

the Medalist

sport, science, knowledge



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 hpc
University of Pretoria

April 2010

Football quiz for tomorrow's Bafanas

Which university's football club:

- Trains and educates aspiring footballers to reach the heights of professional football or reach their maximum potential as athletes?
- Has world-class facilities and the best possible environment in which footballers can attain their goals?
- Is the only university club in the country with a fulltime football academy running, where all players are housed, educated and coached on the premises?
- Has a Junior Programme of over 300 aspiring young footballers and an extremely competitive men's and women's Residential League?
- Has groomed the likes of Lerato Chabangu, Robyn Johannes, Bongani Khumalo, George Maluleka, Dumisani Masilela and Clifford Mulenga?

mediacheff1485



There is only one answer to all of these questions: TuksFootball at the University of Pretoria.

The University of Pretoria is one of South Africa's foremost research universities - a world-class institution where academic and sporting excellence is non-negotiable.

For more information please contact TuksFootball at 012 420 6001 or email: tuksfootball@up.ac.za

Leading minds in football.



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TuksSport

TuksFootball

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Cover Image: Reg Caldecott
Courtesy of the Argentinian Embassy



Publisher:

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

Executive Editor:

Toby Sutcliffe, toby@hpc.co.za

Managing Editor:

Leonore Jordaan, leonore@hpc.co.za

Layout:

Maunée Meiring, maunee@iburst.co.za

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from the CEO'S OFFICE



The pipedream of a few years ago is now reality and the eyes of the world will be focussed on South Africa for the months of May, June and July. We all need to collectively take responsibility to deliver our Country to the world in the most professional and friendly manner and so it is at the hpc.

We are fortunate enough to have the Argentinean Football Association as a partner for the duration of the World Cup and it is our responsibility to deliver a professional experience for our guests and give them all the building blocks to enable them to perform at their peak for the duration of the tournament.

If the first visit to the hpc by the legendary Diego Maradona is anything to go by, then we can be rest assured that the quality of the experience will be something that will long live in the memory of everyone associated with the delivery of a world-class facility and world class experience at the hpc. Just having the likes of Javier Mascherano, Lionel Messi, Carlos Tevez and many other household names in the football world, will in itself, be an inspiration to everyone that will play an important part during their stay at the hpc.

The hpc and TuksSport are fortunate that the Argentinean team will leave a legacy that will enhance the delivery of service to all our clients and more specifically to a number of Academy students in our respective programmes and for this we say a very big thank you.

To quote from the then President of South Africa Thabo Mbeki on the occasion of the unveiling of the FIFA Soccer World Cup South African emblem: "We are indeed very happy that the resilience, patience and love for the beautiful game by these masses of our people, was vindicated, on the 15th May 2004, when President Blatter announced that football's Golden Trophy would finally be going home to Africa. In that glorious moment, FIFA helped with the process of the restoration of our self-respect and dignity and rewarded all the African football lovers by bringing the beautiful game to the mother continent.

Indeed, the ancient kudu horn resonates across the Tempodrom heralding ardent and passionate supporters of FIFA's "beacon of hope", football, to grace the shores of the final missing ring - Africa, the cradle of humanity - in the Olympic ideal of the original Olympic Football Tournament, the forerunner of the FIFA Soccer World Cup.

The inaugural FIFA Soccer World Cup in Uruguay may well have been the turning point for the enormous success and passion that is so evident in Pele's beautiful game, jogo bonito, across South America. And soon the magnificent FIFA Golden Trophy heads to the Southern Hemisphere once again to inspire and uplift a continent, from the gold mines of South Africa to the undulating golden sands of Tunisia."

Africa is ready – South Africa is ready and the hpc is ready. May the games begin and good luck to our guest, ARGENTINA! 🇦🇷

Toby Sutcliffe

Argentina

at the
hpc

Text: Morris Gilbert Image: Reg Caldecott

The University of Pretoria's High Performance Centre will never be the same again after its successful bid to host Argentina during the FIFA 2010 World Cup in South Africa.

No wonder then that CEO Toby Sutcliffe can still muster a smile between all the organising in getting the hpc custom ready for the arrival of the Argentine national soccer team in May.

"It is without doubt the biggest event the hpc has ever staged and all the hectic preparations and upgrading will in the end see a legacy most people can only dream of," said Toby whilst having a coffee to get him going for another busy day.

Argentina was not the only country eyeing the hpc as a home away from home. England, Korea and Italy were just as keen to have the hpc's and University of Pretoria's world class facilities at their disposal.

"We are thrilled that we'll be hosting Argentina as they have a wonderful World Cup record and history and will again be a strong contender for the championship title. What would make their visit even more special is that a legend like Diego Maradona will be coaching the team."

"When he paid us a visit in February during an official inspection of our facilities it was evident from the overwhelming media attention that he is all but the forgotten golden boy of soccer. In fact, he is still a hero in his own right," added Toby.

It is not only Maradona's presence soccer fans can look forward to. Lionel Messi, the FC Barcelona superstar and one of the world's best footballers, will be another huge attraction.

"It will be an honour but also a bit unreal to move amongst soccer stars worth between \$150 000 and \$200 000 a week!" remarked Toby.

Hosting Argentina will be a huge win-win situation for the hpc as the upgrading will not be for their account.

"The hpc will get a phenomenal face lift, one that will be enjoyed by many long after Argentina has gone home."

Amongst the improvements will be plasma screen TV's, new tiled bath rooms and new ceilings in the rooms, so doing away with the current rugged concrete look.

Argentina will not only take residence at the hpc. All their training will be on the surrounding pitches of the A, B and C field, ABSA Tuks Stadium and Tuks Rugby Stadium.

"The hpc will be officially closed for the duration of Argentina's stay with us. That will mean that security and access to the complex will be very strict. For this reason, all current staff members of the hpc and the neighbouring TuksSport will have to apply for official FIFA accreditation."

Toby had good news for Tuks athletes who are serious contenders for Commonwealth medals.

"Argentina will obviously have first rights to using the pitch in the ABSA Tuks Stadium. All we ask from our top athletes is to respect that and plan their training accordingly."

Toby also assured current members of the hpc gymnasium that they will not be left stranded once Argentina takes occupation of the premises.

"We have come to an arrangement with the Tuks Student Gymnasium to accommodate our gym members for the duration of the FIFA World Cup tournament."

FAST FACTS

The **Argentina national football team** is the national football team of Argentina and is controlled by the Argentine Football Association (AFA). Argentina has won most international titles by any national team - 19, a record shared with Uruguay.

Argentina is one of the most successful national football teams in the world, and is currently eighth in the FIFA world rankings. The team has twice won the FIFA World Cup, in 1978 and 1986. Argentina has won the Copa América 14 times, a record shared with Uruguay, won the Confederations Cup in 1992 and the Olympic Football Tournament in 2004 and 2008.

Argentina and France are the only national teams which have won the three most important men's titles recognized by FIFA: the World Cup, the Confederations Cup, and the Olympic tournament. They have both also won their respective continental championship (Copa América for Argentina, and UEFA European Football Championship for France).





Diego Maradona

Diego Armando Maradona (born 30 October 1960 in Lanús, Buenos Aires) is an Argentine former football player, and current manager of the Argentine national team. He finished first in an internet vote for the FIFA Player of the Century award, and he shared the award with Pelé.

Over the course of his professional club career Maradona played for Argentinos Juniors, Boca Juniors, Barcelona, Sevilla, Newell's Old Boys and Napoli, setting world-record contract fees. In his international career, playing for Argentina, he earned 91 caps and scored 34 goals. He played in four FIFA World Cup tournaments, including the 1986 World Cup where he captained Argentina and led them to their victory over West Germany in the final, winning the Golden Ball award as the tournament's best player. In that same tournament's quarter-final round he scored two goals in a 2-1 victory over England that entered soccer history, though for two very different reasons. The first goal was an unpenalized handball known as the "Hand of God", while the second goal was a spectacular 60-metre weave through six England players, commonly referred to as "The Goal of the Century".

One of Maradona's trademark moves as player was dribbling full-speed on the left wing, and on reaching the opponent's goal line, delivering accurate passes to his team mates. Another trademark was the Rabona, a reverse-cross pass shot behind the leg that holds all the weight. This maneuver led to several assists, such as the powerful cross for Ramón Díaz's header in the 1980 friendly against Switzerland. He was also a dangerous free kick taker.

On October 29, 2008, AFA chairman Julio Grondona confirmed that Maradona would be the head coach of the national side from December 2008. On 19 November 2008, Diego Maradona managed Argentina for the first time when Argentina played against Scotland at Hampden Park in Glasgow which Argentina won 1-0. The city of Glasgow plays a significant part in Maradona's history as it was at Hampden Park in Glasgow that Maradona scored his first goal for Argentina in 1979.

FROM: Wikipedia, The Free Encyclopedia http://en.wikipedia.org/wiki/Diego_Maradona

Most capped players

As of October 10, 2009, the ten players with the most caps for Argentina are:

	Name	Career	Caps	Goals
1.	Javier Zanetti	1994 - present	136	5
2.	Roberto Ayala	1994 - 2007	115	7
3.	Diego Simeone	1988 - 2002	106	11
4.	Oscar Ruggeri	1983 - 1994	97	7
5.	Diego Maradona	1977 - 1994	91	34
6.	Ariel Ortega	1993 - 2003	86	17
7.	Gabriel Batistuta	1991 - 2002	78	56
8.	Juan Pablo Sorín	1995 - 2006	76	12
9.	Américo Gallego	1975 - 1982	73	3
10.	Daniel Passarella	1976 - 1986	70	22

Top goalscorers

As of September 16, 2009, the ten players with the most goals for Argentina are:

	Name	Career	Goals	Caps
1.	Gabriel Batistuta	1991 - 2002	56	78
2.	Hernán Crespo	1995 - 2007	36	64
3.	Diego Maradona	1977 - 1994	34	91
4.	Luis Artime	1961 - 1967	24	25
5.	Leopoldo Luque	1975 - 1981	22	45
5.	Daniel Passarella	1976 - 1986	22	70
7.	José Sanfilippo	1956 - 1962	21	29
7.	Herminio Masantonio	1935 - 1942	21	19
9.	Mario Kempes	1973 - 1982	20	43
10.	Norberto Méndez	1945 - 1956	19	31
10.	José Manuel Moreno	1936 - 1950	19	34
10.	René Pontoni	1942 - 1947	19	19



Temperate Trezise

Text: Rick de Villiers Images: Reg Caldecott

The Medalist caught up with Patrick Trezise, captain of the South African Judo team, and asked him about the success, failure, and the stoicism of his sport.

Probably the most difficult task of the lay Judo-spectator is to know who wins a match. It's troublesome enough deciding which player is being thrown and which one does the throwing, but matters are complicated even further when both judoka get up with faces as expressionless as a blank wall.

There is no sign of joy in victory, no thunder of disappointment in defeat.

Perhaps this temperance is offset by an extreme indulgence in the appropriate emotion once the arena is at a safe distance. The winner, for all we know, will lay into the hotel room's mini-bar and do cartwheels on his bed. The loser, though his motives will differ, might also resolve to drink and, following that, a bout of solitary weeping.

Patrick Trezise doesn't look like the type to jump on beds. He definitely does not look like the crying kind. At six feet tall and weighing just under 90kg, he seems more likely to rip basins from walls after a loss than he is to mope over it.

But despite initial impressions, you soon realise that he is stoicism sternly embodied. His handshake is synecdochic of this quality: you sense the iron in his grip, but you also sense that it has been modulated to mere aluminium for the sake of this social meeting. Everything in moderation.

I inquire about the philosophy of restraint in Judo, and Trezise responds in businesslike tones. 'Judo teaches you humility and respect for others. That's why you hardly ever see great displays of emotion after a match. There should be humility in victory and grace in defeat.' After a pause Trezise's mouth curls in a wry smile and he admits that this behaviour may seem odd to outsiders.

But having been involved in Judo since his primary school days, the 27 year-old captain of the national team has been acquainted with the mysterious ways of his sport for nearly two decades. His illustrious achievements include winning the National Championships for the first time (1996), making the senior national team (2001), winning a medal at the African Championships (2008), and representing South

Africa at the Beijing Olympics.

'What can I say about my Olympic experience? Of course it is a great honour to have qualified, because it means I was in the top three for Africa. But personally I didn't achieve what I had wanted to.'

'My sights for this year are set on the African Championships in Cameroon (April) and the upcoming World Championships in Japan (October).' Trezise expresses the hope that the injury he sustained in Korea late last year (a ligament tear) will have healed sufficiently for him to be competitive in Cameroon. Since December he has steadily been nurturing himself back to full strength, but the process has been slow.

