and already we have had some outstanding results from the athletes/learners which all bode well for the future.

ONWARDS AND UPWARDS!

Toby Sutcliffe

TuksSport High School

set on helping learners succeed in sport as well as academics

Text: Wilhelm de Swardt

Images: Reg Caldecott



It is a dream come true.

Hettie de Villiers, principal of TuksSport School, does not hesitate to use these words to describe her feelings. In August this year the school moved from the Groenkloof Campus to the LC de Villiers sports grounds. For the first time since its inception 14 years ago, TuksSport School has finally become a proper school with its own buildings and ethos.

"I know that it is a cliché to say it is a 'dream come true', but that is exactly the way all of us who are involved with the school feel about it.

The TuksSport School started off in

the rugby clubhouse, after which it moved to an office in the hpc headquarters. From there it moved to the offices now being used by the hpc physiotherapists and then to Groenkloof.

"During the past ten years we have been plotting and planning to build a proper school, but it was to no avail because we could not get the necessary funding to go ahead with the project. Now, at long last, we have acquired a donor who shares our vision and passion to make a difference in the lives of talented children, not only in sports, but academically as well," De Villiers said.

"We will now be able to create a

school with its own character and identity. It is important to us that we develop a school with which both pupils and teachers can identify. We want the children to be proud of their school and its achievements."

It is interesting to note that during the 14 years of its existence the school has had a 100% matric pass rate for all but one year.

De Villiers is quite adamant that good academic results are just as important as excelling on the different sports fields.

"For me personally good academic results are even more important. I always place much emphasis on the



fact that any sports career, no matter how good the athlete, can last only a few years. In sport there are also no guarantees. The career of any sports star can be abruptly brought to an end because of an injury and then what? That is when it is important to have a good academic qualification to have something to fall back on."

The excellent results achieved by the 2014 matric class of the TuksSport High School proved that they are champions who have learned to act in accordance with the code for real champions.

Not only did all 31 matriculants pass, they achieved a total of 50 distinctions amongst them as well. Even more

important is the fact that 77.6% of them qualified for matriculation exemption, which enabled them to continue their studies at a university.

With seven distinctions Ruan Ras was the school's top matriculant. Ras, who averaged 89.5%, achieved distinctions in Afrikaans, English, Maths, Science, Life Orientation, Computer Application Technology and Business Studies.

The school's head boy and golfer, Franco van Zyl, got six distinctions and averaged 86.50%. Kobe Vandelanotte, a tennis player, also got six distinctions with an average of 89.17%. Tylah Lotter, a gymnast, got five distinctions and averaged 82.67%.

Thembi Kgatlana, who played for the national women's soccer team, was another matriculant who deserves to be specially mentioned. When she arrived at TuksSport High School she could not speak English at all, but she ended up among the school's ten top achievers with distinctions in Zulu and Tourism.

"Thembi's dedication on the soccer field and as a student was an excellent example of what we strive towards achieving at the TuksSport High School," De Villiers said.



2015 Sports success

Although it is still early days, the athletes of the TuksSport High School are already making their presence felt in the various sporting codes.

Athletics: Gift Leatlalo from the TuksSport High School broke the South African youth record in the 200m at the Athletics Gauteng North Championships at Tuks. His winning time of 20.63s is 0.16s faster than Leigh Julius's record of 20.79s that was set in 2002.

His training partner, Clarence Munyai, who finished second in 20.77s also improved on the record.

Gift claimed Gold in the 100m and 200m respectively at the Youth Commonwealth Games in Samoa.

Megan Capper was presented with the Most Promising Cross Country Athlete of the Year Award and her coach, Michael Seme, received the Presidents Award for Coach of the Year at the Athletics Gauteng-North Awards.

Triathlon: 16-year-old Gizelde Strauss caused quite an upset when she won the junior triathlon at the African Sprint Cup triathlon (750m swim, 20km cycle and 5km run) in East London.

Mieke Koen finished third.

Strauss was also victorious in the 15-16 age group competition at the World School Champs Trials in Bloemfontein.

Judo: Christiaan Boshoff, a matric pupil, impressed at a National Ranking Tournament in Stellenbosch. Fighting in the Under-20 age group, he won the fight in the Under-60kg weight division.

Last year he was the South African champion in the Under-55kg weight division in the Under-20 age group. He also caused a bit of a stir by finishing third in the senior competition.

Desiree Blake and Courtney Reid were also victorious in Stellenbosch.

Golf: One of the premier events on the high school golfing calendar, the 2015 National College Golf Championships, took place at the Dainfern Country Club. A total of 52 teams from 25 schools from across South Africa and Zimbabwe competed in the three-day competition, together with two sponsored development sides.

In the tightly contested individual tournament, the winner was Marco Steyn of the TuksSport High School. Dylan Naidoo, also from the TuksSport High School, scored 210 to take third place.

Steyn and Naidoo also won the team event. The two of them will represent South Africa at the All African Championships in May in Zambia.

Soccer: The players of TuksSport High School were instrumental in helping the national Under-17 football side reach the final of the 2015 CAF African Youth Championship and to qualify for the U17 World Cup in Chile later this year.



SIMBINE'S

'blitzkrieg' in the 100m
just the start to
becoming one of the
world's best sprinters

Text: Wilhelm de Swardt
Images: Reg Caldecott



In every sport there seems to be a psychological barrier which an athlete needs to break through in his quest to become the best. When it happens it is a most rewarding and life-changing experience.

For Akani Simbine it happened on 1 July in Velenje when he won the 100 metres in a time of 9.99 seconds to become only the second South African athlete to break through the 10-second barrier.

For any staunch supporter of South African athletics, the eight days from 1 July to 9 July will always be remembered as pure magic. In the space of eight days Simbine and Henrico Bruintjies have managed between them to 'blitz' the 100 metres in times faster than 10 seconds on three occasions. Four days after Simbine's speedy performance Bruintjies ran 9.97s in La Chaux-de-Fonds to set a new SA record.

But there was still more to come.

Another four days later, at the South African Student Games in Gwangju, South Korea, Simbine won the 100 metres in 9.97s, equalling Bruintjies's record. In doing so he proved that 10 seconds is no longer an insurmountable barrier to our local sprinters.

It should not be surprising that Simbine became the first South African sprinter to twice break 10 seconds for the 100 metres. Before he started his European campaign he stated that to run under ten seconds was a definite goal

for him. However, he realized that becoming obsessed with running fast times could have a detrimental effect and wisely changed his goal to focussing on running the perfect race.

"I reckoned that if I should manage to run the perfect race, sub-10 seconds would happen automatically. For me being a good sprinter is all about consistency. This means that I do not chase fast times any longer, but rather focus on making sure that I do the small things right.

Relief, spelled in capital letters, is the best way to describe Simbine's feelings after his breakthrough moment in Velenje where he won in 9.99s.

All his hard work and sacrifices paid off in a matter of seconds and the dream he had since 2012 turned into reality.

According to Simbine, the foundation for his second sub-ten race was set with a good start out of the blocks.

"My main worry before every race is whether I will be able to have a good start. With the good start it was easy for me to put the rest of my race together. I must admit that I was pleasantly surprised when I saw the

time I had run. To run 9.99 seconds in a 'minus headwind' is very special."

Even though his original goal was to run a really fast time at the World Student Games, Simbine admitted that he was surprised when he saw the time in which he had won.

"I was very happy with my run. Before the final I never thought about running a fast time. It was more important to me to win the gold medal. So I concentrated on getting through my phases and to stay relaxed. At 60 metres I could relax somewhat and just power through," Simbine explained.

Werner Prinsloo, who coaches Simbine, described the performance as the 'cherry on top'.

"The moment Akani crossed the line and I saw his time I had no words to describe my feelings as a coach. It was just amazing to know that all our hard work had begun to pay dividends."

Prinsloo compares a sprinter's dedication to that of a boxer who sometimes has to train a whole year for only one fight.

"Sprinting is all about marginal gains. An athlete could train up to nine months trying to master one small change in his technique, hoping that it would enable him to run faster times. In short, it boils down to being patient and dedicated, while realizing that all your efforts might be in vain. The problem is that there are things over which an athlete has no control, such as the weather and the way a meeting is being organized."

Not being able to qualify for the 100 metres final at the World Championships in Beijing was a great disappointment for Simbine. He was fourth in his semi-final heat in a time of 10.02s but to stand a chance to qualify he had to be 0.04 seconds faster.

However, Simbine is not one to mope over what could have been.

“It is just a matter of maturing into this type of competition. I can take many positives from my participation in the 100 metres at the World Championships. I have certainly gained valuable experience, which is important when you race against the best. The only realistic way for me to keep on improving as a sprinter is to get more opportunities to compete at this level.” said Simbine.

Prinsloo said he has sympathy with Simbine’s frustration.

“The thing with Akani is that he is an absolute perfectionist. As his coach I fully understand his feelings, but he should not be too hard on himself.

“He should realize that he finished 11th at the World Championships, which was just two positions away from competing in the final. I can predict without hesitation that Akani will come back from this disappointment being a better athlete.”

Prinsloo becomes quite excited when asked about the 2016 Olympic Games in Rio.

“I have already begun to work out what can be done to help Akani to be at his best at the Games. After serious consideration I realized that it would be wrong to make any major changes to the way he has been training this season. The program seemed to have worked for him. All we will have to do is to slightly increase the intensity of his training program and do some fine tuning as well.

“The one aspect on which we will definitely have to work is Akani’s start. I have no doubt that he will be able to consistently run fast times if only his start can be improved, especially considering that his top speed from 60 metres onwards compares favourably with that of Asafa Powell, Jamaica’s former world record holder.”

If Prinsloo could have it his way, Simbine’s main focus in the build up to the Olympics will be on the 100 metres. “I do not mind if he competes in the odd 200 metre race, but he should do so just to enjoy it. The 100 metres is the race in which he can medal at the Games.”

Prinsloo emphasized that Simbine’s only local race next year will be at the South African Championships.

“To make sure that he would be at his best when he started racing in Europe this season, we had cut down on his local races and it worked. So next year his only local race will be in the South African Championships.”





If there is one thing Caroline Wöstmann (Nedbank), winner of both the Comrades and Two Oceans ultra-race, cannot resist it is a good challenge.

This is why, if nothing unforeseen should happen, she plans to race the New York Marathon on 1 November. One thing is certain – Wöstmann will not take part merely to finish. Her sights are firmly set on qualifying for the Olympic Games in Rio.

Judging purely from statistics the hpc athlete may seem somewhat over ambitious. For an athlete, who has focussed mainly on ultra-racing for most of the year, it will surely be a tall order to improve her best marathon time by nine minutes.

Then again, Wöstmann has proved that she is no ordinary athlete. One of her most outstanding qualities is her positive outlook on life.

Wöstmann and her husband, Haiko, have one simple motto.

“You can do it.”

Caroline just loves a challenge

Text: Wilhelm de Swardt | Images: Reg Caldecott

By winning South Africa’s two biggest ultra-races in the same year she has proved that there is merit in this positive approach to challenges.

Wöstmann makes no secret that she would love to win both ultra-races again, but she also wants a new challenge.

“When I won the Comrades it felt as if I had achieved my ultimate goal. Obviously Comrades will still be there next year and it will always be one of my favourite races, but I feel I should challenge myself by doing something else, something I have never done before. I like the uncertainty of pushing the boundaries, not knowing whether it will be possible to break through.”

Her best marathon time to date is 2 hours and 44 minutes. In order to qualify for the Olympic Games, she hopes to complete the New York Marathon in a time faster than 2 hours and 36 minutes.

A look at her statistics shows that Wöstmann improved her best marathon time from 2 hours and 53 minutes to 2 hours and 44 minutes last year. This was an improvement of nine minutes.

“Nothing is impossible if you put your mind to it. The only limitations we have are the limitations we put on ourselves. I am not going to limit myself by saying I cannot do it again. I am going to do my best and if I don’t succeed it will be OK. It will certainly not be the end of the world. All that matters is that I enjoy what I am doing.”

Wöstmann admits that she will be slightly star struck at the start of the New York Marathon.

“It will be awesome to stand among what will truly be the best female marathon athletes in the world. I never thought it would happen to me.”

One of the reasons why Wöstmann proved to be successful as an ultra-racer is her ability not to allow herself to be intimidated by her opponents. At the Two Oceans and the Comrades she managed to stick to her game plan, no matter what. She is hoping for a repeat performance in New York.

"I have no idea what will happen. I can only promise that I will run the best marathon I can, hoping that there will be doors that will open for me. If I do qualify for the Olympics, I plan to race another marathon in April. If I do not qualify, I will be at the Two Oceans and Comrades again."

Next year's Comrades will be the 'down', from Pietermaritzburg to Durban. Wöstmann's best time for the down run is the 6 hours and 51 minutes which she ran last year. This year she won the 'up' run in 6 hours 12 minutes and 22 seconds. So which one does she prefer?

"There is a reason why they switch Comrades around. When you do the up run it is exhausting. It is not as if your body aches so much, you are exhausted because you have to run up hills all the time, which takes everything out of you. So when you finish the up run you are relieved and think 'thank goodness, next year it will be down'.

The down run is not quite as exhausting as the up, but when you finish you are sore all over and you think 'at least next year it will be up and I won't be so sore'.



This is the organizers' way of getting us back for more year after year.

"I always thought I was better at running uphill, but during this year's Comrades there were times when I was thinking to myself that things would be so much easier if only I could run downhill. My quads are so much stronger now, so I am actually confident of having a good down run."

Asked why she started running, Wöstmann said: "After I gave birth to Gabby, my first-born, I struggled to lose all the weight I had gained. I was 24 years old and very busy with the baby, as well as working at Deloitte. I decided to start running as a way to lose weight. It seemed like the best exercise to get the most out of my limited time."

Up to winning the Comrades she worked as a management accounting and finance lecturer at the Wits School of Accounting, but she has now resigned to focus only on her running career.

Having won South Africa's two major ultra-races, what advice would you give to people who are motivated by your achievements and also want to change their lifestyle?

"For me it will always be important to keep healthy. When you are fit and healthy you feel good about yourself and do better in every aspect of life.

"The amazing thing about running is that you don't have to win a race to be successful. You can have your own personal goal and when you achieve that it can be just as rewarding as winning a race. To finish my first Comrades was as gratifying as winning the Comrades. At the time it did not matter that I was one of thousands to have finished. Completing my first Comrades was my own 'personal journey'.

"I would encourage people to set themselves goals and then work hard towards achieving them. Winning is not for everybody.

"My eldest daughter, Gabriella (7), was quite excited when I won Comrades. Afterwards she said to me: 'Mummy I am so happy that your dream came true.' The reason she said this was because she often does not want to do her homework and then I tell her: 'Mummy does not always want to run, but sometimes you have to do things you don't want to because you have a dream.'"