I ask about the state of Judo in South Africa, and again the answer is checked by stoic balance. 'At junior level, Judo is extremely popular (it is practised in as many countries as soccer). But as soon as kids get to high school, there is subtle pressure on them to rather opt for our national sports – rugby or cricket.'

'Nonetheless, everyone who does Judo absolutely loves it. I coach at several schools, and it's clear that the kids learn valuable lessons. Judo not only teaches you discipline, but also a very necessary respect for others. Though it's an individual sport you need teammates to train. And if you are always doing throws with the aim to hurt people, eventually no one will want to train with you.'

The topic of rule-changes in Judo pushes him to the peak of passionate response. His voice barely edges above a steady baritone. 'Since the last Olympics you have not been allowed to do any throws below the belt, which naturally disadvantages tackle-mad South Africans.'

'The idea behind it is to enhance the entertainment value of the sport by allowing only the most spectacular throws. There are over 60 kinds of attacks, and I believe that one should keep the sport as dynamic as possible by incorporating all its aspects.'

Trezise, who is now at the peak of his career, says he'll carry on with Judo till the day he stops enjoying it. 'After that there is no point to it. Enjoying the sport for itself is the best aspect of it. As soon as I feel training becomes a hassle, I'll quit. But that day is still far off' 🏳️



She is an ace golfer, top physiotherapist student and also finds the time to socialize with her family and friends.

Gina Switala, Tuks' top women's golfer, says it's all about the right balance.

"Golf is a wonderful learning school as it equips you to be patient, disciplined, never let go and find the time to just do you own thing. Every time you play golf, you play against yourself rather than your opponent. And that makes you mentally tough and able to make better, thought through choices and decisions."

Gina grew up in a 'golf house' and it did not take long for her to follow in her dad, Theo and oldest brother, Greg's foot steps. She was only 10 years old when she had her first serious swing at a golf ball and even at that age it was evident: Gina was a natural.

To those who have followed her ventures on the golf courses of South Africa and the world closely, it came as no surprise when she became the 2009 USSA champion in December last year. It was her latest feat as an amateur golfer, a career that got kick started in her grade 10 year at Pretoria Girls High School when she made her debut for the Northern Gauteng senior women's team.

Her involvement with this team saw one of the personal high lights of her golfing career.

"In 2007 we (Northern Gauteng) won the annual inter-provincial championships the first time in history. It will always be one my most special golfing memories, as is the first time when I represented South Africa at senior level."

The current women's champion at Pretoria Country Club got a further break in 2006, when she was in gr. 11. She was included in the Proteas' Junior team which took part in the Riverwoods Open at the Toxandria Country Club in Holland.

In her matric year, which she concluded with four distinctions, Gina gained senior Proteas colours for the first time. South Africa took on Great Britain, Australia, Canada and New Zealand in the Commonwealth Championships in Pretoria. Gina ended fourth in the individual match play.

Gina had to make an important choice after school between becoming a professional golfer or enrolment at the University of Pretoria.

"I decided to take a year off in which I played golf every day. I spent an average of five hours per day



GINA

Tuks' top women's golfer

Text: Morris Gilbert Image: Reg Caldecott

on the course and got a first hand idea of how life as professional golfer would be.”

Gina took part in major local tournaments like the Eastern Game Match Play and Parkview WPGA Champions. In the latter she faced a strong professional field, but still managed a 5th place.

In the same year she represented South Africa at the All African Games in the Egyptian capital, Cairo where the Proteas took honours. Another gold medal, and big first, followed soon as in July 2008 the SA u.21 team beat their Dutch counterparts for the first time in the away leg of the annual golf test between South Africa and the Netherlands.

“2008 was a fascinating year as I really had the opportunity to put all my energy and time into golf. By the middle of the year, I realised that I was not cut out to be a professional golfer and decided to pursue a career in physiotherapy.”

Gina started her studies in 2009 and from the outset she realised that golf will have to play a definite second fiddle to her studies.

“Physiotherapy is a tough and demanding course. You cannot afford to lack behind. It’s hard work, day in and

day out.”

As on the golf course, Gina was an instant success in the class rooms of the University of Pretoria, ending her first year of study in style with four distinctions. There was and still is time for golf, though.

“A healthy body goes hand in hand with a healthy mind. My hours on the course are less than before, which make them even more enjoyable and treasured. I also believe in having quality time with my family and friends, usually on weekends.”

Gina has chosen physiotherapy as a full time career because she likes working with people. The thought, therefore, that she could one day contribute to others’ well being is something to look forward to.

Gina say’s her biggest asset as a golfer is her driving: the ability to drive strong and long. And that tells all about this amazing young Tuks student: she is strong in everything she does, but also humble – almost to the extreme.

And as we greet, she with a big, warm smile, I cannot help but to think out loud: You’ll go far, Gina, because you’re bound the get the balance right – every time 🌈



You must learn to use every personal setback as a challenge to make you stronger and wiser.

He has turned down lucrative job offers from the national judo federations of inter alia Iran and the Czech Republic because his work in South African and at Tuks is not done yet.

After all, being the best in judo, either as participant or coach, takes personal sacrifice.

5th dan Nicola Filipov, the Bulgarian who became a household name in SA and TuksJudo, only plans to go home to Sofia in 2012 by when he would like to see local judokas getting paid for what they do best.

"We have wonderful athletes in South Africa, but we still need structures and systems in which they can truly realise their potential. We in South Africa should aim at being as professional as in the top judo countries of the world, like Korea, Japan and Russia," says Nicola.

He comes from a country almost possessed by fighting sports.

"In all the Eastern European countries judo is very big and sought after. In Bulgaria and Russia we also have a sport called sambo, closely related to judo and also very popular. I was 7 when I started taking part in both these sports."

It came as no surprise when Nicola made the Bulgarian national judo team when he was still a junior. He took part in numerous World Championships and Olympic Games, both as athlete and coach.

He fought in five World Championship Finals, but on every occasion lost to the same opponent, the Russian Hivlaev, who later became his friend.

"It was very tough to face the same opponent on so many occasions as every time you lose to him, you start doubting yourself. But you must learn to use every personal setback as a challenge to make you stronger and wiser."

"The first words I therefore have for aspirant judoka is that the sport is not about physical strength or technique, but rather mental toughness. I tell them to remember that when you fight, you're alone for five long minutes without any team mates to urge you on or lessen the pressure. You can either be your own biggest ally or enemy, all depending on how mentally fit you are. Judo, like most other sports, it's not about getting knocked down, but getting up every time."

"I also take time to explain to any young judoka that

our sport is dangerous if left in the wrong pair of hands. Judo can kill, judo can maim. The successful judoka is the one who sticks to the rules without exception. To manage that you have to have a balance between strength, technique and most important, self control. An athlete, who cannot keep his cool, even when he is on the receiving end of a physical onslaught from an opponent, is like an accident waiting to happen. You must be stronger than yourself to prevent losing control and not only respect yourself, but also your coach and your opponent. That is why I always say: show me a good judoka and I'll show you someone with an almost unbreakable spirit, inner strength and serenity."

Nicola's first visit to South Africa was in 1994 when he accompanied the Bulgarian national team on a training camp, him being the coach. In 1998 he was invited to present an international judo training camp in South Africa and it was then that he was first approached to further his career at the southern point of Africa.

"I thought about it long and hard and in 2000 accepted an offer from a private judo academy in Durban, where I coached till the end of 2002 before I became a member of the TuksSport family."

Nicola has the highest praise for the TuksSport Director, Kobus van der Walt, TuksSport High Performance Manager, Xilia Dreyer, CEO of the hpc, Toby Sutcliffe and Manager of the TuksSport Academies, Danie du Toit.

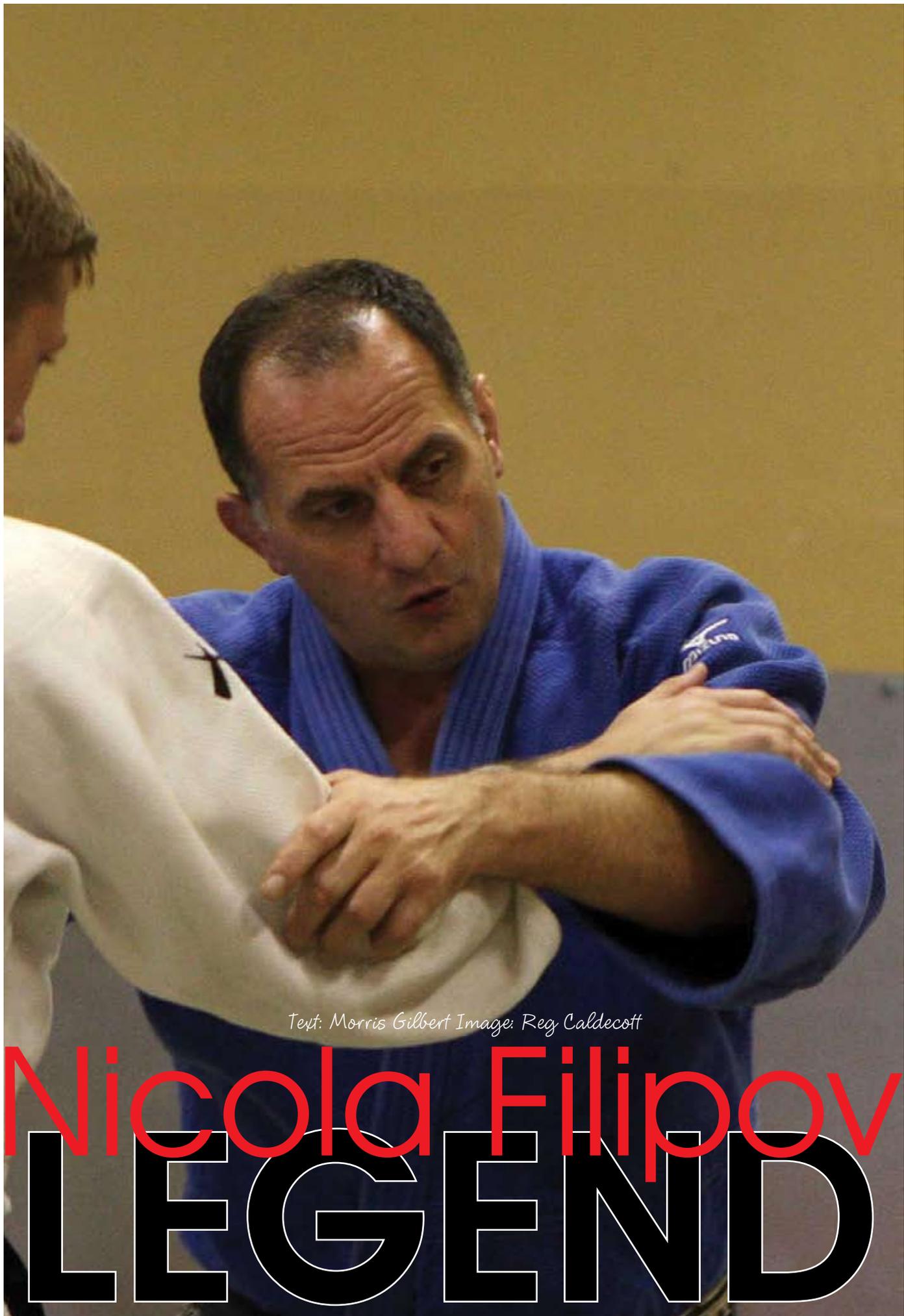
"They have looked after me well since my arrival in Pretoria and have gone out of their way to make my job and life easier. I really owe them a lot because it is hard to stay focused in your job with the wife and kids still staying in Bulgaria."

Since Nicola became TuksJudo's head coach, the club has gone from strength to strength becoming one of the pace setters on the South African scene.

"We have a very strong senior squad, dominating the national and USSA Championships. In the past eight years we have won between 60 and 70 medals at senior provincial level. 90 % of the Gauteng North Judo team are Tuks judoka.

His dream for TuksJudo?

"To make it even stronger by keeping on to the senior members of the club longer. And for that to happen, we'll have to make it worth their while" 🏆



Text: Morris Gilbert Image: Reg Caldecott

Nicola Filipov

LEGEND



If everything goes according to plan, the 20 year-old Weber hopes to represent South Africa as a triathlete at the 2016 Olympic Games in Brazil. But there is also a possibility that he might sneak into the South African team that will go to the 2012 Olympic Games in London.

If Weber should be selected to represent South Africa at an Olympic Games, it would be mission accomplished for the University of Pretoria's High Performance Centre (hpc).

Weber is a third-year student in Sports Science at Tukkies but, more importantly, he is also a participant in the hpc's Programme Excellence. According to him, the support he receives from the hpc makes a big difference.

"The best sports scientists and dieticians are at your disposal and keen to help you to perform at your best. They are able to identify a potential problem and come up with a solution even before you, the athlete, is aware of the problem."