Watch this space. Wöstmann is confident that she might not be the only member of her family to win a gold medal at Comrades next year.

"I truly believe that my brother, Christopher, has the ability to get a top ten finish at Comrades. He started only last year to seriously train for the Comrades."

Gift

puts the TuksSport High School Athletics Academy on the map

Text: Wilhelm de Swardt | Images: Reg Caldecott

When Gift Leotlela won the 100 metres at the Youth Commonwealth Games in Samoa he proved that the decision makers and coaches of the TuksSport High School Athletics Academy are on the right track.

The 16-year-old's time was merely 0.01 seconds slower than the 10.19 seconds run by Japan's Yoshihide Kiryu in November 2012. Kiryu's time is listed on the IAAF rankings as the fastest time ever run by a youth athlete. Leotlela's time is a new South African youth record.

According to an interesting statistic that was pointed out by Hennie Kriel (coach), Leotlela is merely 0.04 seconds away from qualifying for next year's Olympic Games in Rio for the 100 metres.

Leotlela also won the 200 metres at the Youth Commonwealth Games in a time of 20.56s. It could have been a new national youth record, but unfortunately the wind from behind was too strong for record purposes. The Academy seems to have unearthed their first 'rough diamond'."

The main reason why the Academy was founded was to identify and nurture talented young athletes all over South Africa and put them on course to win medals for South Africa at the Olympic Games and World Championships. Currently these promising athletes are mostly sprinters and middle distance runners.

After Leotlela's breakthrough it is important to ensure that he does not get burned out before fulfilling his true potential as a sprinter.

The cruel reality is that there are

numerous examples in the history of South African athletics of talented young sprinters being burned out by overzealous coaches and administrators who tried to fast track them.

Kriel is fully aware of the pitfalls that now await him as coach and Leotlela as an upcoming star.

"A study of the IAAF's all-time list of the fastest youth sprinters (under-18) does not make for good reading. Most of the athletes never had any impact as senior sprinters. They disappeared from the scene without ever fulfilling their potential. So the biggest challenge will be to give Gift the proper guidance and support to help him bridge the gap between excelling at junior level and being successful at senior level as well," Kriel said.



“Much will depend on how motivated and hungry for success Gift is. It is important that he should realize that he is bound to suffer setbacks. It will be his ability to bounce back from these disappointments that will determine whether he has what it takes to become a true champion in a few years from now.”

When Leotlela talks about athletics his quest for speed is obvious. Like it is with most young boys, soccer was his favourite sport at first. While he was a pupil at HTS Louis Botha in Bloemfontein he tried his luck at rugby, but he eventually realized that testing himself against the stopwatch was what gave him the true adrenaline rush.

When he noticed in the beginning of the year that his times were stagnating, he decided to come to the Academy.

When asked what made Leotlela such a talented sprinter Kriel said that, in his capacity as a coach, he has studied the techniques of various top sprinters in great detail in an attempt to find out what makes them good.

“The top speed achieved by an athlete such as Usain Bolt is unnatural. A young athlete needs to be specifically trained to emulate Bolt’s technique. The most natural sprinter is definitely Asafa Powell. His sprinting technique is nearly faultless. Gift is an athlete in the same mould as Powell and that’s what makes it so exciting to coach him.”

Then Kriel threw a ‘curveball’ by stating that Clarence Munyai, also a sprinter at the TuksSport High School Academy, is probably a faster sprinter than Leotlela.

Munyai ran a time of 10.56s earlier this year, before his season was curtailed by an injury.

Kriel predicts that Munyai will come close to running a time of 10.10s in the 100 metres next year.

But there is still more to come. Kriel also coaches Malesela Senona, another Academy athlete, who is a year younger than Leotlela and Munyai but is already running faster times than they did when they were his age.

Kriel’s goal as coach is to have five sprinters in one race who are able to break ten seconds in a year or two from now. According to him it is not an unrealistic goal.

“There are so many talented young sprinters at the Academy at the moment, it is just a matter of making sure that they are able to fulfil their potential. I think I can put together a 4x100 relay team that can improve on the SA record just from the Academy athletes and a few of my senior athletes like Henricho Bruintjies and Thando Roto.

The Academy’s middle and long distance runners also impressed this season. Keletso Senosi, who won the girls 4km-race (sub-youth) at the South African Cross Country Championships, as well as the 1500 metres at the SA Under 23 Junior and Youth Championships in Bloemfontein, is definitely an athlete to watch next year.

As far as the boys are concerned Lewis Ngwenya (sub-youth), winner of the 400m and 800 metres at the National Championships in Bloemfontein, is showing signs that he might also be a champion in the making. Another exciting prospect is Vuni Madonsela who won the 1500m (youth) at the National Championships.



Lindsey

is the coach with the "Midas Touch"

Text: Wilhelm de Swardt | Images: Reg Caldecott

Lindsey Parry can be described as 'the coach with the Midas touch'. He has the ability and passion to take athletes to the next level and to help them fulfil their dreams by winning gold medals.

This season's female results at the Two Oceans and Comrades ultra-races have been a major surprise. If any fan of long-distance running in South Africa would have been asked in January what the chances were of a South African female athlete winning just one of the two major ultra-races, the answer would most probably have been emphatically negative. The Russians simply seemed invincible.

But Caroline Wöstmann sprang one of the biggest upsets by not only winning the Two Oceans but the Comrades as well. She was the first South African athlete who was able to win the Comrades since 1998 and only the fourth athlete to win the Two Oceans and the Comrades in the same year.

Charné Bosman's second-place finish in the Comrades was also a big surprise. It was the first time since 1993 that two South African women finished first and second in the Comrades.

It was Parry who devised the masterplan that ended the Russian domination of the Two Oceans and the Comrades.

It was not the first time that he was able to help athletes to make major breakthroughs. In 2012 he coached Wian Sullwald to become the junior triathlon world champion. In September Sullwald achieved his best result as a senior triathlete by finishing sixth in the World Series event in Edmonton, only 23 seconds

behind the world champion, Javier Gomez (Spain).

In 2012 Parry helped Richard Murray to win a triathlon race in a World Series and to qualify for the Olympic Games in London. Another success story was Parry's involvement in helping South Africa's triathletes to win a silver medal in the relay at the Commonwealth Games in Glasgow. The list just goes on.

The question is often asked: "What is the secret of Parry's success as a coach?"

Wöstmann said: "I think the reason for Lindsey's success as a coach is that he does not 'break' his athletes. His whole training program is structured in such a way that we as athletes improve slowly but consistently over a year. He will never allow us to over train. This is in contrast with some other coaches who believe in pushing their athletes to the limit. The athletes will reach a peak and do very well for a time, but eventually they tend to get injured. When that happens it could take months for them to recover."

"Many of the training sessions we do with Lindsey, especially before a major race, are confidence boosters. Sometimes he lets us do things that are almost too easy for us, but when the session is finished you feel that you have really nailed it, which is a big confidence booster.

"Lindsey also shares in our excitement. For him coaching will never be merely a job on which he slugs away. He really wants us to succeed."



According to Parry he was fortunate to grow up in a house with a father who was a runner.

"I have been running since I was five years old and started coaching when I was 19. I have experimented on myself and on friends over the years and through my studies I have learned how the human body works," said Parry.

His own best time in the Two Oceans is 3 hours 58 minutes and in the Comrades it is 7 hours 11 minutes.

"In the past I have made many mistakes as a coach. It was only during the past three years that I began to get things right more often than wrong.

"One thing I have learned from coaching is that when you are standing on the top of a mountain it is very easy to fall back to the bottom. So we need to stay grounded and not get ahead of ourselves. We should also make sure that we keep on learning all the time.

"The most important challenge for me as a coach is to help people improve and prepare them to perform at their best. None of us knows where that level is. Did I think that Caroline and Charne would be first and second at Comrades? Not in January 2015, but by April 2015 I was pretty confident that they would be first and second. There was no secret. We trained hard, stayed healthy and injury free and built up the confidence that we could do this.

"As a coach it is also important to treat each athlete as an individual. Create a philosophy and work within those boundaries relentlessly. Don't chop and change your course and never stop reading to increase the theoretical knowledge that you use to ensure that the effective practical implementation of your coaching is always soundly reasoned out."

Apart from the Comrades and Two Ocean, what do you consider as the breakthrough moments for you personally?

"Getting Irvette van Zyl to a point where she is the 3rd fastest SA female athlete of all time over 10km, made me realise that I have the basic

ingredients in my plan to consistently produce champions. The results of Caroline (Wöstmann), Irvette (Van Zyl) and Charne (Bosman) made me realise that the sports I coach have an overlapping philosophy. This means that I can be successful in triathlon and athletics as well as in running. My favourite sport is running in all forms. I love it because of the simplicity of movement and the reliance of the athlete on himself only. There is no equipment that can let you down, no bad luck, just hard work and execution."

Parry considers his dad, Trevor, who competed in the Comrades 24 times and won three gold medals, as one of the persons who had a big influence on his coaching career.

"The most important lesson I learned from my dad is that consistent training gets results. But there were other people who also influenced the way I coach. Arthur Lydiard, Phil Maffetone, Greig Mcmillan and Jamie Turner are all coaches who have shaped my philosophy of coaching, either through their books or the time they have spent with me. My physiology text book and the International Triathlon Union level 2 coaching course also played vital roles. I am still reading to learn and also seeking out other successful coaches to talk to.

What are the new challenges you have set yourself as a coach?

"I would like to help Wian (Sullwald) win a triathlon race in the World Series. Another challenge would be to get Irvette and Caroline in the marathon for next year's Olympic Games. Then there is the challenge to coach a male as well as a female athlete to win Comrades in the same year. That would be something special."

Listening to Parry talk about the Comrades, one cannot help wondering whether a white South African male athlete will ever win it again. In other words, will there ever be another 'Bruce Fordyce'. Or have South African white male athletes simply given up?

"The short answer is probably yes. The combination of a lack of opportunities to develop through the track, the ability to stay competitive through university and to convert to ultras when they are in their late twenty's all play a role. There was a real running culture in South Africa in the 80's and 90's. Big training groups pushed each other every day. But, due to the pressures of life, longer commuting times and longer working hours, etc. priorities have changed."

Currently another worrying aspect in South African sports is the lack of true world beaters in women's sport. As things stand now Sunette Viljoen (javelin), Caster Semenya (800 metres), Wenda Nel (400-hurdles) and Carina Horn (100m) are the only athletes who have a realistic chance to qualify for the 2016 Games. In rowing Ursula Grobler and Kirsten McCann (women's lightweight double sculls) and Naydene Smith and Lee-Ann Persse (women's pairs) have already qualified. It has been years since we had a female swimmer of the calibre of Penny Heyns, a tennis player like Amanda Coetzer or track stars like Zola Budd and Elana Meyer."

But why is it so?

"We need role models to inspire the younger girls and we need to create mechanisms to keep them in sport. We also need more black female stars. People need to be able to look at someone performing and say 'Hang on! I can do that'.

"The next step will be to provide the opportunity and funding for them to stay in it," Parry said.

Fran Hilton-Smith can be described in many ways but the most accurate description will probably be to say that she is real go-getter, as well as a true ambassador and visionary for women's soccer.

A quick glance at her CV shows that Hilton-Smith does not settle for half measures. She has served in various capacities for FIFA (International Football's governing body) and has also excelled in a personal capacity in various sports.

But perhaps one of her biggest legacies to women's sports is the Academy for female soccer players she founded at the High Performance Centre (hpc). Its focus is on the development of girls through soccer and it incorporates aspects of leadership as well.

"When I was the Banyana and the national under-20 coach in 2000 I realised that we, as a team, would not make progress. The players often arrived at a training camp being injured. Because they were the best players in their respective teams they were often being overplayed and therefore injury-prone. Very often they were also not eating properly.

I also realized that they lacked a proper education. We would fix injuries and get the girls to eat properly, but then the players would go home and we would be back to square one. In my travels overseas I realised an Academy for girls was crucial. That is why I set about establishing this Academy at hpc 11 years ago.

"I made it clear right from the beginning that the focus at the hpc would be 50/50 between football and education. I realised that not many girls would make a career out of football, but with a good education they can go far. The hpc academy has been a lifeline for women's football.

We now have a number of graduates from hpc who have gone on to obtain University degrees. Simphiwe Dlodlu, Keneilwe Mathibela, Nomathemba Ntsibande and recently Gloria Thato are just a few players who made the most of the opportunities offered to them by the hpc. These graduates are all Banyana Banyana players, past and present. I am positive that these girls would not have made it to university without being good footballers and having the opportunity of staying at the hpc," Hilton-Smith said.

She is very proud of the fact that the bulk of Banyana Banyana (senior women's national team), Basetsana (under-20 women's national team) and the Basetsana (under-17 national team) have, over many years, come from hpc. This shows what a great asset to women's football in South Africa the project is.

When asked what she considers to be the main obstacles for young girls aspiring to excel in sports after school, Hilton-Smith said without hesitation that it is a lack of opportunities and clubs.

"From a soccer perspective I would say that the lack of a Professional Women's Soccer League is a big drawback. Our most talented players cannot play football for a living. As things stand at the moment their only opportunities are the Sasol League and the regional leagues. We need to have more clubs that are capable of running professional teams. In the end it all boils down to a lack of sponsorship in women's sports."



Hilton-Smith emphasized that, for South African women's football to become a force internationally, it is important that more local players get the opportunity to play for international teams.

"I cannot stress enough the importance of getting our players to play at the highest level. It is the only way for them to gain good competitive playing experience."

A definite highlight for Hilton-Smith was being hand-picked by FIFA to act as a mentor in their Female Leadership Development Programme.

"It was a great honour to be appointed on the FIFA Task Force (as one of only five in the world) to fast-track the development of women's football. I am also a member of the newly formed FIFA Female Leadership panel. I want to continue to make a difference in the lives of women footballers. Being appointed by FIFA as an Instructor in 2001 has given me the opportunity to interact with many women around the world in leadership, administration and coaching. Fortunately I have gained a lot of valuable experience to bring into the Leadership programme."