What is promising about Weber's triathlon career, is that he is constantly improving every year.

He is the current South African and African u.23 triathlon champion. At last year's World Championship he finished 25th. In 2007, when he was still a junior, he finished 21st at the World Championship and was also the African champion.

"I know that I can compete against the best and beat them, but there are still some small problems that I have to work on. For example, I have to improve my swimming. At the World Championship I only got out of the water with the second group of athletes. This is not good enough, because then you have to play catch-up for the rest of the race.

"Nowadays triathlon is basically a swimming and running event. You have to be able to swim with the best, stay with the bunch on the cycling leg and then try to outrun them. At the moment I am satisfied with the way my running ability is improving. After completing the swimming and cycling, I run the required 10 kilometres in about 33 minutes. If I could improve my time with about

Olympian in the making

Text: Wilhelm de Swardt Images: Reg Caldecott

two minutes, I should have a realistic chance of winning international events.

Triathlon was not always Weber's sport of choice. At school, EG Jansen in Boksburg, he was the captain of the cross-country team and he also swam breast-stroke in club competitions. But the moment Weber was introduced to triathlons, everything changed.

"The challenge of having to be good at three different sports, immediately appealed to me. If you are only a swimmer, it means that for five to six days a week you have to swim for hours on end. This could become very boring.

"During a typical training day I would, for example, swim in the morning and go for a run in the afternoon. The next day I would probably focus on cycling and running. During each training session you could do something different.

"What I also like about triathlons is the camaraderie that exists between the triathletes. Before a World Championship race we would all warm up together and joke with each other. During the race we are seriously at war with each other, but moments after the event we are friends again and joking with each other. It is very pleasant."

Weber plays golf to relax. He has a handicap of 15. "Golf is the one sport that relaxes me. When I am on a golf-course, chasing birdies, I totally forget about triathlons" 🏌️



Light Weight

A look at the lightweight male rowers based at the High Performance Centre

*Text: James R Clark, Department Biokinetics, Sport & Leisure Sciences, Institute for Sport Research
University of Pretoria Images: Rowers' own collection*

The 1996 Atlanta and 2000 Sydney Olympic Games saw a South African Men's Lightweight Coxless Four return with results of 9th and 5th respectively. Since then, no lightweight male rowers have qualified for the Olympic Games. The current crop of lightweight men forming part of the Rowing South Africa (ROWSA) national training squad is looking to change this. Lawrence Ndlovu, Andrew Polasek, James Thompson, John Smith and Matthew Brittain went from dominating the national championships in April 2009 to delivering solid results at the 2009 World Rowing Championships in Poznan, Poland. This has only served to fuel the drive for even greater international success in the near future - and just maybe the dream of an Olympic regatta.

All these athletes had their start in separate schoolboy rowing crews around the country and developed into competent rowers in their own right under the tutorage of coaches such as Steve Hasselbach, Gareth Costa, Sean Kerr, John Gearing, Ernie Steenkamp and Tiago Loureiro. The talent they nurtured eventually found its way to the coaching of Christian Felkel and Roger Barrow as part of the national setups. With the formation of the ROWSA Academy in 2005 based at the High Performance Centre (hpc), University of Pretoria, programme centralization and specialization became a realistic option, and increasingly the top rowers in South Africa gravitated towards what is fast becoming the hub of high level rowing in the country.

The oldest member of the lightweight group is Lawrence Ndlovu. A product of Mondeor High School, Ndlovu started rowing as a sixteen year old schoolboy. His

talent has seen him compete internationally most years since 1999, progressing through World Championships at Junior, U23 and Senior levels. Notable international successes include Commonwealth titles in both 2002 and 2005, an African Championship title in 2002 and being part of the silver medal winning Lightweight Men's Coxless Four at the 2002 U23 World



**James Thompson, Roger Barrow (coach)
and Matthew Brittain**

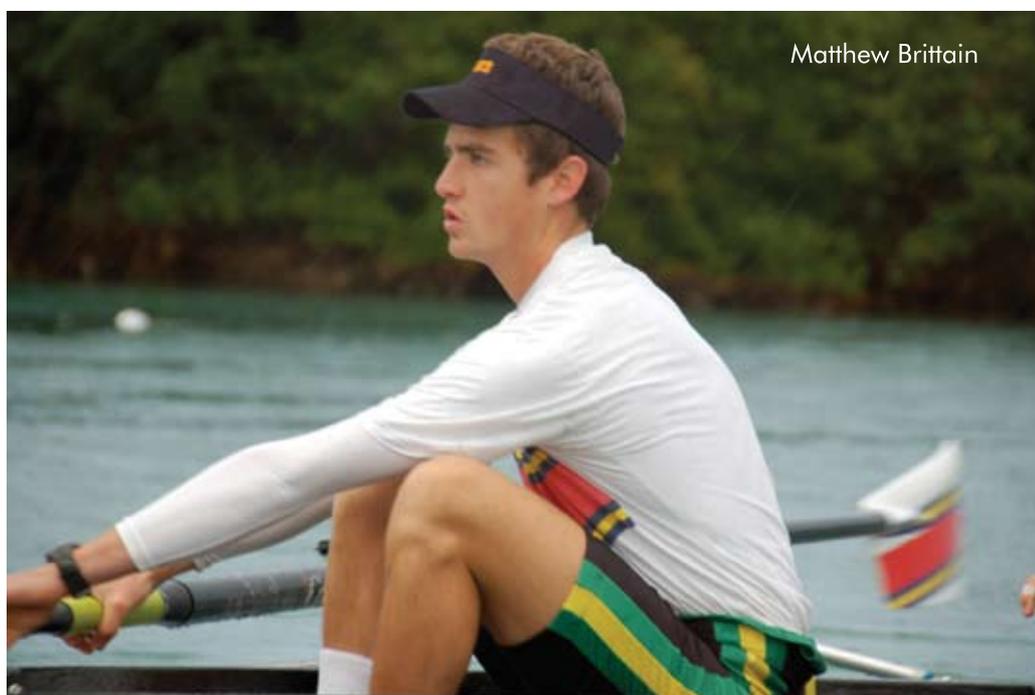
Championships. Conspicuous in its absence is a result at an Olympic Games for Lawrence – his crew missed out on qualifying for the Men's Lightweight Coxless Four in 2004 and 2008. Now twenty-nine, we are confident that his 2009 World Championship sculling result indicates that he is heading towards realising his full potential. Since the Lightweight Men's Single Scull is not an Olympic event, Ndlovu is working hard to form

part of an Olympic qualifying boat.

Andrew 'Polly' Polasek started rowing as a St Benedict's College pupil in 1998. Strong results at school level culminated with a ninth place finish in the 2003 Junior World Championships as part of a Junior Men's Eight. Polasek continued to gain experience through South African representation at U23 and Senior level while completing his degree in electrical engineering at the University of the Witwatersrand. His renewed focus on rowing is exemplified by his recent move to the University of Pretoria's TUKS Rowing Club in an effort to consolidate his spot within the national training squad based at the hpc. Following his result at the 2009 World Championships in the Lightweight Men's Double Scull with partner James Thompson, Polly is no doubt an excellent addition to the TUKS Rowing arsenal.

St Andrews College forged the rowing career of James Thompson. Thompson went on to represent

Light Speed



Matthew Brittain

South Africa from 2003, with a string of good results including medalling at Junior and U23 levels. Now a sport science student at the University of Pretoria, his twelfth place finish at the 2009 World Championships represents his best Senior level result to date, an encouraging sign in the difficult transition period between U23 and Senior ranks. With several years remaining in the TUKS Rowing Club President's university study career we are confident that his development into a world class lightweight rower will continue.

The youngest (but tallest) member and most recent addition to the men's lightweight training squad at the hpc is John 'Bear' Smith. Smith started rowing at St Albans College as recently as 2006. He joined up with the University of Pretoria's TUKS Rowing Club following school and through sheer hard work has enjoyed a meteoric rise towards realising his potential. His solid fourth place finish at the 2009 U23

World Championships booked him a spot with partner Matthew Brittain in the Lightweight Men's Coxless Pair at the senior championship event, where he again finished fourth, in the process picking up crucial experience given his age.

Smith's stroke-man in the fourth placed Lightweight Men's Coxless Pair at both the U23 and Senior 2009 World Championships was Crawford College alumnus Matthew Brittain. With a decade of rowing experience and two U23 World Championship silver

medals already by the age of twenty-three, Brittain is fast becoming a lightweight stalwart in South African rowing. A registered BCom Economics student at the University of Pretoria, it's Brittain's major in rowing that makes him an invaluable cog in the national lightweight training squad based at the hpc.

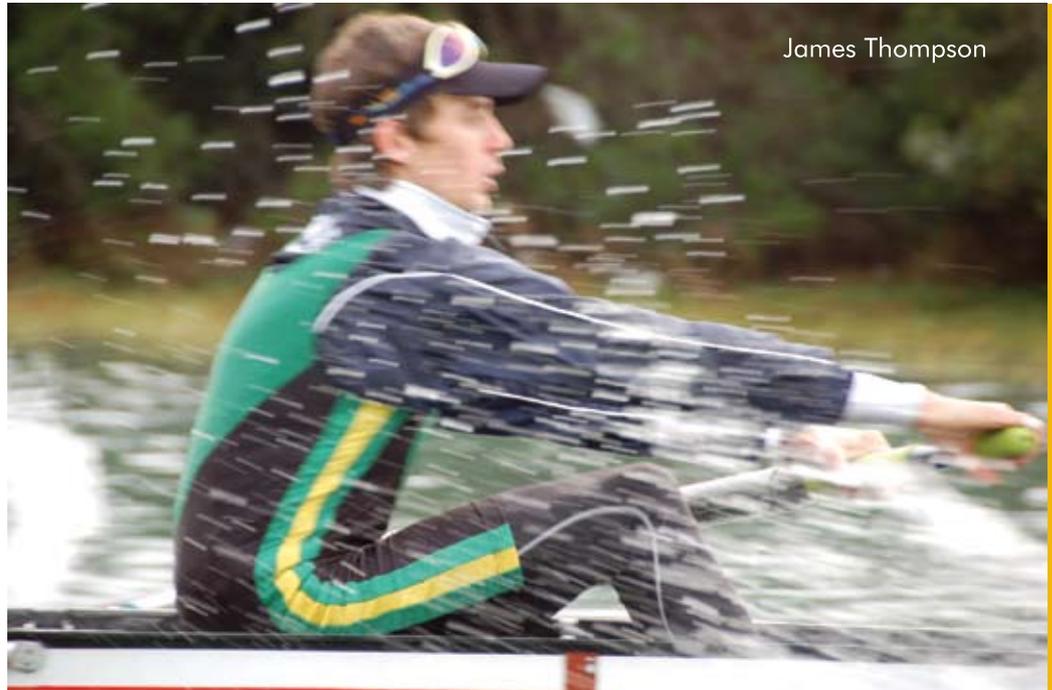
The hpc has, in turn, been invaluable in the recent development of these rowers. As Matthew Brittain remarked: "The concept of a lifestyle centred around achieving excellence is one that is becoming clearer and more attainable."

The hpc has evolved into the 'base camp' for the rowing programme from which training is scheduled, providing convenient access to Roodeplaat dam for essential rowing training, as well as on-site cross training and strength training facilities. Combined

with the proximity of the athletes' accommodation, the foundation and organisation the hpc provides has facilitated the seamless progression in training load over the last few years by minimizing logistical hassles – a necessity on the road to improved performance. The rowers know they need to train exceptionally long and hard, and reducing additional stresses and maximizing recovery is an important part of allowing this.

The athletes also make mention of the improved structure that the national rowing squad programme has settled into in recent years. Much of this can be attributed to the full time presence at the hpc of the Rowing South Africa Head Coach Roger Barrow. As commander-in-chief, his direction sets routine and structure, which in turn facilitates consistency and continuity, essential ingredients for success in programmes which might only be judged over years or Olympiads.

Finally, the Institute for Sport Research (ISR) and hpc offer the advantage of immersed scientific and medical support to the ROWSA national training squad based at the University of Pretoria. The athletes benefit from having a support team for strength and conditioning, sport science and medicine and technical support to complement the coaching they receive.