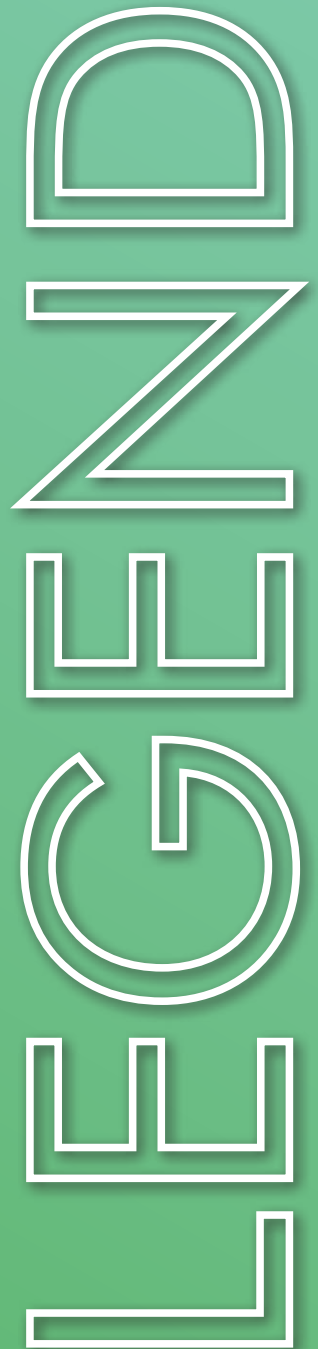
Hilton-Smith's passion for soccer is not surprising. She grew up living opposite Germiston Callies Stadium where her dad played goalkeeper. It stands to reason, therefore, that she would try her hand at soccer.

"When I was growing up there were many more boys who played soccer than girls, so I started playing with the boys. Because of the ban on South African Football in the apartheid era I never had the opportunity to play internationally, even though I was selected for the National team. That is why it was so special for me to be able to coach the women's national team. A highlight was coaching the Banyana Team in 2000 to become the second-best women's team in Africa."

Hilton-Smith's talents are not restricted only to being a coaching visionary in soccer. She is also a well-known musician who has played for South Africa's top all-girl jazz band, Basadi Women of Jazz.

"My mother (90) is a brilliant pianist and organist and my father was a wonderful singer. Fortunately I have inherited this gift. I played in various bands during most of my life and delved into various genres, such as rock, pop, etc. I also performed in clubs, at weddings, and so forth. I am fortunate to be proficient on the keyboard, guitar, bass guitar and drums.

I also played in an all-girl band called CHIX. I won the SA Battle of the Bands years ago and wrote most of their songs. A number of years ago I linked up with some wonderful female musicians from Soweto and the 'Basadi Women of Jazz' was born. We played traditional African jazz standards and represented Africa in a World Music competition in London. We also played for Madiba. The band still exists but I am too involved in football now to practise so much."



Fran Hilton-Smith

Text: Wilhelm de Swardt | Images: Reg Caldecott

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Sport Psychological Fitness (SPF):

A Case study

Text: Maurice Aronstam, Dr Monja Human, Dr Melissa Jacobs, Prof Ina Rothmann

In our previous article the **'Sport Psychological Fitness' (SPF)** assessment tool was introduced to measure an athlete's psychological fitness, better describes as 'a state characterised by high levels of psychological energy (**emotional and mental**) and psychological motivation (**desire**)'.

Participation in sport can place great demands on an athlete. Sport psychological fitness includes sport demands (sport load (physical), mental, emotional), and sport climate resources (e.g. coaching style, communication, physical resources). Nevertheless, we have the ability to recover from these demands, if our resources are greater than our demands. Recovery from these demands can be quite a personal process, with each person finding different ways to help them re-energise. This assessment tool gives a good indication of the current levels of psychological fitness; and assist to direct our ability to recover our mental energy and desire for sport success. On the positive side of good recovery we gain the vitality and devotion we need to continue positively in our sport. On the negative side, if we don't recover our energy levels sufficiently we run the risk of reaching a state of distraction, over commitment or even burn out.

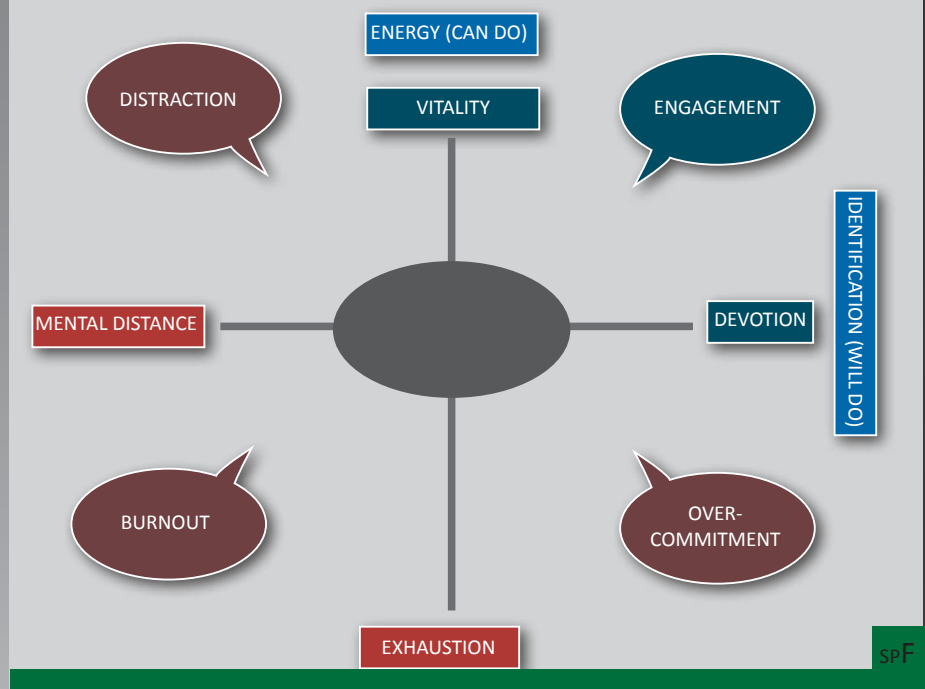
In this article we will specifically discuss a SPF case study to demonstrate the usefulness and benefits this measurement tool can provide an athlete and his/her coach.

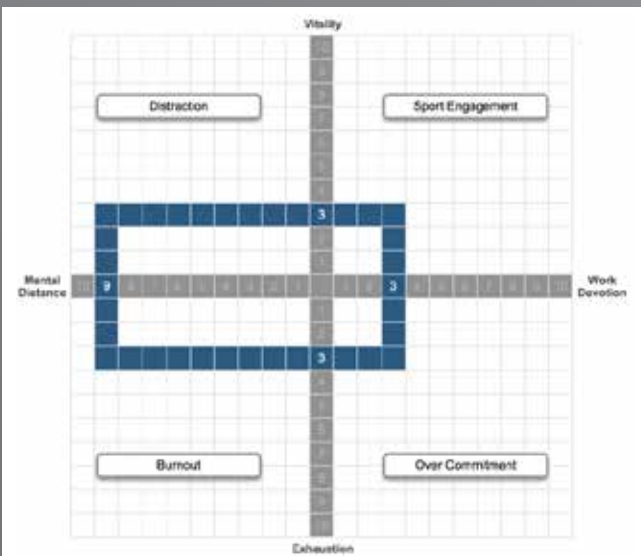
The case of Amy the swimmer

Amy is competing in the National Swimming Championships in three weeks' time. Her long-time coach had moved on a few months prior and she has been training with a new coach and team for the past few months. Added to this the pressures of her studies have slowly been increasing as the end of year exams draw nearer and balancing training and studies has become quite tough. As part of her coaches' preparation all his athletes completed the SPF assessment three weeks prior to National Swimming Championships.

When looking at the results, it is important to remember that there are two results on each axis, and these differ independently of each other.

Amy's SPF Profile





1. Horizontal Axis (Devotion and Mental Distance):

On the horizontal axis her profile shows a low score for sport devotion with a high score for mental distance. Her low score for sport devotion indicates that she has lost a part of her positive identification with her sport. This could lead to a lack of committed involvement in activities associated with her sport. Her high score for mental distance shows she may feel she does not have the resources to cope with the demands and perform well. This could be seen as a way to protect herself and could lead to further disengagement from sports activities.

Knowing her situation, we may be able to assume that her old coach played an important role in her swimming. With him leaving there may have been room for her to lose an element of significance for her sport which she found difficult to deal with, resulting in the lower score for devotion. It may also be assumed that the difficulty with balancing training and studies may also have contributed to her higher score for mental distance. Creating mental distance from swimming may be the way she avoids disappointment in poor swimming performances because she is spending more time studying and less time training.

2. Vertical Axis (Vitality and Exhaustion)

On the vertical axis her score shows a moderate score for vitality and a moderate score for exhaustion. Her moderate score for vitality indicates that she has some enthusiasm and zest left for her sport, but her mental energy levels will likely not be satisfactory for performance. An eye will have to be kept on her mental exhaustion level which also is at a moderate level. Good mental recovery away from the sport could help to replenish her mental energy levels for her sport. We may assume that the difficulties with her training and studying balance have taken up a lot of her mental energy through worry, and she may find recovering that energy fully very difficult during this stressful time for her.

To investigate these results you could enquire firstly about her identification with the sport, trying in your questioning to increase the significance of the sport to her. Then also enquire about her energy levels and helping her recover her mental energy. You could ask things like:

1. What excites you about your sport? What can we do to ensure more good days than not?
2. What must happen for you to walk away from training feeling satisfied with your performance and then allow yourself to focus on something away from the sport for a while? Do you know what is expected from you in your sport?
3. Taking into account your coach and teammates, what would you change in order to compete at your highest sport level?
4. What type of support would you like to have from your coach? How can you promote your relationship?
5. Do you have all the physical resources available to you in order to be successful?

Interventions to assist Amy in recovering her full sport psychological fitness level can include:

1. Ensure and manage effort-recovery strategies carefully – build in relaxing activities in your programme.
2. Find an interest/hobby not related to your sport that can help get your mind of for a while.
3. Set realistic and meaningful goals in your sport and studies.
4. Create an open communication channel with your coach and teammates. Clarify your role in the team and participate in the decisions that directly relates to your sport performance.
5. Seek support from your coach or team management for any other problems you might experience

Feel free to contact us for more information on using the SPF.

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SPORT PSYCHOLOGY

Department

ADVENTURE-BASED LEARNING AND DEVELOPMENT PROGRAMMES

How does it work?

It is based on the principle of learning through experience. It typically includes creating an experience, then reflecting on that experience, and finally knowledge is gained by transforming the experience into something that can be applied in future real-world situations.

Adventure-based activities:

- **Low ropes course:** incorporating various challenges that take place on or a short distance off the ground.
- **Amazing race:** incorporating a combination of problem solving and decision making challenges as part of a set course to be completed.

What is adventure-based learning?

It is the use of adventure-based activities for learning, focussing specifically on personal and team development.

What are the benefits?

- Shared knowledge and collaborative learning from all members in the group.
- Breaks away from the norm of passive learning through lectures and notes.
- An opportunity to apply knowledge rather than just recite knowledge.
- To modify behaviour to improve your effectiveness.



Description of Shadowmatch:

Shadowmatch is a tool that measures behavioural habits and compares these to a benchmark of the top performers in that specific environment. Behavioural patterns are crucial in developing competency in executing of a person's skills. Shadowmatch allows for the prediction of whether the situation will allow a person's habits to function optimally, allowing all energy to be used in executing of skills and developing competency.

For information contact: karla.brown@hpc.co.za

The instrumented scrum machine: A coaching tool for quantitative analysis

*Text: Dr Helen Bayne, High Performance Centre and
Dr Cor-Jacques Kat, Department of Mechanical and
Aeronautical Engineering*



The ability to quantify performance in training provides a huge advantage to the coach as objective data can be used to guide coaching decision-making. The High Performance Centre has partnered with the University of Pretoria's Department of Mechanical and Aeronautical Engineering and the Institute for Sports Research to develop a device that can be used by rugby coaches to assess scrumming performance.

A conventional scrum machine used in training by Tuks Rugby was redesigned and modified to allow the integration of force sensors into the the scrum machine. Using the force sensor measurements and the laws of physics, 3-dimensional forces and moments are obtained when scrumming against the instrumented scrum machine. In other words, the instrumented scrum machine measures the forces (i.e. forward, up-down and sideways) produced by a pack of forwards (or single players if they are training individually) as well as the turning moment (i.e. the moment responsible for rotating the scrum clockwise or anti-clockwise) of the scrum.

Such information can be used as a coaching and training tool to assess changes in a player or pack's performance over time, to monitor performance within a training session, to provide feedback to a player to facilitate technical improvements, and to assess whether a player has returned to their pre-injury condition following an injury.

Through scientific research, questions on scrumming technique, conditioning, fatigue, and safety can be investigated using this device. The research team is currently conducting a project to investigate the influence that varying foot positions and body kinematics (ankle, knee, hip and trunk angles) have on force production during the scrum.

To our knowledge, this is the only instrumented scrum machine, capable of providing 3-dimensional force and moment data, in South Africa. Development of the device is ongoing, with future plans to create a tablet-based interface providing real-time feedback to the coach.

Understanding Isokinetic Testing

*Text: Kelly Kaulback
Images: Reg Caldecott*

Isokinetic (constant speed) testing is a well-established method of muscular function assessment with invaluable uses in both the rehabilitation and high performance setting. Isokinetic testing, through the use of a Biodex dynamometer, provides objective data concerning muscular comparisons between bilateral joints as well as between opposing muscle groups in a single joint.

Isokinetic testing uses accommodating resistance with a set and constant joint angular velocity. What exactly does this mean? Essentially, the force generated is not equal to the resistance BUT, the greater the force applied by the individual being tested, the greater the resistance felt from the dynamometer; and the lesser the force, the lesser the resistance. We are not equally strong throughout an entire range of motion (ROM) of a joint, therefore angular velocity is kept constant by adjusting resistance appropriately.

Various joints and joint movements can be assessed using isokinetic testing, however, the three main joints that are

frequently assessed include knee flexion/extension, shoulder external/internal rotation in a modified neutral position and ankle plantar/dorsi flexion. These three joints will be discussed in further detail but isokinetic testing is not limited to these joints or to these joint movements.

An isokinetic test holds value in the individualized set up and specificity of the test protocol that can be used. For each individual, their particular range of motion for the joint under assessment is set and each limb is weighed to adjust for gravity. Two tests are usually performed for each joint – one for power, and one for endurance. In terms of the protocol, the velocity can be selected from a range of 0°/sec - 300°/sec, depending on the purpose of the test. The rest intervals between each test can also be set. For example, a knee flexion/extension test usually measures power at 60°/sec over 5 repetitions, and endurance at 180°/sec over 10 repetitions.

When integrated with a complete history, subjective examination, and physical and functional evaluation, isokinetic testing can be a valuable tool for the clinician in the assessment, rehabilitation, and performance enhancement of the athlete. An isokinetic report objectively defines deficits between an injured side compared to an uninjured side across various parameters and any imbalances between the agonist and antagonist muscle group of that joint. The following parameters are considered most important and are most commonly discussed from an isokinetic test report:

Peak Torque (N-M):

The highest muscular force output at any moment during a repetition. Indicative of a muscle's strength capabilities (the 'best repetition' out of the total repetitions). A percentage deficit is stated between the uninjured side and injured side. Deficits between left and right need to be between 0-10% for an athlete to return to play.

Peak Torque to Body Weight (%):

Represented as a percentage normalized to bodyweight and compared to an established goal. I.e. this compares the individual to the general population and sport population norms for someone of the same age and bodyweight. For an athlete, this gives a good indication of where their strength and endurance outputs lie in relation to a sports population and can identify areas of focus or improvement e.g. hamstring endurance, or quadriceps power.



Total Work (J):

The total amount of work completed over all the repetitions. Similar to peak torque, a percentage deficit is indicated between the uninjured and injured side, which should be below 10%.

Agonist/Antagonist Ratio (%):

Compares the anatomically weaker muscle group to the stronger muscle group. In isokinetic testing, the agonist is always the weaker muscle group. E.g:

JOINT	MOVEMENT	AGONIST	ANTAGONIST
Knee	flexion/extension	Hamstrings	Quadriceps
Shoulder	external/internal rotation	Dorsi flexors	Plantar flexors
Ankle	plantar/dorsi flexion	External rotators	Internal rotators





Excessive imbalances may predispose a joint to injury. There are specified norms for the agonist/antagonist ratio for each joint and for each test. For example, the agonist/antagonist ratio for a knee flexion/extension test performed at $60^\circ/\text{sec}$ is 55-65% and at $180^\circ/\text{sec}$ the norm is 65-75%. These ratios indicate how much work the hamstrings should be doing in relation to the quadriceps. If the ratio is below the norm, it indicates that the hamstrings need to be improved, where as if the ratio is above the norm, then the quadriceps would need to be improved to achieve the balanced agonist/antagonist ratio.

The value of isokinetic testing in the information it provides about a particular joint is hopefully now explicit. The deficits and comparisons provide valuable data from which to base specific rehabilitation and points of focus. Isokinetic testing also provides a good progress tool as an individual can be re-tested after 4-6 weeks, and any improvements (or regression) can be illustrated objectively. A progress report can also be drawn up comparing the injured joint on the initial day of testing to the injured joint on the second test date.

Limitations of isokinetic testing have not been discussed here, however, it is suggested that the open-chain nature of isokinetic testing could be a limitation, its unfamiliarity to most, and the Biodex does not assess functional movements. Timing of an isokinetic test is dependent on the injury as well as the pain/pain rating experienced by the individual.

Isokinetics can also be used as a training modality, allowing for either unilateral or bilateral training of a joint under specific protocols that can be individualized according to the goals and injury status of the athlete in terms of speed, sets, repetitions and rest intervals. Whether testing or training, the familiarization process, motivation and warm up is crucial.

In conclusion, isokinetic testing enhances the injury evaluation and rehabilitation process through the provision of scientific information that indicates clear areas of deficit, weakness, strength, and imbalance that can be used to guide and track the progress of an individual going forwards.

Sport Science and Medical Unit

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- Max Heart Rate
- Lactate Measurements - Lactate profiling
- Peak Power Output
- Time Trial
- Functional Threshold Power
- Programme Design
- Gait Analysis



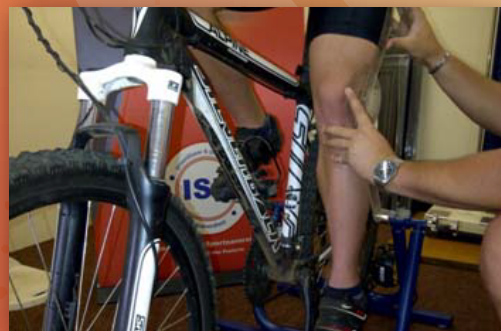
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CRAMPS & STITCHES

Text: PVM Nutritional Sciences



Athletes can experience muscle cramps and stitches even when well prepared, that may negatively impact performance. Complaints can range from mildly uncomfortable to severely debilitating and could be a great source of frustration to anyone engaging in physical activity. The mechanisms are not well understood, but the following guidelines can be implemented to prevent cramps:

1. WHAT IS A CRAMP AND A STITCH?

Cramps are caused when a muscle involuntarily and forcibly contracts. There are two structures in muscle that control contraction namely the muscle spindle and the Golgi tendon organ. The muscle spindle monitors the stretch of a muscle, and the Golgi tendon organ monitors muscle tension. The stretch receptors sense the level of stretch or muscle length in a muscle and if overstretched/stretched to its potential limit, a reflexive contraction of the muscle occurs via the nervous system in order to protect the muscle from tearing and possible damage. The tension receptors protect the muscle from damage by reducing the contraction if the tension or force development reaches the capacity of what the muscle can tolerate via a reflex mechanism.

A stitch is a localised pain usually felt on the side, just below the ribs. It is occasionally accompanied by a stabbing pain in the shoulder joint. The pain can range from a sharp, stabbing pain to mild cramping, pulling or aching. Researchers refer to a stitch as Exercise-related Transient Abdominal Pain (ETAP). Athletes can generally train through the pain, but are sometimes forced to slow down or stop training. It is more prevalent in activities that involve vigorous upright, repetitive movement of the torso, such as running and horse riding.

2. WHAT CAUSES CRAMPS?

The exact cause and mechanisms of muscle cramps are not fully understood and remain controversial. The current scientific view is that cramps are a physiological phenomena, rather than due to nutritional factors. There is little evidence that electrolyte deficits (sodium, potassium, magnesium, calcium, phosphorus and chloride) are associated with increased occurrence of cramps. Neuromuscular fatigue is a likely cause contributing to cramps, because fatigue leads to the disruption of the normal mechanisms of muscle contraction control via neuronal reflexes. Fatigue is also poorly understood but it is possible that factors such as oxygen content and metabolic products may play a role in disrupting muscle contraction control mechanisms. Muscle conditioning status plays an important role in the tolerance of fatiguing factors leading to cramps.



Other factors may also be involved to a limited degree:

1) Dehydration and exercising in extreme temperatures are not direct causes of cramps, but these factors increase the risk thereof, as sodium and fluid losses are high. Sodium is involved in the neuronal control of muscle contraction. Low sodium and fluid levels can stimulate muscle receptors causing involuntary contraction and cramps. It is however not recommended to take salt tablets to prevent a deficiency, due to the hypertonic effect of salt. Salt will draw water from the blood into the intestine, increasing muscle dehydration and the risk of cramps.

2) It has been suggested that abnormal levels of magnesium, potassium or calcium may cause cramps. There is however no evidence to support this as very little magnesium, potassium and calcium is lost during training. Magnesium is relocated in the body during training (rather than lost in sweat) which might cause a magnesium imbalance in relation to the other electrolytes (sodium and potassium) contributing towards muscle cramping. These electrolytes are all involved in the development of muscle contraction. More research is needed to understand the role of electrolytes in cramping.

3) Anecdotal reports link creatine usage to cramping. The hypothesis is that a creatine-loaded muscle cell may become fully saturated with creatine and fluid, so that the integrity of the membrane is disrupted. Research has not found any difference in the prevalence of cramps amongst creatine users and non-users.

Other factors associated with increased occurrence include a faster race pace, family history of cramping, long running history and poor flexibility training.

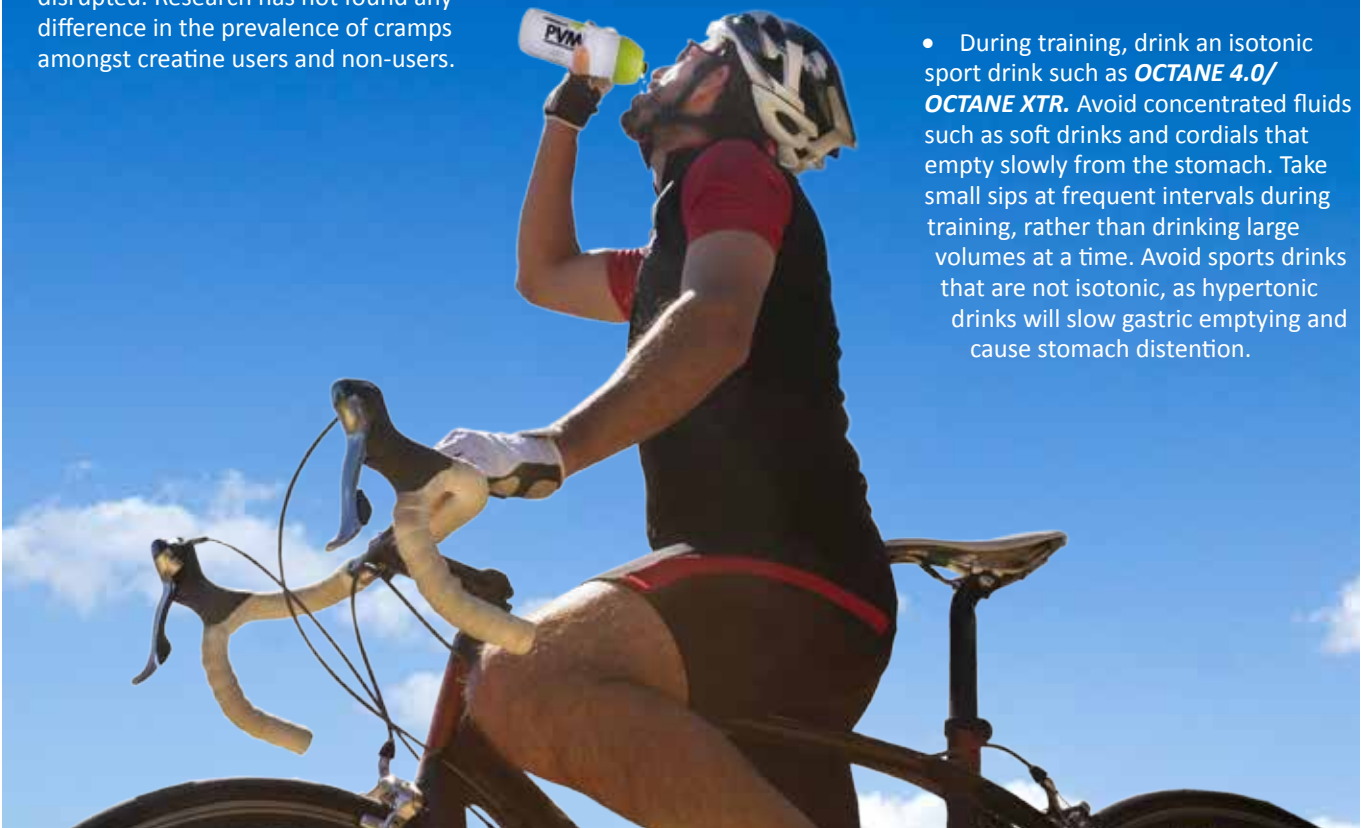
No scientific evidence exists that suggests that any nutrient and/or nutrients can prevent cramping. This is the reason why PVM has not developed a product specific for this purpose. Furthermore, PVM supplements (Octane XTR, Octane 4.0 and Octane Gel) contain sufficient quantities of electrolytes that may prevent electrolyte deficiencies.

3. WHAT CAUSES STITCHES?

Evidence suggests that a stitch may be caused by irritation of the inner lining of the abdominal cavity (parietal peritoneum) due to increased movement and friction between organs during physical activity. Stomach distension due to a large meal, or consumption of large volumes of fluid can also lead to increased friction leading to irritation.

4. REDUCING THE RISK OF STITCHES

- Don't eat or drink substantial amounts of food or fluid 2-3 hours before training. High fat foods and fluids with a high sugar concentration are more likely to cause problems. Choose a high carbohydrate, moderate protein and low fat food for your pre-exercise meal such as **PVM Maize Meal Mix** or **Fusion Meal Replacement**.
- During training, drink an isotonic sport drink such as **OCTANE 4.0/ OCTANE XTR**. Avoid concentrated fluids such as soft drinks and cordials that empty slowly from the stomach. Take small sips at frequent intervals during training, rather than drinking large volumes at a time. Avoid sports drinks that are not isotonic, as hypertonic drinks will slow gastric emptying and cause stomach distention.



- Stitches may also be minimised by following a training schedule that progressively increases in intensity and duration - a sudden increase in intensity is more likely to cause stitches. Unaccustomed training intensity/duration are common causes of cramps and stitches.

Stitches are rarely a serious problem. However, if the pain is persistent and does not ease when training ceases, it is advisable to consult a doctor.

IN SUMMARY:

- Scientific evidence suggests that muscle fatigue is the most probable cause of cramps. Currently, scientific evidence does not support the notion that the occurrence of muscle cramps is associated with electrolyte deficits and/or nutritional deficiencies that can be prevented with the consumption of specific nutrients. Therefore, use of products claiming to be so called “cramp-stop” products, are unfounded. On the contrary, they can even be detrimental for e.g. lead to gastro-intestinal discomfort. Octane 4.0 and Octane XTR contain the recommended amount and type of electrolytes.
- **Severe** dehydration/overhydration can however play a role and should be avoided.

- To decrease the occurrence of cramps, individuals should be well conditioned for the intensity and duration of the event.
- Although no scientific correlation between creatine use and muscle cramps has been found, individuals prone to cramping should only use a lower/maintenance creatine dose.
- **The risk of cramps increases under the following circumstances:**
 - If there is substantial differences between the environmental conditions of training versus competition
 - If there is large variations in the surface conditions between training and competition (such as training on the road while racing on a trail)
 - Sudden changes in equipment (such as footwear) shortly prior to competition
 - Sudden biomechanical angle changes (technique and bike posture)
- Large meals and fluid volumes too close to commencement of training/racing can cause stitches.
- Avoid foods that cause stomach distention such as high fibre and fatty meals prior to, and during events.
- To reduce occurrence of stitches, consume isotonic sports drinks during training. Take small sips at frequent intervals. Follow a training schedule that progressively increases intensity.

Experiences and treatment effects may differ from athlete to athlete. The best approach would be to individualize approach to the prevention/treatment of muscle cramps and implement preventative strategies well in advance to competition.



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The Travelling Athlete

Text: Nicki de Villiers, Registered Dietitian, hpc

Athletes often engage in travelling to various destinations for purposes of acclimatisation, training and competing. Athletes may experience fatigue during travelling and when arriving at their destination. The weather, climatic conditions, ambient temperature and pressure and cultural variables at their destination might all affect athletes. Local customs regarding diet and nutritional practices, quality and quantity of food available and the standards of hygiene could contribute to various challenges experienced by travelling athletes.