James Thompson



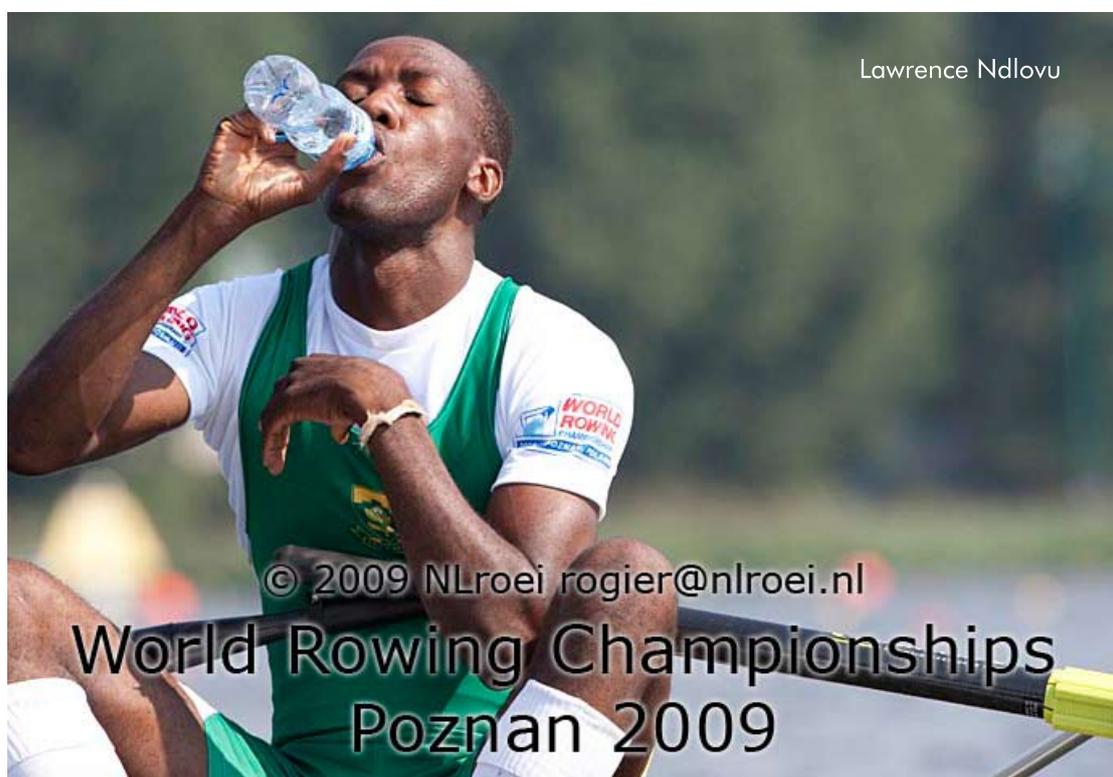
John 'Bean' Smith

Elements of the rowing programme that are considered important in the recent progress of the lightweight rowers include:

- preparing in a planned and structured manner
- encouraging athletes to take 100% responsibility for their preparation and performance
- creating a healthy but competitive training environment with competition for places
- facilitating the interaction of experienced with less experienced athletes
- establishing a common training venue and access to comprehensive support services

In world rowing terms, the current lightweight men’s training squad is relatively young – their average age

is 24 in a category frequently crowning champions on the wrong side of 30. Yet the fact that some good experience has been built up at various levels among the current group is certainly heartening for the future. The younger members of the squad will need to be fast-tracked in this department through more racing exposure. Maintaining the good health of the athletes remains a key objective if we are to deliver solid performances and progress each year – injury and illness are major threats to consistency and continuity. As the quality of input required to make ever-smaller gains in performance increases, it’s the management of activities outside of training that will require creativity and sufficient financial support. The talent and energy within this youthful crop of lightweight men suggest that the effort will be well worth it 🏆



The lightweight rowers who competed at the FISA 2009 World Rowing Championships, Poznan, Poland

NAME	DATE OF BIRTH	CURRENT CLUB	2009 WORLD ROWING CHAMPS RESULT
Lawrence Ndlovu	24.09.1980	Old Edwardians	9 th Place, Lightweight Men’s Single Scull
James Thompson	18.11.1986	University of Pretoria	12 th Place, Lightweight Men’s Double Scull
Andrew Polasek	06.05.1985	University of Pretoria	12 th Place, Lightweight Men’s Double Scull
Matthew Brittain	05.05.1987	University of Pretoria	4 th Place, Lightweight Men’s Coxless Pair
John Smith	12.01.1990	University of Pretoria	4 th Place, Lightweight Men’s Coxless Pair

A privileged look inside the minds of sporting heroes

Text: Melissa Lawrence and Monja Human

The hpc academies offer a variety sporting codes to aspiring athletes. Each sport is characterized by their own rules, which makes the sport different from others and unique in nature. Each sport draws different types of people with unique personalities, and challenge different physical and technical capabilities. Due to these reasons each sport also has its own unique sporting heroes. But sporting heroes have one thing in common..... all of them made it to the top and that is why aspiring athletes can learn so much from them because they have really been there. This article offers a privileged look inside the minds of sporting heroes so that young aspiring athletes can learn from them and also apply their advice about aspects such as confidence, self doubt, motivation, etc to their own sporting careers.



SWIMMING:

Suzie O'Neill

Swimmer - Olympic medalist
From the book: Choose to Win (1999).

On confidence

"For an Olympic rookie I was pretty intimidated and in my nervous state I was fooled into believing a confident appearance out of the pool guaranteed success in the pool."

On self doubt

"It is difficult to deal with a private self-doubt but it can explode out of control once it becomes talked about in the media. Once so many people know about a performance fault or a technique weakness, you are regularly asked about them and they become the focus of attention rather than your positives points. The self-doubt can then grow in power until eventually you become convinced they are real, and when you enter races they are as much a part of you as your togs and goggles."

On the impact of the media

"It comes with the territory that the media will focus on the highs and lows of an athlete's career... My problem was that with little confidence and no self-belief the doubts about my race finish and bad first days of competition snowballed. I was very vulnerable and instead of ignoring the media stories, I started to believe what was being written and broadcast. By the end of 1994 I believed without question I 'died' in the last lap of races and I always had bad days on the first day of competition. It came to such a low point that I even publicly acknowledged my weakness in interviews."



ATHLETICS:

Michael Johnson

Sprinter - Olympic medalist
From the book: Slaying the Dragon (1996).

On self discipline

"It is the decision you must make that you aren't going to expect the least from yourself anymore, that you are going to commit to working harder, to practicing your skills."

I can proudly say that I have never missed a scheduled day of training in ten years. My coach, Clyde Hart, tells of the day he found me out on the track, training in a driving rain storm, when everyone else had taken the day off. 'you never know,' I told him, 'when you might have to run in the rain'".



ATHLETICS:

Marion Jones

Professional athlete
From the book: Marion Jones: Life in the fast lane (2004).

On self belief

Some people believe I go around thinking I know I'm going to win, but that's not how it is at all. I'm thinking the opposite, in a way, how this day above all others, these athletes want it to be their turn; they are going to do everything in their power to beat me.

Marion Jones (standing at the starting blocks at the 2000 Sydney Olympic Games 100m final)

**ROWING:****Matthew Pinsent**

Rower – Olympic medalist
From the book: A Lifetime in a Race (2004).

On training

"Training is the most dependable and consistent part of life in our sport. Through thick and thin, home and abroad, good weather and bad, training is a constant."

On winning

"Nick Faldo was once asked what it felt like to win the open and he replied, 'I can't tell you, you haven't done it.' Although I wouldn't say that to a reporter, it's very true. Try as I might, I can't put into words what winning feels like. Whenever I am asked, I say that if I could accurately describe it, winning wouldn't be worth it. It has to be so awesome, so incredible, that it is worth four years of effort to achieve it."

**CYCLING:****Lance Armstrong**

Cyclist – Tour de France winner
From the book: Every Second Counts (2003).

On self-doubt and losing

"How do you learn to cope with doubt, and, more important, self-doubt? And how do you learn to lose? Trouble is, you're going to lose more than you are going to win, no matter who you are. Most of us overreact when we lose, and over-celebrate when we win, and I'm no exception."

On winning and losing

"When you win, you don't examine it very much, except to congratulate yourself. You can easily and wrongly, assume it has something to do with your rare qualities as a person. But winning only measures how hard you have worked and how physically talented you are; it doesn't particularly define you beyond those characteristics. Losing, on the other hand, really does say something about who you are. Among the things it measures are: do you blame others, or do you own the loss? Do you analyze your failure, or just complain about bad luck? If you are willing to examine failure, and to look not just at your outward physical performance, but your internal workings too, losing can be valuable. How you behave in those moments can perhaps be more self-defining than winning could ever be. Sometimes losing shows you who you really are."

**CRICKET:****Gary Kirsten**

Cricketer
From the book: In the zone with South Africa's sports heroes (2007).

On the impact of the media

"The media are relentless, especially when you are not doing well, and you are not protected from it. You pick up everything, and it is very difficult to block out that particular 'noise'"

**TENNIS:****Serena Williams**

Professional tennis player
From the book: Queen of the court (2009).

On motivation

"Serena, this game is mental. Good thoughts are powerful. Negative thoughts are weak. Decide what you want to be, have, do and think the thoughts of it. Your vision will become your life. Hold on to the thought of what U want. Make it absolutely clear in your mind. U become what U think about most. U attract what you think about most. Think. Do. Be."

On self confidence

"Be positive. Have only positivity going through your body. Be the best. Being the best starts by acting like U R the best. Believing U R the best. Becoming the best. Believe. Become. Serena Williams. 8× Grand Slam winner. Only U! Stay confident. U R a winner. Watch balls. Relax. Have fun. God blesses those who work hard. God blesses U, so work hard. Work, work, work."

On determination

"Tell me "No" and I'll show U I can! Tell me "No" because I can! Tell me "No". Go ahead, tell me. Just tell me I can't win. Just tell me it's out of reach. Come on, I'll prove U wrong! Just tell me "No" and watch what happens"

**RUGBY:****John Smit**

Rugby player – Captain of the Springboks
From the book: Captain in the Cauldron: The John Smit Story (2009).

On Failure

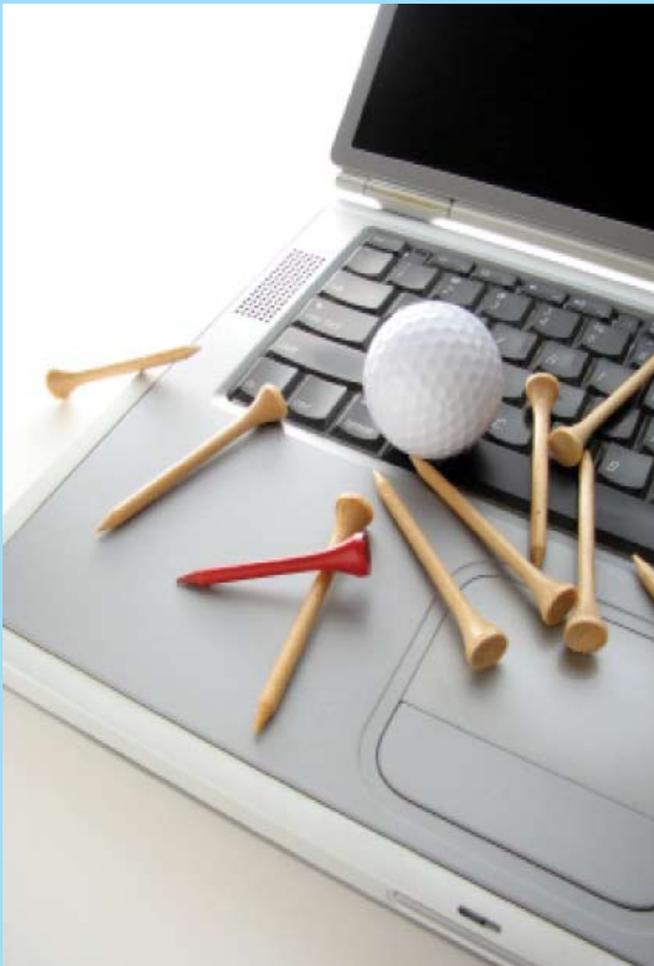
"...defeat follows you around like a rotten smell until the next time you win."

**RUGBY:****Naas Botha**

Rugby player and commentator
From the book: In the zone with South Africa's sports heroes (2007).

On self-belief

"I actually walked up to them (his team) and said this, " listen guys, you're struggling to play, so all you must do for 40minutes is win the ball and give it to me. I will play, by myself, and I will beat these guys!" 🏏



Web-based Visual Performance Training

Text: Dr Sherylle Calder



Nowadays every person is dependant on his/ her computer for so many different reasons. Business people schedule meetings, do word processing, research trends and use it to collaborate with partners globally. Not only business people use computers for work; children use it to play games, and professional athletes can even use it to assess, track and improve on their performance.

Our software-based Visual Performance Training programmes was developed with the increasing technological demands of our clients in mind. People do not have to time to physically train their eyes and visual-motor skills every day and the software programmes provide the opportunity to “work out” each day in the comfort of your own home or office.