Travel fatigue is related to the duration of the trip, the elapsed time since rising from the last full night's sleep and discomfort experienced during prolonged periods of travelling. Fatigue is further compounded by disturbances of circadian rhythms when travelling across multiple time zones. Travelling athletes are further prone to an increased risk for illness (particularly food- and water-borne illness), jet lag and environmental stress. Prevention is always better than cure and athletes should prepare in advance to identify possible problems at the destination and institute strategies for prevention.

GETTING READY FOR TAKE-OFF

Determine all aspects of the upcoming trip, e.g. including travel arrangements, accommodations, competition times and venues. Based on all these aspects, athletes should use a diary to plan and document possible meal and snack times around travel, training and competition.

PRE-TRAVEL CHECKLIST

- Vaccinations (where necessary)
- Itinerary, including modes of transport, traveling times and likely breaks in the journey, e.g. meal stops, refuelling stops and overnight stopovers
- Training and competition schedule
- Type of accommodation and meal arrangements
- Trip coordinator's details
- Familiarity with place of destination (e.g. climate, time zones and food and drink availability)
- Local customs (e.g. clothing, language and dietary habits)
- Baggage limits, including equipment
- Food, fluids and supplements to be taken

TRAVELLING LOCALLY

- Staying in self-catering accommodation can provide greater flexibility in food choices and preparation. Consider portable foods to carry or purchase as well as cooking utensils that can be carried with.
- When on the road, plan for portable snacks.
- When using trains or busses, check the availability and protocols for food on route and/or the frequency of food stops.
- When travelling to training camps or competitions that last several days, organize menus in advance.



SUITABLE TRAVELLING SNACKS

- Fruit (if travelling locally) or canned/dried fruit
- Nuts
- Rice crackers or pretzels
- Popcorn
- Muesli and cereal bars or breakfast bars
- Dry cereal in individual serving boxes
- Low-fat fruit yoghurt
- Sandwiches, fruit bread, low-fat muffins
- Canned fish
- Jelly sweets (in moderation)
- Low-fat plain or flavoured milk
- Water, fruit juice, sports drinks, liquid meal supplements



TRAVELLING OVERSEAS

- If travelling to destinations with a high risk of traveller's diarrhoea; take probiotic supplements or consume yoghurt that contains live probiotic cultures
- Book special meals from airlines prior to travelling, if needed
- If travelling to destinations with unfamiliar foods, athletes should opt to travel with food staples or plan to send these options to their destination prior to travelling. Athletes can pack liquid meal supplements, dried milk powder, breakfast cereals, cereal and sports bars, as cleared with customs regulations.
- Athletes could familiarize themselves with food options and dietary customs of their destination prior to departing.
- Athletes should consider travelling with supplements (multivitamins/minerals and probiotics), electrolyte-replacement sachets and antibacterial wipes.





PREVENTION OF JET LAG

Jet lag occurs due to the disturbance of the body's circadian rhythms, including diurnal and performance rhythms. Methods of attenuating the symptoms of jet lag can include pharmacological and behavioural approaches (e.g. manipulation of nutrition and activity).

TIPS TO DEAL WITH JET LAG

- Adapt meal and snack times to destination time one to two days prior to departure and during the flight.
- High-carbohydrate, low-protein meals during transit may help induce drowsiness.
- Travel with a water bottle and sip continuously to ensure replacement of fluid losses due to dry environments associated with an increased pressure in the cabin.
- Avoid, or be moderate with, the intake of alcoholic beverages, as the effects of alcohol are exacerbated in the plane environment.
- Consider avoidance of caffeine containing drinks when it causes wakefulness and sleep prevention.
- Pre-arrange meals that fulfil in individual dietary goals supplying high carbohydrate content and low fat options.
- Pack portable, high-carbohydrate snacks in hand luggage.
- Keep a food diary as reminder of food intake and meal times.
- Travel with activities, e.g. books, games and music, to prevent boredom eating.
- Adopt regular meal and snack patterns upon arrival and pay attention to optimal hydration practices.

PREVENTING FOOD- OR WATER-BORNED ILLNESS

Pay attention to personal hygiene, avoid foods that are high-risk for contamination and adopt hygienic food handling and storage practices. High-risk foods include uncooked fresh foods such as meat, fish, vegetables and eggs; unpasteurized dairy products or reheated foods.

- Frequent hand washes with soap, especially prior to eating. Dry hands with a clean towel or air dryer.
- If the local water at the destination is unsafe, boil all drinking water or make use of bottled water.
- Avoid ice in drinks, unless the water is safe consumption.
- Avoid eating salad or raw vegetables unless the food has been washed in safe water.
- Peel all fruit.
- Avoid other raw foods such as oysters, shellfish and raw fish (sushi).
- Avoid buying foods from local food stalls and street markets with questionable hygiene.
- Avoid buffet food that is not served very hot or chilled or that have been offered for extended periods of time.
- In countries where food hygiene is questionable, select foods that have been cooked to order rather than pre-cooked and heated.



STRATEGIES FOR TREATING DIARRHOEA AND VOMITING

When suffering from diarrhoea and vomiting, pay attention to replace fluids and electrolytes. Appropriate food choices (low-fat, low-fiber foods) can be gradually introduced as tolerated.

Nausea and Vomiting

- Withhold food in the short term, but pay attention to maintain fluid intake.
- Consume small, frequent meals such as dry crackers, toast.

Diarrhoea

- Maintain a high fluid intake through the consumption of bottled water and electrolyte replacement drink or sports drink. Avoid milk, caffeine drinks, soft drinks and fruit juice.
- In the acute phase, avoid very high-fiber foods and spicy foods.
- Avoid fatty foods and high sugar foods.
- Introduce small amounts of low-fiber foods initially with gradual increase in fiber intake as tolerated.
- Consider taking probiotics to reduce the incidence of diarrhoea and help restore natural gut bacteria.



MEETING DIETARY GOALS

Travelling often places athletes a risk of failing to meet their specific nutrition goals. The change in environment such as exposure to altitude or a different climate may alter an athlete's nutritional needs and goals. Environmental stress can decrease the initial training intensity resulting in decreased energy expenditure in athletes. The new environment may also provide reduced access to food and food preparation facilities, resulting in the reliance on food from hotels, restaurants and takeaway outlets, rather than being tailored to the need of athletes. A new food culture and different, unfamiliar foods can pose a challenge to fussy eaters. Different hygiene standards may expose athletes to the risk of gastro-intestinal diseases. The excitement and distractions typical accompanying travelling may cause athletes to lose focus and eating environments, such as buffets and athlete dining halls may pose several food temptations to novice travellers.

- Search for information regarding the usual foods and food culture of the new destination.
- Ask athletes that previously travelled to the destination regarding the challenges experiences.
- Do regular weight and/or skinfold check to prevent substantial body composition changes. Inappropriate food choices at sporting venues, buffet-style eating in restaurants and unfamiliar foods often favours weight gain.
- Monitoring morning body weight and urine colour and volume to keep track of hydration status.
- Consider keeping a daily food diary to maintain focus regarding eating and dietary behaviour.
- On return, debrief regarding difficulties with food availability and accessibility at various venues and destinations. Also evaluate diet-related issues and efficacy of strategies applied.

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Stretching and Flexibility:

Dispelling myths

Text: Corli Bruni, hpc



When it comes to flexibility and stretching people have mixed feelings. Most athletes endure stretching if they have to and very few see it as a necessity. A phrase we often hear at physio when we encourage people to stretch is “I’ve never been a very flexible person”. These people seem to think that flexibility is set in stone and if you have never been flexible you never will be. Flexibility just like strength and fitness can change and definitely improve at any stage in life. We just have to spend some time doing it and doing it right.

Why Stretch?

Hyper and hypomobility (too much or too little range) puts the athlete at risk. Hypermobility for joint and ligament injuries while hypomobility can predispose the athlete to muscular or tendinous injuries. It can also affect performance. Decreased range can lead to faults in technique and reduced accuracy. Increased range without sufficient control may lead to fatigue and clumsy movement. Because of the repetitive nature of training- we repeat the same actions and drills to become better at our sport- certain muscles are used more than others and tend to tighten. If we want to excel at our specific sport we have to allow this to happen. But without proper stretching and recovery we could reach a tipping point where the muscle shortening affects our performance negatively or injury occurs.

What is ideal flexibility?

Flexibility is used as a synonym for range of movement around a joint or series of joints. It is the size and ease of our movement patterns. It has a passive and active component. Passively it includes the myofascial system, the joints and joint capsule, tendons, bursae, skin and neural structures. Actively it includes all the above as well as an intact nervous system. Good passive flexibility is a prerequisite for good active flexibility but just being bendy (good passive flexibility) does not ensure good movement (good dynamic flexibility). Ideal flexibility is where the range of movement meets the demands of the sport and where there is sufficient control over the range.

Age and Flexibility

Contrary to popular believe aging is not equal to stiffness. Decreased mobility is mostly due to decreased activity levels as we grow older and adopt a more sedentary lifestyle. If you don't get down on a mat and sit cross legged regularly eventually it will be hard to do so. If you don't use it you lose it!

The more we use certain muscles, the shorter they become over time. If you have been running road races and marathons for the past 20 years without stretching, your muscle will be a lot tighter than when you started out. You have repetitively use them in a specific way and they have shortened in that range.

Other factors that definitely impact our individual potential for flexibility are previous injury and our posture and build. Some people are born hypermobile meaning that their joints can naturally move more than the norm. These people don't need to stretch a lot and also struggle to feel stretches. They generally lack stability and would have to work more on strength and core stability.



Beighton Hypermobility Test		
Can your pinkies bend backwards 90 degrees?	One point for each one that can	/2
Can you touch your thumb to the inside of your forearm?	One point for each	/2
Can you hyperextend your elbows?	One point for each	/2
Can you hyperextend your knees?	One point for each	/2
Can you touch the floor with straight legs with palms flat?	One point	/1
Total Score		/9

The higher you score the more hypermobile you are. A score as low as three can be considered hypermobile.

Relative flexibility

Another very important factor to consider when stretching is the principle of relative flexibility. Relative Flexibility means that stiffness in one muscle group or joint will cause compensatory movement at adjoining joints that are controlled by muscles and soft tissue that exhibit less stiffness.

Easier said: To achieve a certain range or functional requirement an individual will rely on available movement and your body won't demand movement from tight or resistant structures. Your body chooses the route of least resistance. If you pull on a rope with a knot in it, the rope will stretch on either side of the knot eventually long before the knot or tight area. Stretching has to be done very precisely to challenge the tight muscles. If you don't feel it stretching at the correct muscle, you probably aren't stretching that muscle. If you feel it at a different place or at a joint, change, adjust or stop. For example it is not ok to feel pain in your knee while stretching your piriformis.



Types of stretching

Stretching can roughly be divided into Active stretching-where movement happens, and Passive stretching where the muscle is held in a position for a designated period of time.

All stretches are the same in that a person purposefully attempts to increase range of movement by applying a longitudinal force to the muscle. Stretching allows lengthening to happen in a muscle through the following properties. **Creep** describes the ability of tissue to elongate over time if a constant load is applied to it. **Load relaxation** describes how less force is needed to maintain a tissue at a set length over time. **Hysteresis** describes how much lengthening or deformation will be maintained after a cycle of stretch. So less force is needed to maintain length than to achieve length. After initial resistance it will become easier to stretch.



Active Stretching

Active or dynamic stretches describe stretches where movement happens. This should however never be done without control or with using momentum. This is ballistic stretching and can cause injury. Ballistic stretching triggers the stretch reflex in our muscle spindle. This is a protective contraction in response to a rapid stretch. The contraction prevents the muscles ability to lengthen and injury can occur.

Dynamic stretches is used to maintain range of movement and not to increase it. It doesn't decrease power or torque and can form part of our warm up routine. These stretches should have a high carry over to the sport. It should look like parts of functional movement.



Passive stretching

Passive stretches are our traditional long hold stretches. These stretches can decrease force and torque and should only be done after training or competing. They do not improve performance but aid in recovery and injury prevention. Passive stretches are used to increase range of movement. Literature suggests 30 seconds of stretching, however if you are very resistant to stretch or if the muscle is particularly tight you can increase this hold. Please also remember to stretch according to your body's needs. If your one hamstring is tighter stretch it longer or more regularly than the more flexible hamstring. Hold the position precisely and avoid any pain. These stretches can lead to short term joint instability if done incorrectly.



Enhancing my stretching routine

Stretching can be improved by using neuromuscular reflexes.

- **Contract relax:** This technique uses the Golgi tendon organ to increase length. After maximal contraction, maximal relaxation occurs. Position the muscle in a position of stretch, contract the stretched muscle for a few seconds gradually increasing in force and then allow relaxation and lengthening to occur.
- **Reciprocal Inhibition:** A technique triggering the muscle spindle reflex. It uses a natural occurring phenomenon in our body to stretch. When you straighten your knee, your quadricep works and the opposite muscle the hamstring, relaxes to allow this movement to happen. While the specific muscle is in a position of stretch, contract the opposite muscle and then move further into stretch. So to improve the hamstring stretch, contract the quadricep to use the natural reflexes of your body to stretch further.

Yoga and Pilates are fantastic ways to increase range of movement because they strengthen at the same time and maintain the new range much easier. Assisted stretch is also very helpful where someone can help align the body while stretching and prevent relative flexibility compensations.

In Conclusion:

Use dynamic stretches as a part of your warm up to prepare your body and to maintain range of movement. Use static stretches after training and competing to recover and increase range to meet the demands of your sport and life. Always stretch precisely and do not stretch into pain.

Stretching correctly will give you freedom of movement and protect your joints and body from wear and tear caused by not moving them through full range. Stretching helps combat the effects of our modern sedentary lifestyle. Don't blame your lack of movement on age or your supposed inherent tightness. Stretching works at any age and on anyone if done correctly.



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Exercise Paradox

Does Risk lead to Health?

Text: Shona Hendricks, Head of Sport Science, hpc / ISR

There have been many reported cases of persons suffering from sudden cardiac arrest during endurance sporting events. In 2013 there were 2 people who died during IRONMAN Port Elizabeth and there have been other reported cases over the years during big races such as Comrades and Two Oceans. This not excluding any of the “smaller” races taking place throughout South Africa and the world all year round. It has even occurred in football where Fabrice Muamba collapsed during an FA Cup knockout match, however, he was fortunate enough to survive. While the notion is that exercise should prevent these from occurring, these cases are being reported more and more in the media. There can be many reasons as to why this “exercise paradox” occurs, all of which will be investigated in a future article. The question today is rather is the risk of this sudden cardiac arrest (and other injury risks) worth the well-known advantages of exercise, and does the risk lead to health in some essence?

While the media can sometimes sensationalise these stories (and rightly so to a certain extent, sudden cardiac arrest during exercise should be taken as a serious issue), however should we be concerned by the incidence of sudden cardiac arrest occurrences? Albert et al reported data in two separate studies – one was a long-term study with more than 121 000 females whereby they showed that death via sudden cardiac arrest during exercise had an incidence rate of 1 death per 36.5 million hours¹ of exertion. Their study in male subjects showed an incidence rate of 1 death per 1.51 million hours² of exertion. Overall it would be a mistake for people to equate exercise with danger and therefore avoid it. Those who exercise regularly are still at less risk than their sedentary counterparts when it comes to exertion. And while there is this inherent risk during exercise and for an hour and a half afterwards, regular exercise is important in preventing those events. Among sedentary subjects the risk of dying during exercise is 20.9 times higher than when doing no form of exercise. And overall studies show the more people exercise the more they lower their risk of sudden cardiac death². Therefore the risk does lead to health.

The key here though is to identify the risk of having any form of heart disease. Get a screening test by your doctor

– this is not full proof however underlying issues can be picked up in a screening. Continue to consult with your doctor when taking on a new vigorous exercise regime and don't train and compete when sick.

Aside from sudden cardiac arrest in endurance sports there are also injury risks which can occur during other training such as strength / weight training. Training trends such as CrossFit and other HIIT (High intensity intermittent training) have received wide criticism of not being safe and carrying large risks for injury. At the end of the day all weight training carries risk of injury when not performed correctly and safely, not only CrossFit. The intricacy of where CrossFit and other regimes are perhaps allowing for these statements to be true is an article all on its own. When weight training exercises are performed incorrectly; injuries can occur in an acute way and/or in a long term overuse manner. If those movements are the movements you want to perform ensure that you are doing the exercise in the correct manner, consult a strength and conditioning specialist to assist you and guide your training programme. And if you are unable to perform certain movements with the correct technique the last thing you should be doing is loading that movement with more weight. Take the movement back to the basics and start from there or change the movement to a different, less intricate exercise.

The simple fact is there are more basic exercises that can sometimes give you as much benefit (if not more) and provide a fraction of the risk involved. There you will find the balance of risk leading to reward. Always remember that more isn't better; better is better and overall the biggest reward is to stay injury free.

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To rice or not to rice

Text: Dr Org. Strauss

In the sport community we have come accustomed with the term RICE when we deal with acute soft tissue injuries. The term (R)est, (I)ce, (C)ompression, (E)levation has always been the golden standard for the acute treatment of muscle and other soft tissue injuries during the first 48-72 hours after an injury. Is this treatment regime still the optimal way to treat these injuries?

An article published in The Journal of Athletic Training in 2012 on the effects of RICE treatment in the management of ankle sprains in adults came to the following conclusion:

Insufficient evidence is available from randomized control trials to determine the relative effectiveness of RICE therapy for acute ankle sprains in adults. Evidence that some type of immediate posttraumatic mobilization is beneficial in the treatment of acute ankle sprains is moderate. Evidence that ice provides no effect in the treatment of acute ankle sprains is limited. Evidence supporting the use of compression in the treatment of acute ankle sprains is limited.

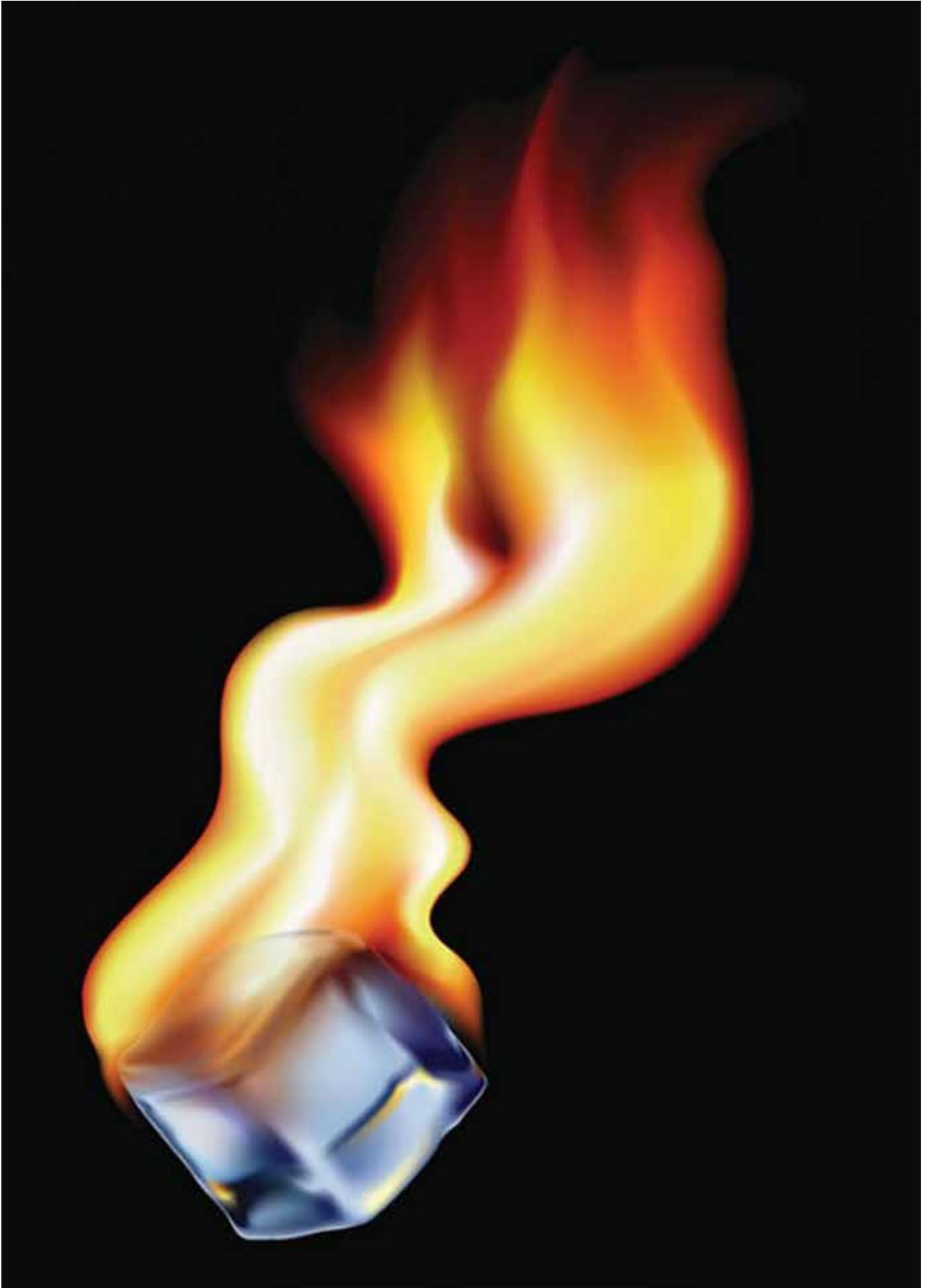
No evidence exists to support or reject the use of elevation in the treatment of acute ankle sprains. Treatment decisions must be made on an individual basis, carefully weighing the relative benefits and risks of each option, and must be based on expert opinions and national guidelines.

A recent column appearing on the internet stated that ice or any form of cold therapy is no longer the treatment of choice in acute soft tissue injuries, the main reason being the delaying of the inflammatory response which we do need for tissue healing and that vaso constriction causes tissue damage and even dead tissue resulting in further delaying of the healing process. Although this article mentioned studies done and published in a few journals, it had no proper referencing, which can make the content controversial. The column also mentioned the tendency of the focus of treatment moving towards early mobilization to restore range of motion and prevent muscle atrophy. This might be relevant and needs further investigation. In 2010, a study was published that found that some

inflammation is needed for tissue healing. A team of experts at the Neuro inflammation Research Centre at the Cleveland Clinic in Ohio found that inflamed cells produce IGF-1, (insulin-like growth factor-1), a hormone which increases the rate of muscle regeneration and helps heal damaged tissues.

The study has started discussion in the medical community about the benefits and limitations of managing inflammation as a method of encouraging healing. Gerald Weissmann, the editor of the journal that published the study was quoted in the Telegraph saying "For wounds to heal we need controlled inflammation, not too much, and not too little. It's been known for a long time that excess anti-inflammatory medication, such as cortisone, slows wound healing. This study goes a long way to telling us why – insulin-like growth factor and other materials released by inflammatory cells help wounds to heal." At present, the RICE treatment approach is still being recommended by most experts, although many are waiting for further research to help sort out the controversy.

From the studied literature it is clear that we need to individualize the treatment of each soft tissue injury. Grade one injuries for example can all differ in the amount of swelling and bleeding that might be caused depending on the mechanism of injury and the injury location. There is still a definite place for RICE in the treatment protocol, the tendency is to move more towards the term POLICE, where the P(Protect) and OL(Optimal loading) provides the opportunity to individualize each case. With this approach you will still limit excessive swelling that can be harmful to recovery during the first 24 hours but also limit the loss of joint range of motion and muscle atrophy that will speed up recovery and return to sport later on. For me the golden rule is to find the balance between the different acute treatment modalities namely P(Protect), OL(Optimal Loading), I(Ice), C(Compression), E(Elevation) in the first 48-72 hours after a soft tissue injury.



Together we can achieve much more!

Text: Lindsey Parry | Image: Reg Caldecott

We are nearing the end of our 2nd full year of bursary intakes in the athletics Academy, our ranks have swelled to 60 athletes in total and 51 as part of the Athletics Foundation Trust (AFT) bursary programme. We are very fortunate to have found a number of really talented athletes who the coaching staff have been able to develop into excellent athletes who compare favourable to their international counterparts at similar ages.

In the sprint academy, 14 of the 17 athletes set PB's over 100, 200, 400m and hurdles. With the most notable performances coming from Gift Leotlela, Clarence Munyai, Nolo Maseko and Malasela Senosa. Gift and Clarence have both found their way into the top 20 international rankings (Youth) while Gift qualified for the Youth World Championships and The Youth Commonwealth Games. It was at the latter event that Gift claimed the gold medal in the 100m and 200m, while setting the second fastest 100m time ever for a Youth Athlete: 10.20.

While Gift's result is phenomenal and has brought great pleasure to everyone involved in the academy, it is a testament to the coaching staff (Hennie Kriel and Thabo Maletedi) that we have managed to harness the ability of 4 young men. Clarence and Gift were progressing on the same track before injury cut his season short and in the coming years, we expect Clarence to put a lot of pressure on Gift which will be brilliant for both of them developing.

My excitement is reserved for Nolo and Malasela, these athletes are a year younger than Gift and Clarence, and their times at an equivalent age are even faster! Nolo in particular is an example of what can be achieved if you are disciplined and can avoid injury. After almost 2 full years of uninterrupted training, Nolo is progressing in leaps and bounds. And as is the case with our other 2 athletes, we have Nolo and Malasela pushing each other every step of the way.

2016 brings lots of excitement and pressure to the Athletics academy Sprint coaching staff.

We are similarly fortunate that we have some serious talent in the middle distance/ distance and walking

academy. We have close to 40 athletes in this academy and more than 20 of these have gone on to represent their province in athletics, cross country and walking. The depth is outstanding. And we also have a few athletes who are currently running times that should put them in the international arena, making finals at major events in the future.

The brightest stars amongst them are Keletso Senosi, Lewis Ngwenya, Whitney Matsebe and the Amon twins. In a short period of time this young men and women have put together some outstanding performances, winning medals at both the National track and field and National Cross Country Championships. Often winning by huge margins over the second placed athletes.

Again I need to commend in particular Michael Seme for his outstanding nurturing of this athletic talent and importantly welcome Godfrey Mashegwane to the coaching staff. In a short time, he and coach Seme have forged a great working relationship and I hope to see the improvements in performance from all the athletes in 2016.

As is always the case in life, there will be athletes that will feel that they deserve their name in this article and to I say: I am pleased you are annoyed at being left out, and I hope that in the years to come you prove to me that I was wrong to leave your name out of this article.

In closing I would like to thank everyone involved in this project: Toby Sutcliffe the CEO who takes a personal interest, Danie Du Toit as the head of the academies and who oversees this academy in particular, Hettie de Villiers and her team at the school who are keeping the learners focused academically, the support staff in psychology, nutrition, strength and conditioning, the massage therapists, physiotherapists, physiotherapist students and of course Tuks Athletics Club. A special thanks must go to Ma Fundi, manager of the club and mom away from home to these special athletes. Although mentioned already, this programme would not be successful without the dedication and brilliance of the coaching staff. Finally there would be no programme without the generosity of the AFT, to you and the anonymous donor: THANK YOU!





Not making the team – positively overcoming the disappointment



*Text: Mary Ann Dove -
Performance Coach and
Co-founder of Positive Sport Parent*

Team selection issues tend to be emotional experiences for both kids and parents, but handled appropriately particularly by parents (the adults!)

it can teach some lifelong lessons. As with enthusiastic actors or musicians who don't always get chosen for a play or ensemble, sporting kids will not always make the cut and be selected for a particular team.....Yet it still hurts at whatever level of participation it occurs, and sometimes parents make the situation and process even more difficult.

Supporting your child who hasn't been selected for a team can be one of the hardest aspects of being a sporting parent, but putting it into perspective with and for your child will go a long way to achieving a more positive outcome.

So let's first consider why kids do not always make the team. These reasons can include:

- Not being good enough
- Returning to participation following and injury or illness
- A surplus of players in your particular position
- Giving others an opportunity to participate and prove themselves
- Discipline issues
- Unfair selection procedures and/or favouritism

The most common reaction to non-selection issues from kids and parents that I have witnessed is to blame the "system". And yes, there are continuous reports of unfair practices across all levels which need to be addressed, but should not be used as the prime reason for having not succeeded. Selection, particularly of team sports, is and always will have a measure of subjectivity based on a coach or coaches choosing the players they feel can best do the job needed to achieve the desired outcome. Their selections are based on their knowledge of the game, technical expertise, coaching experience and the group of players available to combine into a cohesive team. Before questioning the process, parents should consider what their own technical knowledge of the game is from a

coaching perspective, not an interested spectator alone.

Rather than "giving up" and leaving the sport or changing school/club in the hope that it will bring about the much sought after selection – which it may or may not – there is an opportunity to learn from the experience by engaging in some realistic self-reflection. Parents cannot control whether their child is selected or not, so instead of fuelling the situation their role should be to soften the blow and help their child learn to deal with the rejection and associated feelings as a part of life that everyone experiences at some time and help them bounce back with grace, dignity and renewed energy to tackle the next challenge. Two useful strategies for parents in this regard are:

- Be aware of your own attitudes and reactions to your child not making the team and whatever you feel try not to display these emotions to your child as it is a great disservice to him/her.
- Give your child a chance to feel and "permission" to have a normal response to the rejection without rushing in to "rescue" your child or "fix" the situation.