The web-based application is used to assess and monitor users, and at the end of each session, the user can capture his/ her performance on the day. This assessment capability ensures that progress of the individual visual-motor skills is measured continuously. When users do not have access to the web, and are using our offline programme, they can still save their information, and sent to our server when they’re online again.

Some of our elite sports clients use the Visual Performance Training programme on aeroplanes and to train their visual performance skills. This allows them to “train” even though they are not on the training field.

Visual Performance is the reception and processing of visual information by the player/scholar. Since 80-90% of all information we receive is visual, it becomes clear that efficient visual skills are a critical part of sport and academic performance.

The specialized training done not only involves developing visual performance skills for sport (such as following a ball, reacting more quickly, judging depth accurately and eye/hand co-ordination) but also enhances skills needed for reading, comprehension, and concentration.

The ease of use and accessibility of the web-based programme makes it easy for people of all ages to use. If you know how to switch on a computer, you can use the training programme.

Instead of getting your Solitaire fix at the office, use our programmes to enhance your visual skills, perk up your concentration and improve your decision-making capabilities 🌈

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If one were to look at the scope of practice of the strength and conditioning specialist you will find the following definition provided by the NSCA (National strength and conditioning association):
 “Certified Strength and Conditioning Specialists (CSCS) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programmes and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCS consult with and refer athletes to other professionals when appropriate.”

You can easily deduce from the above statement that it would be quite the same for individual sports and team sports other than the fact that the team sport may have more athletes in a group to train.

But let’s say for instance you have a Super 14 rugby squad of 30 players and a Olympic squad of 30 swimmers.

How would your role be different being responsible for the 2 different sports?

The strength and Conditioning coach will have the following responsibilities

Responsibilities	Team sport (rugby)	Individual sport (swimming)
1. Fitness Testing	Yes	Limited
2. Strength programme design	Yes	Yes
3. Fitness conditioning	Yes	No (only certain components)
4. Recovery	Yes	Limited
5. Pre-match or competition Warm-up	Yes	No
6. Programme periodization	Yes, full responsibility	Yes, partial responsibility

1. The strength and conditioning coach for the swimmers will most likely do some fitness testing but the coach will also do testing which can be related to fitness like time trails and so on. Whereas with rugby at a professional level the coach will virtually do no fitness related testing.
2. In both cases the strength programme design will be done by the strength and conditioning specialist. The only difference will be with the swimmers that the strength coach needs to get information from the swimming coach regarding his programmes frequency and intensity to properly plan his sessions to get the desired adaptation. In the case of the rugby programme the strength coach would know exactly what is being done because he does the layout of the session and knows the strain that is being placed on the players.
3. Inherently in the swimmers programme the coach designs their programme they do in the pool and the biggest part of their swim coaching programme is geared to getting them swimming fit. The rugby player’s fitness is purely the responsibility of their

Strength and Conditioning specialist and the coach rarely focuses on that aspect.

4. After matches the rugby players are taken by the Strength and Conditioning specialist for a recovery session of his choice. He is also responsible to check on the players during the week to see if they are recovering sufficiently and communicate this to the rest of the coaching staff. The Strength and Conditioning specialist for the swimmers are usually not directly involved in their competitions and mostly only give input regarding recovery during their preparation and by educating the swimmers on proper recovery methods and protocols.
5. The rugby team’s Strength and Conditioning specialist would usually travel with the team and lead the warm-up session for practices and matches.
The swimmers will be warmed-up by their swimming coach or on their own for training session and gala’s.
6. The rugby strength and conditioning specialist usually gets the playing schedule well in advance and plans his strength and fitness programme accordingly and advises the coach regarding his planning for the year ahead. The strength and conditioning specialist for the swimmers ideally gets the periodization from the swimming coach according to phases the swimming coach has planned and ensures that the strength programmes are periodized to facilitate optimal adaptation in relation to the swimming programme.

In conclusion you can see that the individual sports and team sport have two different ways that strength and conditioning is done and that the roles that the strength and conditioning coach plays are vastly different.

In both cases it is very important to remember that it should always be about what is best for the athlete. The coach is the person who is responsible for strategy and technique first and foremost. But even the best planning would be useless if the athlete is not fit or does not have the necessary power and speed. That is where the strength and conditioning specialist comes in. It is his or her role to ensure that the athletes are in top condition when they participate.

In a way it can be said that the coaches determine the limits of every athlete. For example, if the coach says to an athlete that he or she will be able to do a workout with a 100kg weight or in X amount of time. That will be exactly the goal towards which we will be working – nothing more and nothing less. Basically it means that the athletes with whom they work will only be able to do as well as what the coach believes them capable of doing.

For a strength and conditioning specialist it is always important to remember that he/she is working with human beings who consist of flesh, blood and emotions. With every goal he has to be aware of the physical as well as the emotional state of the athlete with whom he is working 🌈

Strength and conditioning for Team sport vs. Individual sport

Text: Ignatius Loubser, Head Strength and Conditioning Specialist, hpc Images : Reg Caldecott



CONDITIONING:

ESSENTIAL FOR PEAK PERFORMANCE OF PROFESSIONAL RUGBY TEAMS

Naka Drotské - Head Coach Vodacom Cheetahs

Professional rugby players today perform according to a demanding competitive schedule. A great deal of scientific information exists regarding the management of aspects such as training for peak performance, player "burnout" or overtraining, fatigue associated injuries and optimal recovery. Professional rugby teams make use of the sport sciences in some or other way in order to improve performance with varying degrees of success.

The standard of rugby as a team sport has increased dramatically over the past decades in terms of technical efficiency, skill levels, overall athletic ability and level of conditioning. It is also recognised that driven individual players who are determined and strive for perfection in training with methodical attention to detail often outperform more naturally talented players. Although individual talent is important, the ability of the individuals to work together as a team, in order to focus on training and to relax during competition could mean the difference between winning and losing. First class conditioning implies that each individual player must be "fit for purpose" and includes the management of each player in order to achieve an optimal balance between general well-being and peak performance.

It has been our experience that it is a challenge to implement sport sciences successfully. Some of the reasons for failed implementation are:

- Budget constraints.
- The inability to recognise FADS (Fools All Dumb Sportspeople).
- The susceptibility to believe that there are quick fixes that in the end do not exist, especially when one is under pressure to perform.
- A lack of understanding of the importance of sport science, especially over the medium to long-term.
- A division between theory and practice and a lack of practical solutions to bridge this divide. Generally a team's medical and conditioning staff

consists of a team doctor, physiotherapists and trainers. Other specialists such as dieticians, physiologists, sport psychologists etc., are consulted when required and these professionals often lack the practical experience and appropriate understanding of the team culture, dynamics and team ethos.

- There exists a lack of a holistic approach across the various disciplines.
- Not recognising that every team is "chasing a moving target" and that whatever worked in the past might not be sufficient today.

To overcome these problems the Cheetahs have subcontracted the conditioning of senior players to PVM Nutritional Sciences, a first in SA Rugby. PVM is also responsible for providing in the complete nutritional and supplement needs of all players. Niel du Plessis is in charge of the daily conditioning responsibilities. PVM has been involved with the Cheetahs since 2005 and has played a crucial role in our success to date. Our comeback during the second half of the 2009 Currie Cup campaign was again evidence of the work of the PVM team, especially Niel du Plessis and of some invaluable advice given by Dr. Wouter Basson.

This unique agreement guarantees that the Cheetahs gain access to PVM's 4 decade's worth of experience and PVM's R&D team consisting of sport physiologists, biochemists, dieticians and sport scientists. The Cheetahs further also partnered with the Free State Sport Science Institute (FSSI). The Cheetahs team management recently moved offices to the FSSI premises where our players currently train in state of the art facilities.

The S14 tournament is unique and will again place an increased burden on all the participating teams' player quality, player depth, budgets and professionalism. I can ensure all loyal Cheetah supporters that we share a passion to succeed and are committed on a daily basis to improve our performances. We are confident that we can reward our supporters with an improved showing during 2010.

About the Authors



Superior nutrition through applied science. PVM Nutritional Sciences is the producer of the World's Original Energy Bar. Since 1968 PVM has remained dedicated to a cutting edge understanding of the biology of energy exchanges between humans and their environment. PVM is involved with numerous top athletes and sport teams and is also subcontracted to condition the senior Cheetahs rugby players. Some of the athletes and teams powered by PVM are:



LJ van Zyl

Should you require nutritional assistance contact PVM at 012-8047676.



Naka Drotské – Vodacom Cheetahs

“We cannot perform at our peak without PVM’s periodised training and nutrition”



PERFORMANCE TRAINING
AND NUTRITION

At PVM we understand what it takes for professional athletes and teams to achieve success at the highest competitive level. Nothing is easy and the difference between winning and losing is minute.

Our understanding is rooted not only in our 4 decades of experience but in a daily, hands-on involvement with professional athletes and teams. PVM does not only form part of the team-management of some professional sports teams but is also subcontracted to condition them, including the Vodacom Free State Cheetahs.



www.pvm.co.za



Cortisone Steroid Injections

the good and the bad

Text: Dr Ewoudt van der Linde, hpc

Injections of cortisone - a steroid hormone produced naturally by the adrenal glands and that can also be synthesized - is a therapy designed to minimize damage to joints. The relief provided can enable an athlete to continue the physical activity, or, in the case of a more severe injury, can be part of a rehabilitation programme.

Cortisone is essential for proper body function. Its absence causes Addison's disease. If untreated, the disease is fatal. Treatment consists of administration of synthetic cortisone (brands include DepoMedrol, Celestone, and Kenalog).

In the larger amounts used for therapy, cortisone acts by easing inflammation - a process in which the body's immune system (especially the white blood cells) reacts to what is erroneously perceived to be an invasion by a foreign substance, or infection. The resulting joint stiffness can restrict movement and cause pain. If relief is not provided, inflammation can be long lasting (chronic).

While a steroid, cortisone is different from anabolic steroids, which are derived from a compound called testosterone. Anabolic steroids can cause serious side effects in athletes seeking to gain muscle mass and strength from their overuse, and are banned from the Olympics and other competitions.

Cortisone injections are typically used to provide relief from inflammation in joints, including the elbow (different injuries are popularly dubbed "tennis elbow" and "golfer's elbow"), the shoulder (such as for the inflammation of the tendon in the rotator cuff), and the knee. Typical conditions that can benefit from cortisone injections include bursitis (inflammation of the synovial fluid-containing sacs called bursa), arthritis, tendonitis (inflammation of tendons), plantar fasciitis, back pain due to injured discs, Ilio Tibial Band Syndrom (ITB) and carpal

tunnel syndrome.

As inflammation eases following the injection of cortisone, the associated pain will ease. However, cortisone itself is not a pain agent. Pain is also a signal that a joint, tendon, or muscle is injured. Lessened pain may tempt an athlete into resuming active training, when a period of reduced or no training following cortisone administration is often recommended.

Injections of cortisone into tendons are avoided, since they could be weakened and rupture. Also, the same site should receive only a maximum of three treatments each year, since thinning of the cartilage and skin around the injection site and weakening of tendons can occur. More frequent injections have been associated with permanent joint damage.

Injection is via a needle. Often the needle is small and discomfort is minimal. However, sometimes a larger needle is necessary or manipulation of the needle following its insertion is required to properly deliver the cortisone to the affected site. Then, discomfort can be more pronounced and longer lasting. Even with the discomfort, the benefit from the injection can outweigh the continued inflammation that would result if the procedure was not done. Additionally, cortisone can be injected along with medication that reduces the pain of injection. Examples of anesthetics used include lidocaine and bupivacane.

The benefit of injected cortisone is that it is released into the circulation slowly, so its anti-inflammatory effects last a long time. Relief, which typically begins a day or so after an injection, can then last for months.

Despite the benefit derived from its use, cortisone injections are not without side effects. These include thinning of the bone (osteoporosis), weight gain, stomach upset (which can lead to formation of an ulcer), and compromised immune function (and a consequent

increased risk of infection). The most common side effect is known as “steroid flare.” This occurs when the injected cortisone crystallizes, causing pain. The pain lasts one or several days until the crystals dissolve. As well, as with any procedure that involves breaching of the skin barrier, infection is a possibility. This risk, however, is minimal, especially if the area is swabbed with an antibacterial agent like iodine or alcohol before the injection.

A very serious side effect of a cortisone injection is the death of the bone at the injection site. The condition, called avascular necrosis, occurs most commonly in the hip, knee, and shoulder. The condition sidelined football and baseball star Bo Jackson in the early 1990s (although in Jackson’s case, the malady was caused by a traumatic hit delivered in a football game).

Osteoporosis can occur with cortisone use because the hormone can interfere with the body’s production of vitamin D, which in turn limits the absorption of calcium from food. Since calcium is an integral part of bone, its diminished level affects bone growth and replacement.