Through the process of self-reflection, parents can help their children focus on a number of strategies that will assist them to grow and develop in all aspects of life:

- Being realistic about their own performances – "Am I really good enough?"
- Areas for improvement – "What skills, tactics, fitness, mental strategies do I need to work on?"
- Asking for help – "Who can assist me in developing techniques to improve my strengths and weaknesses?"
- Developing a mastery culture vs only being interested in the outcome (result) – "How can I learn from my mistakes and continually improve?" "What can I learn from my good performances that will assist me?"
- Seeing the bigger picture. There is much more to being successful in life than simply making a team. "What are all my goals through playing sport?"

By participating in sport and striving to succeed athletes will always encounter challenges, setbacks and disappointments, but through these experiences sport provides athletes with valuable personal and social lessons that will serve them well into the future.

POSITIVE

SPORT COACH



Are your coaches' skills and attributes keeping pace with the changing sports participation and performance playing field?

"I've been coaching for 37 years.... [When I started] I was very directive as a coach...pretty authoritarian.

But now it's [changed]....If you didn't change [as a coach] you were history." (Graham Henry, Head Coach, New Zealand All Black rugby team, 2004 – 2011)

Our response

A series of inter-connected tools and services to assist you in developing a Player-centric Developmental Sporting Environment. Our flagship course, **Coaching Connections**, is an interactive workshop focusing on developing emotional intelligence, effective communications, coach as leader, engaging with parents, understanding the developing player, team effectiveness and coaching for performance.

For other services and courses visit our website at www.positivesportcoach.com.

How will coaches benefit

- Develop new and appropriate skills
- Enhance their coaching relationships and success
- Develop trust with their athletes through understanding their needs better
- Gain respect from other coaches and stakeholders
- Improve their job opportunities

Who we are

Our lead coach, Mary Ann Dove is a foremost authority on the role of parents and coaches in encouraging and inspiring children to achieve their own potential in sport and founder of Positive Sport Parent in 2011. She works closely with some of the best sports coaching brains in South Africa. Mary Ann has qualifications in sports science, psychology, coaching and is currently studying towards her PhD focusing on "The role of the macro and micro environment in talent development."

Her previous experience in business consulting, leadership development, facilitation and performance coaching makes her imminently qualified to provide the unique and niche services being offered by PSC. Her clients have included Olympic organisations, national and provincial sports teams and federations, developmental to international sportsmen and women, player associations, schools and clubs.



About Positive Sport Coach

We have recognized the need to grow positive, authentic and connected coaches who can develop meaningful relationships with each individual athlete so that he/she will want to participate and perform to the best of their ability for the benefit of themselves, their team and for you their coach.

We focus on the **COACHING PROCESS** that will enable optimum transfer of the skills required to participate and perform on the field of play, while simultaneously looking after the holistic and personal development of the player.

For more information and to book a workshop:
coach@positivesportcoach.com | www.positivesportcoach.com

hpc Academies keep on pushing the boundaries to success

Another year has gone by during which many new challenges have been faced by the Academies of the High Performance Centre (hpc), but in a certain sense everything has remained the same. The athletes and coaches of the hpc have proved yet again that if you are dedicated and work hard there is no limit to what can be achieved.

SOCCER ACADEMY

Predictably the Soccer Academy was a dominant force in the leagues they contested. The under-20A side won the High School Soccer League for the third year in a row but unfortunately they were beaten in the final of the Pretoria High School Soccer Challenge Cup.

The performance of the Academy's under-15A was equally impressive. The team won their Challenge Cup Final as well as the Coca Cola under-15 District Tournament.

According to Jason Sergel, football coordinator at the Academy, Tojotiana Andriamialy, Nhlanhla Mabaso, Asande Mbanjwa and Tumi Radebe are youngsters who will make it big in a year or two from now.

"Tojotiana (central midfielder) is a very good technical player who is comfortable with the ball at his feet. He is always trying to get the team to go forward with his brilliant passing game. He is also very good at taking set pieces. Currently, at the age of 17, he is in grade 11 and part of the MultiDiski squad.

"Nhlanhla is a striker who is big, powerful and fast. He has a physical presence on the field and is able to be a target man or run behind the defence with his speed. He has just been called up to our SAB squad (Spartak) which consists of our best Varsity players and a few of our best academy players.

"Asande is a versatile player who can play in the midfield or the defence. He is very good technically and comfortable on the ball. He is currently part of the MultiDiski squad and made his debut for the team during the first round of the competition.

"Tumi is a strong centre back who can play left back as well. He is physically strong and reads the game well. At only 17 years old he was part of the under-19 squad this year.

"These are the older boys who are currently trying to push themselves into the professional environment, but there are also a few younger boys with good potential who are coming through the system," said Sergel.



CRICKET ACADEMY

Aldin Smith (Academy coach) is satisfied with the way things played out in cricket this year.

“This year’s intake was quite unique. As a group the players were fantastic but at first there were no individuals that stood out. However, as the year progressed some individual players began to distinguish themselves. They did this not because they were superstars, but because of the way they grew in totality.

“Our goal at the Academy will never be merely to help youngsters succeed as cricket players. We fully realize that not every young player who goes through our programme will go on to play professional cricket. Our approach is holistic. We use cricket as a tool to teach the youngsters universal life lessons which will stand them in good stead as cricket players, or in whatever career on which they decide. Even though some of them might go on to become CEO’s of companies, they will still be able to use some of the principles we taught them.”

Smith reckons that Clayton Floyd (a left arm spin bowler) might be a player to watch.

“The way he tried to make the most of what we offered at the Academy was gratifying and his improvement in just a couple of months was phenomenal. Because there are not many left arm spinners in South Africa he will certainly get lots of opportunities to play.”

Floyd plans to stay in South Africa for the time being. He plans to study at Tuks next year and play for the University’s all conquering team but, seeing that his family has migrated to New Zealand, there is no guarantee that he will eventually play for South Africa.

According to Smith, Nico Loubser

(fast bowler/batsman) is another player who might make it to the big league.

“Nico has requested to do a second year at the Academy and we think it is a good idea. He has improved greatly since recovering from an injury that set him back three months.”

One of the highlights for the Academy players was when they were given an opportunity to work as grounds men to prepare the pitch for South Africa’s one-day and T20 games against New Zealand at SuperSport Park.

“We try to expose the players to every aspect of cricket during the year. Some of them might decide to become coaches or umpires or even work as grounds men.”



GOLF ACADEMY

Brandon Stone and Dylan Naidoo are two of the golfers who are reaping rewards because they are putting into practice what they were taught at the Academy.

Llewellyn van Leeuwen (head coach) has good reason to be excited when he talks about Stone's performance this season. In August Stone achieved four top-ten finishes in Challenge Tour Tournaments. His best performance was a joint second place at the Gant Open in Finland.

It is evident that Stone's consistency is paying dividends because he was ranked 14th in the Challenge Tour on 13 September. According to Van Leeuwen top-15 players will automatically qualify for next year's European Tour.

"I think Brandon has what it takes to become one the best golfers in the world," predicts Van Leeuwen who has been coaching Stone since he was six years old.

"Dylan Naidoo (TuksSport High School) won the Nomads South African under-17 boys stroke play Championship."

"There were many other individual good performances by our Academy golfers throughout the year. The fact that our players made up nearly 50% of every South African amateur team (senior and junior) that was selected this year, proofs to me that we must be doing something right at the Academy."

Van Leeuwen ascribes their success to the fact that the various members of the Academy's coaching staff complement each other in the way things are being done.

"Whenever we work with one specific player we first come together as a team to work out what the best way forward will be so that everybody knows exactly what to do."

From next year Van Leeuwen wants the Academy to become more involved with talent identification.



SWIMMING ACADEMY

Tatjana Schoenmaker was without doubt the star of the Academy. She won two gold medals and one silver at the South African Senior Swimming Championships in Durban, as well as three gold medals at the All African Games in Brazzaville.



Schoenmaker dominated the breaststroke events at the Games. She won the 50m-breaststroke in 32.49 seconds, the 100m-breaststroke in 1:09.47 and the 200m-breaststroke in 2:28.84. At the South African Championships she won the 100m and 200m breaststroke events and was second in the 50m-breaststroke.

If Schoenmaker should continue to improve the way she has this season, she might surprise friend and foe by qualifying in one of the breaststroke events for next year's Olympic Games in Rio.

However, Rocco Meiring (Academy coach) emphasized that Schoenmaker will probably only be at her best for the 2020 Games.

"I think it is important that Tatjana is allowed to reach her full potential as a swimmer in her own time.

There is certainly merit in what Meiring said, especially because South African swimming has a sad history of trying to fast track talented young female swimmers so that they can compete at the Olympic Games or a senior World Championships. Unfortunately this has led to a number of swimmers quitting before they were able to fulfil their talent.

According to Meiring Micah Fernandes, who represented Kenya at the Junior Swimming World Championships, is another Academy swimmer who greatly improved.

Meiring is confident that the Academy will have more talented young swimmers who will go on to represent South Africa at major championships in a year or two from now.



Our Future Is Made Here

Text: Kathrine Holicki, Scholar of TuksSport High School | Images: Reg Caldecott

Who needs a New Year's Resolution when you can have Christmas in July? This is what the students of TuksSport High School thought as they walked through the doors of their newly built school. TuksSport High School, located at the end of South Street, has an eye-catching design and creative outlook that gives the old Huis Karee Hostel a new coat of fresh paint.

The first day of Term three arrived and not only was it a start to a new journey but the students of TuksSport High School got the chance to explore the school halls for the first time. The multipurpose hall smelt of fresh toast in the morning when we gathered there for our assembly. Students took place to a new 'spot' on the grounds at break, the kitchen staff had their work cut out for them as they were bombarded by hungry learners at lunch and every classroom was personalized to each teacher's own taste.

TuksSport High School is a school where diversified students can come together to share in similar interests. Many pupils had different opinions of their new school but all had a similar feeling; the school brings us together. We are proud to call the new school our own and are excited to create new traditions and memories together. Due to

the school, hostels and sports grounds being so closely built, the students feel as if they are a part of a community, a family and a dream. We are all able to have a share in one another's success and glory but are also there as a supportive base in tough times. The community that the school provides is a safe environment where we are able to pursue our desired sport and academics. By doing all of this together as a school, we are not only students or friends but also a family.

We are part of a new dream for the school and plan to uphold its reputation as a leading sports school in South Africa and carry on with its goal to prosper and make each and every year more successful than the previous. We are ready for the journey that lies ahead.

Our family awaits your visit.



2015 TuksSport Colours and Awards

2015 has delivered outstanding results for TuksSport. Our athletes have yet again gone into battle well prepared, focused and intent on earning their stripe. At the FISU 28th Summer Universiade or World Student Games, 32 of our student-athletes, two coaches and two managers represented the University of Pretoria and South Africa.

Shadine van der Merwe (Netball) and Robin Swartz (Football) took top Student honours at the TuksSport Colours and Awards Function held in Pretoria on Friday, 16 October 2015.

Shadine van der Merwe, a BEd HMS student has been an integral team member within two sporting codes namely Softball and Netball and has become the first Tuks student-athlete to win a national USSA title in the same year in two sporting codes.

Robin Swartz, a Honours student in Sport and Recreation Management has been an active part of the TuksFootball Club for the past 10 years having progressed through the ranks and captained every team he has played for. Over the course of his studies he has contributed to the successes of the student programmes where he has led from the front as captain of the USSA and Varsity Football teams.

Lenize Potgieter (Netball) and Akani Simbine (Athletics) were crowned Sportswoman and Sportman of the Year respectively.

Lenize represented the Proteas in Australia in August where she quickly

became a talking point amongst the opposition teams and commentators due to her play and shooting accuracy. Finishing second with the most number of goals scored, of 298 and a goal scoring average of 89.5%, with 16 rebounds and 39 turnovers, she narrowly missed out on the highest number of goals scored to the winner of the Most Valued Player of the tournament.

At the 20th European Athletics Classics meet in Slovenia, leading up to the World Student Games, Akani joined a select group of sprinters by becoming the 104th man ever to dip under the magical 10 second barrier, running a time of 9.99 sec. At the World Student Games in South Korea he ran a 9.97 sec in the final breaking the long standing record from 1987. This time also meant that Akani joined his fellow Tuks team mate, Henricho Bruinjies, as the joint South African National record holder.

Awards:

Student Administrator of the Year:
Aluwani Rembuluwani (SSC)

Administrator of the Year:
Gloudien Spies (Athletics)

Coach of the Year – Individual Sport:
Llewellyn van Leeuwen (Golf)

Coach of the Year – Team Sport:
Pierre de Bruyn (Cricket)

Principals' Award for Exceptional Performance in both Academics and Sport:

Ronald Ketjijere (Football)

Principals' Award for Outstanding Performance of a Team representing the University:

Varsity Athletics

Student Sport Club of the Year:
Golf

Sport Team of the Year:
Assupol TuksCricket 1

Sport Club of the Year:
Cricket

Student Sportswoman of the Year:
Shadine van der Merwe (Netball)

Student Sportsman of the Year:
Robin Swartz (Football)

Sportswoman of the Year:
Lenize Potgieter (Netball)

Sportsman of the Year:
Akani Simbine (Athletics)



Shadine van der Merwe



Robin Swartz



Akani Simbine



Lenize Potgieter

Dream home start for AmaTuks 22 August 2015

In their first match at home, played at the Tuks Stadium on Saturday, 22 August, a brace from Khethukuthula Zwane helped a 10-man AmaTuks team to a 3-0 win against Polokwane City earning them their first points. In the 31st minute Katjijere was awarded a free kick inside the centre circle and quickly chipped the ball to Nyondo in the penalty box. The latter then passed it to Zwane, who succeeded in slotting it into the top right corner from outside the penalty box to score the first goal of the match. Ten minutes later Zwane doubled the lead after again receiving the ball just outside the penalty box and this time his shot was a grass-cutter that slipped past Konopi on the left.

At the half-time break it was evident that AmaTuks, with a two-goal lead, was the stronger of the two teams. At the start of the second half Polokwane City immediately launched an attack. Substitute Shiba caught the AmaTuks defence napping and his kick from the edge of the penalty box hit Arubi's right hand. In the 57th minute substitute Nyathi played a long-ball that found Nyondo. The keeper came out of his area, clearing the way for Kebede, who was staring at an empty net, but the linesman had his flag up for offside.

In the 68th minute Kebede beat the offside trap inside the penalty box, but did not take the shot. He passed the ball to Nyondo, who delayed his shot and ended up being dispossessed.