The body’s manufacture of prostaglandin and leukotriene can also be curtailed by excess cortisone, which adversely affects cartilage.

Mainly because of these potential consequences, cortisone injections are typically done only when physical therapy or other anti-inflammatory agents (typically, nonsteroidal anti-inflammatory drugs such as ibuprofen, aspirin, and naproxen) have failed.

Still, with prudent application by an experienced physician, a cortisone injection can be a valuable aid to rehabilitation from athletic injury 🌈

References: www.faqs.org/sports-science



The Tao of Martial Arts

strength & conditioning

Text: Ignatius Loubser, Head Strength and Conditioning Coach; hpc Images: Sven Grant's collection

In The Art of War Sun Tzu said: "Tao is what causes the people to have the same purpose as their superior. Thus they can die with him, live with him and not deceive him." The book further explain that Tao is a roadway, a path, the way something works or a recommended course of action and the way something should be done.

I know there are many ways to skin a cat. This rings true for sports performance with as many different methods and training philosophies than there are different champions and their Sensei's (Coach) and Strength coaches. Thus there are many roads to follow that will lead to Rome. This is my road map to Rome that I am suggesting for martial arts strength and conditioning.

Tao # 1

Be fighting fit

To become fit to fight you have to fight. Thus ensure that this is the 1st priority in your training and preparation. You can do all the best fitness and strength exercises and you will become very strong and fit but in the end you have to be able to use all that power, speed and endurance to "destroy" you opponent.

Tao # 2

Lift really heavy

"Your muscles already have the ability to lift a car they just don't know it yet." - Pavel Tsatsouline

Becoming really strong by lifting seriously heavy weights in whole body movements like Squats, deadlifts, rows and presses to lay the foundation for maximum power and speed.

Tao # 3

Abdominal strength

"If you want to feel the burn, light a match!"
- Dr Fred Hatfield aka Dr Squat –

Here you need maximum strength and really strong abdominals. The correct exercises may not cause you to feel a burn, but cause them to feel that they are going to rip apart after 3 reps. This helps you to duck and weave and grapple your opponent and to be able to withstand impact equivalent to a Mack truck crashing into your mid section. Doing Swiss ball crunches and bridging is not going to do the trick.

Tao # 4

Infinitus fortis. Latin meaning "Unlimited power"

Power = Strength x Speed. And to get the best benefit out of this you need to be strong so don't even start on this one if you're not strong yet. Here you need to have built up your strength by lifting heavy weights and also your speed by being able to move medium weights really fast. The infinitus fortis component is when you mix these 2 together for a very explosive mix of ultimate inter and intra muscular coordination.



Tao # 5

Endurance.

Endurance needs to be built in sparring and combining high intensity weightlifting / kettlebell lifting / powerlifting / strongman lifts with gymnastic bodyweight type exercises in a circuit or intervals like the tabatha protocol or crossfit principles.

Tao # 6

“Only perfect practice makes perfect.” - Vince Lombardi –

Practice is the repeated exercise to improve a skill and should be differentiated from training which is to improve strength speed or other anatomical or physiological components. When you are practicing techniques whether it is for grappling wrestling throwing punching kicking or killing ;-) make sure it is with perfect form, intensity and intention otherwise you are wasting time and effort.

Tao # 7

Speed tension relationship.

There is an inverse relationship between speed and tension, thus if you want more speed in a movement you need to be more relaxed and if you want more strength in a movement you need be tight. The catch is to know when to be tight and when to relax and to have full and absolute control over that. The ancient Chinese called this the ability to control Chi, Ki or Qi (Pronounced “TJCHEE”)

So to deadlift a really heavy weight you need to tense your muscles, the same if you want to lift your opponent in Judo or MMA (Mixed Martial Arts)

But in Judo to catch your opponent of guard you need be able to switch from a relaxed state to a tense state in split seconds to catch him of guard and throw him off balance to get him off his feet.

Punching works the same you need just enough tension in the right place to initiate the punch and to relax in the exact right time to move the punch at the speed of light and to tense up again at the point of impact to destroy the target always aiming a few inches behind the target.



Tao # 8

Mens mentis nixus (Latin) which roughly translated means mental stress or strain.

Remember the quantifiable measure of strain that a fighter experiences in terms of time spent fighting will not make sense if you do the math. In other words a highly conditioned fighter that can spar for 12 rounds full contact after a conditioning and fitness session a week or 2 before he goes into a fight will fully recover within 2 days after that training session. But may be out of action after 2 or 3, 3 round at 3 minutes per round (this equates to 9 minutes per fight) full contact fights purely because of the psychosomatic strain and stress of the competition. So be prepared for that!

So if you add the above into 10'000 hours of practice training and competing you should have a Martial Arts Cake that is baked to perfection! 🍰

Ignatius Loubser is currently also the strength and conditioning specialist for the Muay Thai (Thai Kickboxing) world champion and world champion silver medallist in kick boxing as well as overseeing and consulting to the South-African national Judo programme.



PHYSIOTHERAPISTS AND THEIR NEEDLES!

Text: Andri Smuts Image: Reg Caldecott

What is dry needling therapy?

Unlike some of you would think it is not just a medieval way of torturing unsuspected patients just because we can, it actually has real scientifically proven effects to relieve painful trigger points.

When physiotherapists use dry needling, a thin, sterile acupuncture-type needle is tapped into the skin or muscles and is used for deactivation and desensitization of a myofascial trigger point (MTrP) which should stimulate a healing response in that tissue.

Firstly, what is a myofascial trigger point?

Myofascial trigger points (mtrp) may develop in muscles that are either acutely or chronically strained. With an acute strain there is some degree of tissue damage causing a release of stored calcium, and the calcium can also not be removed due to the tissue damage. This extra calcium in the presence of atp (molecule causing energy release) results in a sustained contraction of the muscle fibers and cause muscle fatigue. This sustained contraction produces the palpable taut band associated with trigger points, and due to the depletion of atp in the muscle, the muscle cannot return to their resting state as well as contract properly. This results in reduction of blood flow and an increase in autonomic nervous system activity causing a local muscle condition, which is painful, resists stretching and results in decrease range of motion and general disability.

What is the mechanism of dry needling?

Mechanical Effects

Dry needling of an MTrP may mechanically disrupt the integrity of the dysfunctional muscle fiber. From a

mechanical point of view, needling of MTrPs may be related to the extremely shortened muscle fiber. It is possible that an accurately placed needle provides a localized stretch to the contracted (injured) muscle fiber, which may disentangle or help relax the contracted muscle fiber. This would allow the muscle fiber to resume its resting length. If indeed a needle can mechanically stretch the local muscle fiber; it would be beneficial to rotate the needle during insertion. Rotating the needle results in winding of connective tissue around the needle, which clinically is experienced as a 'needle grasp.' Comparisons between the orientation of collagen following needle insertions with and without needle rotation demonstrated that the collagen bundles were straighter and more nearly parallel to each other after needle rotation.

Moving the needle up and down as is done with needling of an MTrP may be sufficient to cause a needle grasp and a resultant LTR or local twitch response (muscle twitch experienced when needling a trigger point).

Dry needling an MTrP is most effective, when local twitch responses (LTR) are elicited. A LTR is an involuntary spinal cord reflex in which the muscle fibers in the taut band of muscle contract. The LTR indicates the proper placement of the needle in a trigger point. Research has indicated that dry needling that elicits LTRs improves treatment outcomes. Patients commonly describe an immediate reduction or elimination of the pain complaint after eliciting LTRs. The mechanical pressure exerted via the needle also may electrically polarize the connective tissue and muscle.

Neurophysiologic Effects

It is argued that the effects of dry needling stimulated certain muscle fibers which in turn activate the release of neurons that causes opioid mediated pain

suppression, thus causing a pain "block".

Chemical Effects

Some studies demonstrated that the increased levels of various chemicals at MTrPs are immediately corrected by eliciting a LTR with an acupuncture needle. Although it is not known what happens to these chemicals when a needle is inserted into the MTrP, there is now strong unpublished data that suggest that eliciting a LTR is essential.

Once the pain is reduced, patients can start active stretching, strengthening, and stabilization programmes. Eliciting a LTR with dry needling is usually a rather painful procedure. Post-needling soreness may last for 1 to 2 days, but can easily be distinguished from the original pain complaint. Patients with chronic pain frequently report to have received previous trigger point injections; however, many state that they never experienced LTRs. Accurate needling requires clinical familiarity with MTrPs and excellent palpation skills.

What are the needles made of?

It is believed that the earliest acupuncture instruments were sharp pieces of bone or flint called Bian stones. During the Iron and Bronze ages, metal acupuncture needles began to be developed. Early needles were made from iron, copper, bronze, and even silver and gold.

Modern acupuncture needles are made out of stainless

steel and come in various lengths and gauges of width. These acupuncture needles consist of a stainless steel shaft, with a handle made out of copper or steel. Some Japanese needles have a color-coded plastic handle. Unlike standard needles used for intramuscular injections, or for drawing blood, acupuncture needles are solid, not hollow, and have a finely tapered point, as opposed to a beveled cutting-edge point. In fact, acupuncture needles are so thin that an acupuncture needle can actually fit within the hollow of a standard blood-drawing needle.

Acupuncture is essentially painless. Although some people may experience a slight pinch as the needle is inserted, many feel nothing at all. Because modern acupuncture needles are disposable and used only once, there is no risk of transmitting infections from one person to another.

Thus to summaries:

The way dry needling work is through complex neural pathways and chemical releases in the body. A simplified explanation is three-fold:

- A local flow of blood is promoted to the injured part for healing.
- The neural pathway that causes pain is inhibited or 'blocked' to some extent.
- Endorphins (the body's natural painkillers) are released to ease the pain and inhibit the pain/inflammatory cycle 🌈

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“Fancy” Footage

Becoming the norm for Video Analysis and Sports Broadcasting

Text: Ryan Hodierne: Dept. Video Analysis & Biomechanics, hpc



Video technology in the fields of sports analysis and broadcasting media has grown and improved drastically over recent years. This is most likely due to the growing need for both broadcasters and athletes alike to seek that “edge” over their competition. The benefit of video analysis for movement and technique is it provides visual stimulus to the viewer or athlete in picture. With the aid of new technology systems, video footage becomes more interesting and more appealing to the on-looking spectator. For the athlete, closer, more specific, or detailed video analysis of sporting performances speeds up the learning process by means of mental imagery and objective feedback and often leads to performance improvements.

Dartfish® is sport enhancing analysis software that allows broadcasters, biomechanists, video analysts and coaches alike to break movements down into simpler segmental components. The software incorporates tools with the ability to compare different video clips or performances, closely analyse video footage in slow motion or frame-by-frame speeds, measure angles, measure distances, and trace trajectories of moving objects and paths of motion. With the technology it uses, Dartfish® opens new doors to sport analysis and broadcast enhancement, enticing viewers from a more unique and almost entertaining perspective. There are many different good quality sports analysis software packages available out there. Some software



packages are aimed at specific sports, others have more specific target uses. One of the things that sets Dartfish® above the rest, however, despite its numerous functions, and universal target market, is that Dartfish® has its own unique, patented, user friendly analysis tools known as the **Simulcam** and **Stromotion** that put it that notch above the rest when it comes to analysis broadcasting.

Simulcam

Simulcam allows the user to directly compare and overlay different video clips of the same movement type. Using this tool, one can compose 2 athletes competing at the same time, into a single video showing both athletes seemingly competing together. Simulcam displays the relative position, speed and posture of each competitor at each instant.

On the rendered video, the competitors appear semi-transparent where they overlap and solid where they do not overlap. This allows the user to contrast and compare the position, style and trajectory of different competitors in analysis of the given performance.

The use of Simulcam plays a big role in modern day athlete scouting, where it allows a coach or analyst to compare their athletes to other athletes or potential competitors, or a given norm for that performance.



Stromotion

Stromotion is a tool that makes still images or “clones” of a moving object as it progresses through its environment. The use of Stromotion creates a video of trajectory that reveals the evolution of an athlete’s movement, the execution thereof, technique and style over space and time. It allows the viewer to see a movement steadily unfold by compounding still images into a frame-by-frame sequence. In laymans terms, it allows the means to analyse rapid movements where the moving object is viewed as a series of static images along the moving objects trajectory.



Living in this day and age, with the continued use and improvement of technology, and the separation between success and failure becoming smaller, it is only realistic that athletes and broadcasters alike start seeking new means of attaining success. The advantages of video analysis are indisputable, but these Dartfish® tools take broadcasting to a new level and allow athletes to find that “edge” through video analysis of their performances and fine tuning the smaller details in the lead-up to perfection.

The Role of Exercise in Cardiac Rehabilitation

Text: Tracey Steenkamp

Cardiac rehabilitation is the use of exercise, education, as well as psychological and emotional support, to facilitate a patient's recovery from heart disease or heart surgery. The goal is to stabilize, slow down or even reverse the progression of cardiovascular disease. Cardiac rehabilitation addresses risk factors that lead to coronary heart disease, including high blood pressure, high cholesterol, obesity, diabetes, smoking, lack of physical activity, depression and other emotional health concerns. Adopting healthy lifestyle changes (increasing your physical activity, following a healthy diet, reducing risk factors for future heart problems and improving your emotional health), are major keystones in improving one's quality of life.

The cardiac rehab team may include doctors, nurses, exercise specialists (Biokineticists), physical and occupational therapists, dietitians or nutritionists, and psychologists or other mental health specialists.

This article will discuss the role of exercise in cardiac rehabilitation.

Benefits of Exercise in Cardiac Rehabilitation

Physical activity has many physical, psychological and spiritual benefits. In terms of cardiac rehabilitation, exercise is associated with the following benefits:

- Strengthening the heart muscle
- Increasing hemoglobin concentration in the blood
- Increasing stroke volume, thus making the heart pump more efficiently.
- Enlarging and increasing the number of arteries supplying the heart with blood, thus increasing oxygen supply and reducing the tendency for blood clots.
- Elevating the body's metabolism, thus assisting with weight loss. This is beneficial for overweight and obese individuals suffering from heart disease.
- Reducing and assisting with the control of cardiac risk factors, such as high blood pressure, high cholesterol and diabetes
- Improving muscle strength, flexibility and endurance.
- Reducing psychological stress

Phases of Cardiac Rehabilitation:

The ideal cardiac rehabilitation programme consists of 4 phases:

- In patient phase (in hospital and recuperation phase up to 6 weeks)
- Out patient phase (commences 6 – 8 weeks to 12 weeks)
- Long-term conditioning phase (commences 12 – 24 weeks to 6 months)
- Maintenance phase

Range of motion activities, intermittent sitting or standing, and walking, are initiated in Phase 1. The purpose of this phase is to reduce the de-conditioning that normally accompanies prolonged bed rest. During phase 2, exercise bouts are of low intensity and short duration. The patients commence with activities of equal intensity as normal daily activities. The patient progresses to a more advanced exercise programme during phase 3. Phase 4 (the maintenance phase) is reached after 4 – 6 months following the commencement of the cardiac rehabilitation programme.

Cardiac Exercise Programme

Before commencing with an exercise regime, it is important that a cardiac patient is screened and evaluated by a registered biokineticist. This will assist the biokineticist to safely design an individualized exercise programme for the patient.

Cardiac rehabilitation exercise programmes typically include a warm-up, aerobic exercises, muscle strengthening and flexibility exercises, and a cool down. Cardiac patients will be encouraged to do aerobic exercises, such as walking, cycling, rowing, climbing stairs, 3 to 5 days per week for 30 to 60 minutes, and muscle strengthening and flexibility activities 2 or 3 days per week. As the patient's functional capacity improves, their exercise programme will be updated.

It is advised that patients with heart disease or associated conditions exercise under the supervision of a qualified therapist and that their blood pressure and heart rate is monitored before, during and after exercise training 🏃‍♂️

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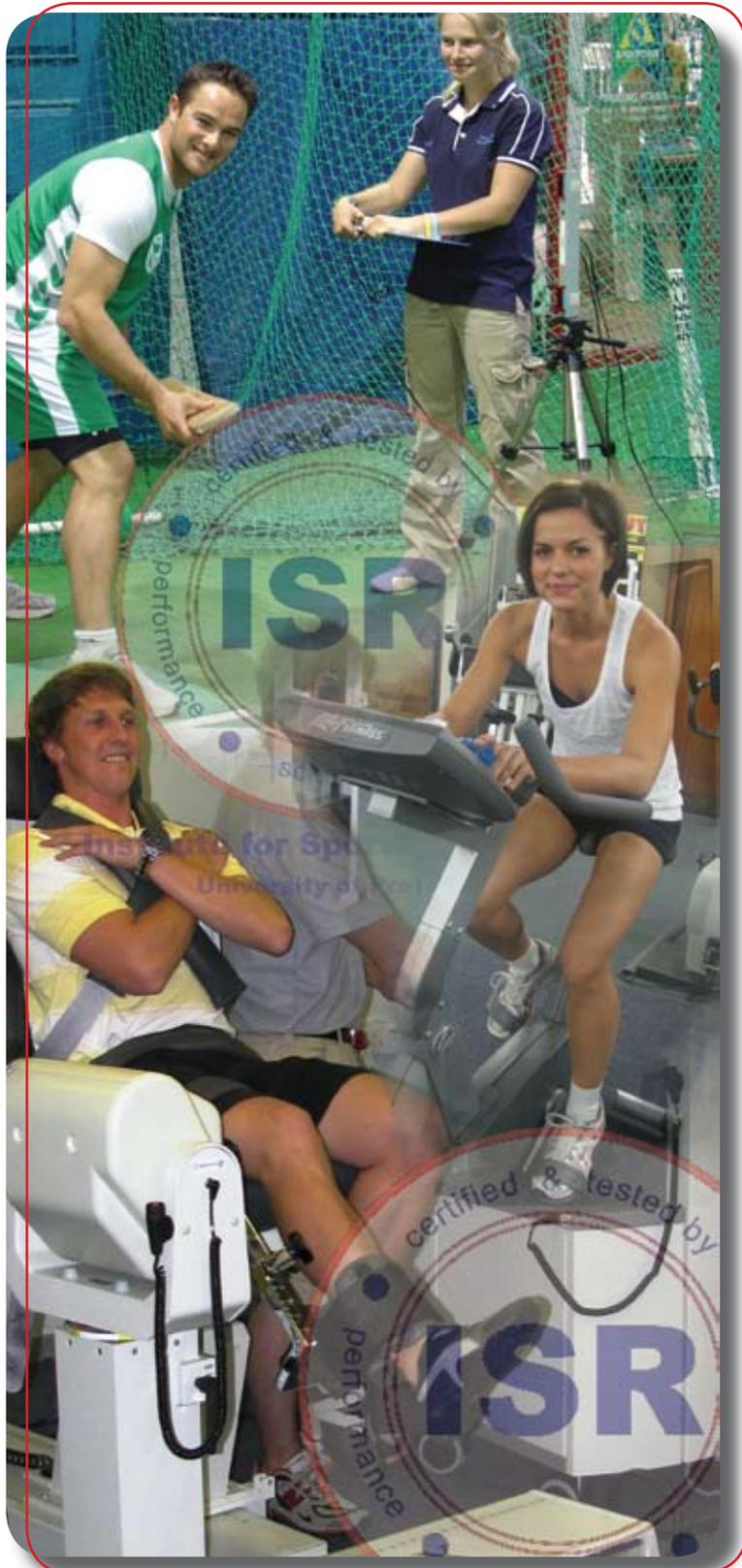
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Ambush Marketing

and the 2010 FIFA World Cup South Africa

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

Introduction

Ambush marketing (also sometimes referred to as "parasitic" or "guerrilla" marketing) takes place where a party with no direct interest in a sports event, aims to derive benefits from the profile of the sports event to enhance the image and aims of that party by suggesting some association with the sports event, which does not in truth exist. Secondly, ambush marketing also takes place when no association with a sports event is suggested, but the ambush marketer attempts to ride on the coattails of the event and the interest it generates. This can be done through in-store promotions, advertising and competitions offered to consumers. Before the 2006 FIFA World Cup in Germany, FIFA lodged a complaint with the Advertising Standards Authority against electronics giant LG Electronics (Pty) Ltd, which had run a competition in terms of which the winners could win a trip to the final of the FIFA World Cup in Germany. The competition was advertised with extensive use of allusions to the event, even though LG was not an official event sponsor. This was found to amount to ambush marketing.

Why does ambush marketing occur?

Some companies view ambush marketing as creative marketing. It seems to make good business sense to get the exposure without paying for it. Ambush marketing provides the added advantage over official sponsorship in that the costs of sponsorship do not have to be incurred, with the result that the substantial saving can be put directly into their advertising campaigns. Furthermore, sponsors are often bound to certain rules or terms imposed by event organisers, which limit the leverage they can obtain from their sponsorship. Ambush marketers are not restricted in the same way. It is often seen as being just smart business practice to ambush a competitor. Non-sponsoring companies and ambush marketers argue that they are exercising their right to free speech. They use economic justification to serve their own interests and argue that they owe it to their shareholders to use sports events to their commercial advantage. It is considered to be creative and clever advertising, used to sell their products or services. It is seen as part of the normal cut and thrust of business and ethics do not come into it.



Negative effects of ambush marketing

Sports events at all levels are dependent upon marketing revenue and without it these events will not be possible. There can be little doubt that sponsors would not be willing to pay such vast amounts of money unless there was some perceived benefit, proportionate to the expense, to be obtained. When ambush marketing occurs, sponsors lose their valuable exclusive marketing rights and commercial association with the sports event. As a result, the value of the sponsorship is diminished and companies become reluctant to pay for an official association with the event or abandon sponsorship altogether. Some may even join the ranks of ambush marketers.

Remedies

In common law jurisdictions, there are usually two main ways of dealing with ambush marketing. Firstly, the existing intellectual property legislation can be applied if the ambush techniques constitute an infringement of intellectual property rights, such as trademarks and copyright. For this purpose, a plaintiff has to show the likelihood of confusion and that they have suffered relevant damage as a result of the defendant's activities. However, if there is no apparent use of a trademark, this is virtually impossible to establish. The

problem is further compounded by the fact that ambush marketing is often very subtle and, in the ordinary run of affairs, not in itself unlawful. It could involve advertisements featuring retired players, displayed at the time of a major sports event. It could also involve the strategic placement of advertisements or aerial advertising (with banners, blimps or skydivers) in the vicinity of a major sports event.

South African Legislation

Because of the difficulties involved in combating ambush marketing, many countries have moved towards the promulgation of specialised legislation to assist sports bodies, organising committees and sponsors alike, to deal with the problem. In most instances, these measures were introduced in the run-up to major sports events. In anticipation of the Cricket World Cup tournament

which took place in South Africa in 2003, the South African Parliament passed legislative measures in an attempt to assist sports bodies and sponsors of major sports events in their battle against ambush marketing. The Trade Practices Amendment Act 26 of 2001 inserted section 9(d) into the Trade Practices Act 76 of 1976. Section 9(d) prevents a person from making, publishing or displaying false or misleading statements, communications or advertisements which suggest or imply a contractual or other connection with a sponsored event or the person sponsoring that event. A person who contravenes section 9(d) commits a criminal offence and may be liable to a fine of R60 000 or up to three years imprisonment for a first offence and a fine of R100 000 or up to five years imprisonment for a subsequent offence. The proposed Safety at Sports and Recreational Events Bill of 2005 also provides for mandatory and proper anti-ambush marketing strategies to be implemented at a stadium by the controlling body, the event organiser or the stadium or venue owner.

2010 FIFA World Cup South Africa™

Ambush marketing protection for the 2010 FIFA event has been criticised from various angles, primarily because of the apparently far-reaching and intrusive nature of many such measures in respect of the rights of the public and small enterprises and the informal business sector. Some are of the opinion that FIFA's general attitude is that of a super bully who rewrites national laws at its own convenience and openly

admitting to taking action against those who cannot afford to litigate.

The 2010 FIFA World Cup South Africa™ is designated as a protected event and the use of phrases such as '2010 FIFA World Cup South Africa', 'Football World Cup', 'FIFA World Cup', '2010 FIFA World Cup' and 'Soccer World Cup' are prohibited.

In the recent matter of FIFA v Metcash Trading Africa (Pty) Ltd, FIFA successfully brought an application against South African retail group Metcash Trading Africa for an order prohibiting the use of a mark, '2010 Pops', on lollipops. The mark is a registered trade mark and depicts the South African national flag in the zero numerals contained in '2010', and the lollipops also contain soccer balls depicted on the background. The court found that Metcash infringed on the registered trade marks of FIFA and that it was an attempt to be connected or associated with the FIFA 2010 World Cup.

Conclusion

Despite this decision, small traders and businesses will undoubtedly challenge FIFA's 'monopolisation' of the 2010 event and creative marketing companies will seek out new and creative ways to benefit from the 2010 World Cup. From FIFA's perspective, it will provide an opportunity to assess the efficacy and extent of the existing legal protection against ambush marketing for purposes of the 2010 event 🍌

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Marcello Bernardo recharges his batteries in the Science class.



Survival of the (not yet) fittest

Text: Hettie de Villiers, Principal, TuksSport High School

I have yet to meet the man who, upon hearing that we have a sport school at the **hpc**, doesn't exclaim with barely concealed envy, "Why wasn't there such a school around when I was at school?"