In the 73rd minute Ntombayithethi latched on to a through-ball down the middle and ran towards the lone centre-forward, passing Nyondo on his right. Nyondo chipped the ball over the keeper who had come off his line, but Mbonani backtracked and was able to kick the ball away before it crossed the goal line. In the 84th minute a forward long-ball found Nyondo in the penalty box.

Nyondo chested it to Mnyamane, whose grass-cutter beat Konopi, passing on his right-hand side, and gave AmaTuks their third and final goal. In the 88th minute captain Monyai received a yellow card after holding back a City attacker. It was his second booking in the match and he was sent off the field for an early shower.

AmaTuks XI: Arubi, Monyai, Jaure, Mwedianga, Mngqibisa, Ntombayithethi, Zwane, Katjijere, Nkoana (Nyathi 59'), Nyondo (Bacela 87'), Kebede (Mnyamane 83')
City XI: Konopi, Molekwane, Mbonani, Tshilo, Masenamela, Nene, Bogere (Jacobs 76'), Maluleke, Tlolane, Ngobe (Shiba 45'), Ndou (Mncwango 65')



Mr Hugo Olivier - Remembered 27 August 2015

Mr Hugo Olivier (9 April 1935 - 23 Aug 2015) the first Director of Sport at the University of Pretoria passed away on Sunday 23 August 2015. He was a lecturer at both the former Normaal Kollege Pretoria and Goudstad Teachers Training College before assuming the position as Director of Sport at UP in 1974. He

resigned from UP in 1990 to take up a full time position in the former national sport structures where he made a huge contribution to the normalisation of sport in South Africa. He played a significant role in South Africa's participation in the 1992 Olympic Games and the 1994 Commonwealth Games. Hugo was also President of the SA Gymnastics Federation for many years. Hugo Olivier will be remembered as an exceptional sports administrator and leader. Those of us who were privileged to know him and some of our staff who worked with him, will remember a man who was focused and committed to getting the job done. He was a 'people person' who always had time for his friends and colleagues.



www.up.ac.za

TuksSport

INSIDE NEWS

ATHLETICS

2015 Gauteng Sports Awards



Sportsman: Akani Simbine



Sportswoman: Caroline Wöstmann



Lebogang Shange won the 20km race walk in 1 hour 31 minutes at the South African Championships in Cape Town



Irvette van Zyl, LJ and Louis Jnr in 1st race as family at Spar Woman's 10km race in JHB.



Keletso Senosi took Gold in 4km Girls U14 in 13:45 at the Cross Country Champs, Middelburg on 12 September



African Games Brazzaville, Congo: Lebogang Shange, Gold in Race Walk



2015 Comrades: Caroline (winner), Charne (second) and Coach Lindsey Parry



TuksSport High School grade 11 learner Tlotliso (Gift) Leotlelo gold in the 100m and 200m at the Youth Commonwealth Games in Samoa



African Games Brazzaville, Congo: Fredrich Pretorius bronze in decathlon



Sprinters Henricho Bruintjies & Akani Simbine both broke 10sec barrier (9:97) in men's 100m earlier in 2015

SWIMMING



2015 FINA/airweave Swimming World Cup: Cameron vd Burgh currently leads and has already bagged 9 medals. 3 more races before finishing this year's circuit.



African Games Brazzaville, Congo. Karin Prinsloo bags 11 medals



African Games Brazzaville Congo: Tatjana Schoenmaker, TuksSport High matric learner claimed gold in 50-, 100- & 200m breaststroke as well as in 4 x 100m Medley Relay

TRIATHLON



Basson Engelbrecht victorious at 2015 ATU Africa Cup in Mauritius



Sullwald, 6th place in 53.43 Triathlon World Series event in Edmonton, Canada



Gizelde Strauss, TuksSport High Learner won the Junior age group 16 - 19 event at ATU African Champs in Sharm El Sheikh, Egypt

JUDO



Piontek win bronze at African Games, Brazzaville, Congo



Michaela Whitebooi took gold at the African Junior Judo Championships in Egypt in July



Hpc/ TuksSport High School judokas excelled at the SA Open Champs in Stellenbosch from 28 June – 4 July.

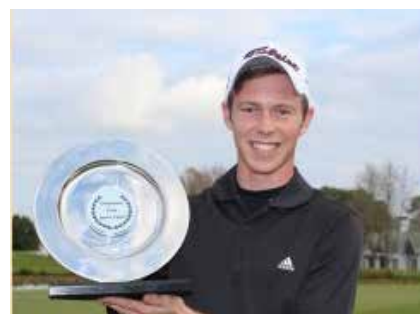
GOLF



Zander Lombard, 3rd place finish on 18 under par in the Vodacom Origins event at Val de Grace Golf Estate



Sentanio Minnie won the Africa Junior Open at Fish River Sun Country Club; credit SAGA



Marco Steyn won the inaugural Dimension Data Junior Open at Fancourt in July; credit SAGA

INSIDE NEWS

ROWING



John Smith and James Thompson, 2nd in Lightweight Men's Double Sculls event in 16:14.62 at World Rowing Cup III, Luzerne.



Lightweight Women's Double Scull event Kirsten McCann & Ursula Grobler 2nd in 6:56.60 at World Rowing Cup III, Luzerne.



McCann & Grobler claimed Bronze at Rowing Worlds in France in lightweight women's double sculls in 6:55.79.

MOUNTAIN BIKE



Buys and Beukes 2nd in Lesotho Sky 6-day race

VISITORS



British Amateur Rugby League Association at hpc



2015 Ke Yona Nedbank Bootcamp at hpc

Rest Well Prof Ernst Kruger

Steven Ball, Deputy Director, Coaching & Performance Management, TuksSport

With much disbelief, confusion and shock, I along with many found out that Prof Ernst Kruger had passed away suddenly. Speaking to people and reading what was written on social media, I was drawn to reflect on him, as I realised the impact he has had on many and the respect he has by all. Prof Kruger, a man often with few words in public, who would stand for and live by what he believed was right, even if it was not the popular thing, a man who loved his family, was committed to giving everything, and who lived everything he did to the fullest.

Our paths crossed in 1997 as I started studying at the University, very quickly getting to know of his reputation, to him becoming my first boss, with our work paths running alongside, the integration of services into the TuksSport clubs and finally colleagues working around our student-athletes and student studies within his role in the ISR and academic department and mine in TuksSport. So as the 24 hours passed after his death, I was thinking about what do and will I always remember about this highly respected individual ...

A national athlete, well renowned academic, a passionate sports lover, a husband and father. I will remember ...

The first day of studies as he introduced himself, welcomed us and said that by the end of our degree, only 1 in 3 would be left. His reputation over the years of being 'difficult' as a lecturer and that his subjects were always the most difficult to pass. How we recorded all his lectures, as he wanted the information his way, because he was that precise in his high standards.

Refereeing the rugby game between the 1st and 3rd years, a tradition since lost. Too playing touch rugby with all the men at the annual bosberaad of the ISR. His passion for sport, but his strong opinions on his beloved sport Rugby. The days he was the S&C coach to the Tuks1 rugby and the testing such as pulls ups on the Rugby polls, I will never forget. Too scanning newspaper clippings about representing the SA Schools team and how the foreign write ups referred to him becoming the next big Springbok.

His characteristic 'Dames en Here' as he would address

you in a group in his professional approach to people. That he was a perfectionist with high expectations. Whether answering emails, cause we all could get them on our phones now – he would say, to reports or whatever he did. His signature trait of signing off his emails with, 'Professor'. The way he always opened a staff meeting with prayer and his belief in the Lord God.

My first boss, in my internship at the ISR and supporting me as doors opened, especially the discussion we had when I received the offer to leave. The open door he always had even though we may have disagreed on some matters. The honest and frank discussions that we could have, even up to a week before. His small heart and willingness to help people, even when initially he was perceived as not willing to. The things he did just to help.

The development of the Sport Science degree program oriented for talented athletes. The discussions we had about life, how things are changing and that, well, students seem to be changing faster than we realize. To the practical's, the first aid, the student-athlete study advice discussions.

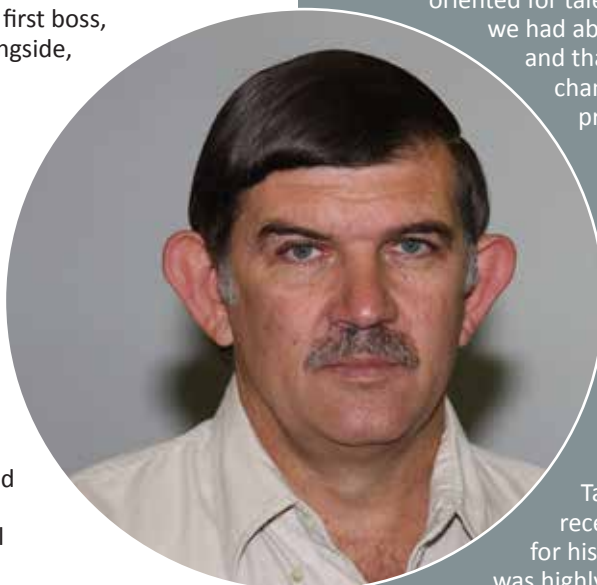
How he used to run on the sport grounds on a regular basis prior to tearing his Achilles' tendon. His distinctive fast walking style when he was on his way to a meeting or late for an appointment. No one could keep up.

His passion for his family, his wife, Tannie Elmien, his sons and more recently his grand children. His love for his birds and the breeding of them, was highly respected and presented at many an international conference on this.

A man filled with passion. His God and family were always first. His dedication to his work, career and 30+ years service to the University of Pretoria is something that I have respected. As he leaves a void in many, may all reflect on the good things, the good times and the good traits of this man. That many students and now professionals and many colleagues in TuksSport and ISR have been under his guidance and teaching as some stage. A massive impact.

To those he has left behind, his family, his staff and colleagues, may you continue to find strength, with the comfort that he lived his life to the maximum.

Thank you Professor for the role and impact you have had on my development and many others. Baie Dankie Prof. Jou hoek kantoor Gaan Baie leeg staan!



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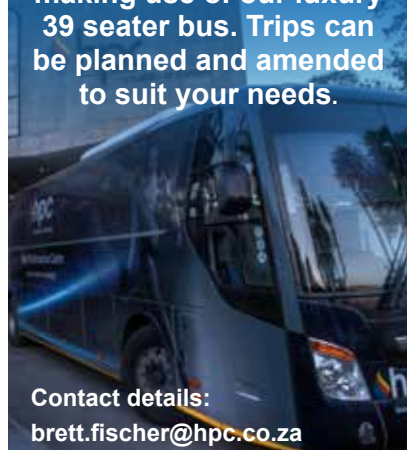
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Built Environment, Property, Urban and Regional Planning

16 Nov Facilities Management
23 Nov Project Quality, Risk and Time Management

Business Management and Entrepreneurship

28 Oct Practical Team Management Toolkit for First-level Managers and Supervisors: Building and Managing High Performance Teams
18 Nov Event Management
30 Nov Effective Risk Management

Education and Teacher Development

10 Nov Mobile Teaching for the 21st Century Facilitator
24 Nov Train the Trainer: Course Delivery Skills

Financial Science and Economics

2 Nov Financial Management for Non-Financial Managers
2 Nov Cost and Management Accounting

General Management and Responsible Leadership

19 Oct Management Development Programme (MDP)
26 Oct Senior Management Programme (SMP)
9 Nov Strategic Management Principles
19 Nov Negotiation Skills
25 Nov Supervisory Management Skills

Human Health

19 Oct Seminar in Workplace Drug Testing
16 Nov Basic Biostatistics for Health Researchers
23 Nov Infection Control in Health Care Facilities
23 Nov Screening Audiometry

Human Resources Development and Labour Relations

14 Oct Advanced Short Course in Employee Assistance Programmes (Pretoria)
14 Oct Employee Wellness
2 Nov Change Management
2 Nov Change Management and Leadership to Ensure Successful Change
11 Nov Practical Strategic Performance Management
18 Nov How to Develop a Workplace Skills Plan (WSP)

Law and Human Rights

19 Nov Disciplinary Enquiries at the Workplace
24 Nov Introduction to Medical Law

Marketing, Communication and Customer Relations

14 Oct Customer Experience Practice
4 Nov Professional Communication @ Work
6 Nov Presentation Skills for the Workplace

Project and Risk Management

19 Oct Programme and Portfolio Management
26 Oct Programme in Project Management (PPM)
2 Nov Project Management Principles and Practices with MS Project
2 Nov Introductory MS Project

4 Nov Intermediate MS Project
9 Nov Project Management Principles and Practices in Organisations

Social, Political and Religious Studies

12 Oct Trauma Counselling
19 Oct A Contextual–Collaborative Approach to Coaching
16 Nov Understanding and Providing Victim Support and Empowerment

Sport, Tourism and Recreation

8 Oct Sports Law
9 Nov Strategic Tourism Destination Marketing
9 Nov Sport Facility and Event Management

Supply Chain and Logistics

23 Nov Hands-on Supply Chain Management

Online courses

eSkills for Entrepreneurs
Financial Management for Non-Financial Managers
Introduction to Brain Fitness Training
Introduction to Neuroscience Coaching
Medical Terminology
Project Risk Management
Thinking Accelerator for Personal Development

SMS the keyword **CEATUP** followed by your **email address** and any **course name** you are interested in to **43366** for a consultant to get in touch.

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Contact us: Tel: +27 (0)12 434 2500 Fax: +27 (0)12 434 2505 Email: info@ce.up.ac.za
For customised courses: Email quote@ce.up.ac.za for quotations on in-house training.

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(07:00 – 14:00)

R250

Includes:

- Venue hire
- Audio visual equipment
- Tea/coffee on arrival with either muffins, croissants or rusks
- Mid-morning tea/coffee with a sandwich/tramezzini platter
- Lunch
- Mineral water and mints
- A5 notepads and pens

Full-Day Package
(07:00 – 17:00)

R300

Includes:

- Venue hire
- Audio visual equipment
- Tea/coffee on arrival with either muffins, croissants or rusks
- Mid-morning tea/coffee with a sandwich/tramezzini platter
- Lunch
- Afternoon tea and biscuits
- Mineral water and mints
- A5 notepads and pens



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- ANTIFOG-ULTRA LENS FOR SUPERIOR CLARITY & VISION
- SPEEDOFIT SIDECIP FOR EASY ADJUSTMENT AND THE PERFECT FIT
- SOFT ERGONOMIC SEAL ENSURES CLOSE FIT TO THE CONTOURS OF THE EYE SOCKET
- RIGID SKELETAL STRUCTURE ELIMINATES LENS FLEX, FOR PERFECT VISION





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