When they hear that the school day only starts at 9:30 in the morning so that learners can first fit in an early morning training session, I can literally see them transpose to a time when they were (still) fast and agile, and had all the girls in the school at their feet.

To the man on the street a school like TuksSport High sounds like sheer bliss. Where else will you find a school that allows you to take time off from school to play 18 holes of golf, or leave early because there aren't enough pool lanes open for training later on in the afternoon? At which other school will you find teachers who limit homework because they know you won't have time to do more, or who express concern when you fall asleep in the class rather than test the

flexibility of a ruler on your head (my turn to revert to days gone by...).

Yes, a sport school is many a young sportsman's (and his dad's) idea of a perfect school. To the athlete who is serious about his or her sport it is much more than that. It is a gateway to becoming a professional athlete, a gold medallist, maybe an Olympian.

But as new learners to the school soon discover, the road to success is not paved with gold medals. It is an uneven and steep road still under construction, and the team of engineers who determine each rise and fall appear to be a rather unsympathetic lot.

I interviewed a few new learners to find out whether it really was as blissful to be in a sport school as people seem to think, and made a few interesting discoveries in the process.

New learners:
 Front: Njabulo Mkhwane, Anika Pretorius
 Back: Craig Canham, Boris Kulikowski
 Dylan Bernatzky



Sisipho Mvuyiswa



Dylan Bernatzky, a Grade 11 tennis player, is most forthcoming about his experiences and confesses that he is slightly disappointed that the school isn't as relaxed as he thought it might be. "I thought it would be more chilled." He finds it ironic that there is such a strong focus on academics and discipline at a sports school. "I've never had demerits before, and yet I'm on 6 already. Sometimes there's either not enough time or I'm too tired to finish my homework at night. I then find myself having to choose between completing the homework in the morning or shaving to avoid Mr Maartens' wrath. There never seems to be enough time to get everything done."

The others agree that the pace is frenetic and that they find it difficult to adjust to the intensity of the programme. "Our days are broken down into fixed slots – If we're not training or at school, we have to be at the

"...if they could go back in time, and considering the hardships they've just shared with me, would they still choose to come to TuksSport High? As their answers ranged from "Definitely" and "Absolutely" to "Without a doubt," it seems they would."

gym, or attend sessions with the sport psychologist or the nutritionist. And everyone expects our full attention and dedication." When asked what they do in their free time, they laugh. "Free time? What's that?"

But while for some the biggest adjustment lies in the regimental breakdown of their days, for others like Sisipho Mvuyiswa it's the food that makes her long for home. "I miss being allowed to eat pies and KFC at lunch times" she says with something like a wail in her voice. "And I miss my mom's nice fatty, deep-fried food. Everything here is so healthy!"

Njabulo Mkhwane and Craig Canham, both from Kwa-Zulu Natal, say it's not the food in the canteen that gets to them, but the cacophony of different languages around the lunch table. "We should rename the canteen 'The Tower of Babel'," Njabulo declares with conviction.

Although Anika Pretorius, a high jumper from Potchefstroom, has been in an Afrikaans school up to now, adjusting to English is not her biggest problem. She loves being here, but finds her classmates quite unsociable. "They all seem so focused on themselves and their sport." They're not unfriendly, she hurries to say, and are very helpful. But they don't socialise or joke around as much as learners at her previous school and she misses the light-heartedness. It is a sentiment shared by Craig and Njabulo – it seems there is very little time to kid around.

While different things might make learners long for home, they are all in agreement that the most precious and coveted commodity in the school can neither be bought nor borrowed, but can at times be stolen - sleep. Dylan succinctly expresses everyone's views on the matter: "If I could sell it on the black market, I'd make a killing!" Sisipho, who still struggles to adjust to the two training sessions per day, says her biggest daily challenge is to fight off sleep in the classroom.

Craig and Njabulo groan in agreement. "We just

never seem to get enough time to rest. When the alarm goes off in the morning we just want to pull the duvet over our heads and continue sleeping".

For Boris Kulikowski, a Grade 11 swimmer and A-student, it is the quiet of the study hour that gets to him. "I'm used to training twice a day, but I'm not used to being this tired every day, all day." Regular sports massages bring some relief to his aching muscles, but they don't do much to restore his energy levels. Being German, Boris accepts his newly found fatigue rather stoically but admits that when the day dies down and he settles in behind his desk to do his homework, he struggles to keep his eyes open.

I decide to ask Marcello Bernardo, a Grade 12 soccer player, school prefect and, compared to the others, a veteran of the conditions at the **hpc** and TuksSport High, whether the constant feeling of tiredness goes away after a while. He shakes his head, but brightens up as he tells me he's found the answer. Marcello firmly believes in the restorative powers of a power nap, and doesn't feel in the least ashamed to tell his principal that he often sleeps in class. "After the morning training session I feel mentally fresh, but it doesn't last long. I grow more and more tired and have to steal a nap or two to get through the day." His teachers agree that he is quite adept at nodding off during even the most interesting lessons, but hurry to assure me it hasn't affected his marks at all, and that he is still on track to get a handful of distinctions.

I have one last question to ask of the learners – if they could go back in time, and considering the hardships they've just shared with me, would they still choose to come to TuksSport High? As their answers ranged from "Definitely" and "Absolutely" to "Without a doubt," it seems they would.

After all, at which other school can you tell your principal that you have an issue with the "hair thing" and get away with it? 🌈



SRSA's talent search

Text: Rocco Meiring Image: Bea Steffens's own collection

The government department of Sport and Recreation South Africa (SRSA) decided to embark on a talent identification and talent development programme aimed at putting in place a long term athlete development plan in preparation for the 2016 Olympics. SRSA approached the hpc to partner this initiative with them in August 2009, with the projected launch in January 2010. The process requires the national federations to invite high school aged athletes to apply to be considered for inclusion into this programme, identify those showing real future promise and to endorse each athlete's SRSA grant. SRSA's main reasons for choosing the hpc to partner with this initiative were:

- the hpc's ability to assist in identifying talent through the use of best-practice, evidence-based methods.

The hpc's existing Sportschool structure and the successes achieved by former learners of the TuksSport High School.

- the hpc's existing systems which will provide these talented athletes with the maximum opportunity for personal and sporting development, including access to world class coaching services.
- the hpc's utilization of science and educational services to develop a population of coaches who are qualified, informed and sufficiently motivated to commit to the development and upliftment of the afore-mentioned athletes.

- the hpc's ability to ensure that these athletes have access to world class scientific support services and interventions, divided broadly into performance enhancement services and medical/ rehabilitation services. These include biomechanics, conditioning, physiological, medical, psychological, and nutritional services.

There are currently 50 athletes on programme across the following sporting codes; Table tennis, Rowing, Swimming, Triathlon, Taekwondo, Women's Golf, SANEF (equestrian), Gymnastics, Judo, Cricket, Athletics and Wheelchair Tennis.

The SRSA grant covers, boarding, sports nutritionally designed meals, high school tuition in the TuksSport High School (including uniforms and books), Coaching, Sport science and medical services, transport, Laundry, Strength and conditioning and gym membership, Performance Management and mentoring.

Now that SASCO's undisputed mandate is high performance, SRSA focuses on grass roots participation as well as talent development. SRSA has committed to a five year term with this residential talent development programme.

The major short term objectives are to grow the programme by including more athletes each year and to gradually improve the performances of those athletes within the programme. Applications for inclusion are to be done through SRSA 🏆

TuksSport Highlights

Aquatics: At the annual USSA Championships in Dec 2009, Tuks finished 2nd overall with Stellenbosch 1st. Tuks won both sections in swimming, but were placed 2nd overall due to the waterpolo results where Tuks' men were 2nd and the women 5th.

Football: Tuks' women's side qualified for the USSA Tournament and lost in the final to UJ.



Table tennis: Tuks' table tennis club – consisting of 2 men and 1 woman – won 4 gold medals at USSA. The medals were for men's singles, women's singles, men's doubles and mixed doubles. The 5th medal – women's doubles, eluded them as the club has only one lady member.

Hockey: Two Tukkies – Rhett Halkett and Jonty Robinson – were selected to represent the SA men's hockey team at the World Cup in India, from 28 Feb – 16 March. Tuks' head coach, David Viney was selected as assistant coach.

Netball: Two Tukkies – Amanda Mynhardt and Erin Burger – were selected to the SA Netball team's squad of 15 players for the Cosana Games in September and Commonwealth Games in October this year.

TuksCricket

History for Tuks 1 and Tuks 2!



For the first time in the history of TuksCricket, the club had two teams in a final when Tuks 1 and Tuks 2 contested the Northern Cricket Union's 45-over Knock-out title on 14 March 2010. In previous years, these two teams met in the quarter and semi finals. Due to rain the match came to a draw, but most important of this result is that Tuks now have two NCU champions.

In the annual Intervarsity against the University of Johannesburg on 5 March, Tuks were victorious by seven wickets. The match format was 20/20.



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TuksSport

A toast to the new lights!!



TuksRugby Executive Manager, Gert van Collier, TuksRugby Chairman, Sias van den Berg, TuksSport Director, Kobus van der Walt, Chairperson of the TuksRugby Supporters Club, Henry Windell and TuksRugby President, Wynand Claassen drink a toast to the new floodlights at the TuksRugby Stadium, which were officially inaugurated on 8 March 2010.

TuksGolf

At the annual USSA Golf Championships played from 7 – 11 December 2009 at the Wingate Park and Pretoria Country Clubs in Pretoria, the University of Pretoria once again walked away with the spoils.

This year's victory was even more emphatic than in 2009. 19 Teams contested the championship, with Tuks' men's first team winning the stroke-play event, played over 72 holes, by 66 strokes. The match-play and singles event – played over 3 days also went the way of UP. The consistent good performances of both the two men's teams were rewarded with Tuks 1 winning the championship for the second year running and Tuks 2 finishing second. It was no different in the individual championships where Gina Switala won the women's stroke-play and match-play titles and Jacques van Tonder winning the men's singles title.

Adding to the above accolade, Tuks beat UJ in the annual Intervarsity on 5 March 7-5. After having won the foursomes 3-1, the singles matches were squared 4-4.

TuksGolf's annual Club Championships were played over 36 holes at the Wingate Park Country Club on Friday 26 February 2010. The players competed in three different categories, Senior men, Women & Junior men. The senior men's competition was well contested with some great individual performances in the first round. The final blow came from 1st year Sport Science student, Werner Ferreira, with a brilliant 68 in his final round, to take the title. His scores were 73,68. Eugenie Clack 2nd year B Com student was crowned women's champion. The Junior men's title was highly contested between last year's winner, Teaghan Gauche and Marco Loubser, with the winner being determined after extra holes. Teaghan Gauche prevailed and was once again crowned the winner.



Jacques van Tonder and Gina Switala



Werner Ferreira

Inside News



Mamelodi Sundowns tested by ISR/ hpc



Swedish swimming coaches having wine tasting on patio



Swedish swimming team



English Cricket team



Russian rugby team



Menzi Ngcobo and Licinda Liebenberg, Shona Hendricks with Prof Jiri Dvorak (FIFA Chief Medical Officer and Chairman of the FIFA Medical Assessment and Research Centre (F-MARC).



Album Nedbank Cup



The hpc is the official base camp to Argentina during the FIFA World Cup



Zone 6 training at the hpc



German Hammer throwers



Maradona and Basetsana Boys



Olympic champion latest hpc convert

He has been to many places in the world in his career as French swimming's top rated free style sprinter, but even so the hpc has made a lasting impression on him.

Bernard Alain, the 2008 Olympic 100m freestyle champion, is currently training at the hpc with his mates from the club Antibes near Nice.

"It's my first time in South Africa and if the facilities at the hpc are anything to go by, then your country is blessed in abundance. I have found the facilities at hpc to be of world class. You'll have to look hard

and wide to get the same facilities under one roof, as the hpc does not only offer very comfortable lodgings, friendly service and good food. With all the money in the world you cannot buy the warm Pretoria sun in Europe this time of the year. And if that is not enough reason to be back at the hpc next year, the training facilities (gymnasium, pool) are all within walking distance. That's my kind of place!"

Alain is training hard to start peaking at the French National Championships in April.

"I first have to do well there before shifting my aim to the European Championships in August in Boedapest where gold in the 50 as well as the 100 freestyle will be on my agenda," added Alain.



CE @ UP Sponsorship towards hpc Adopt-an-Athlete programme

In front, left to right : Cobus Du Plessis (Financial Manager), Hermien Dorfling (General Manager), Professor Nthabiseng Ogude, Andrew Rasemene (TuksCricket), Frederick Lebeloane (TuksCricket), Lawrence Ntswane (TuksFootball), Deon Herbst (CEO), Danie Du Toit (TuksSport Academy Manager)

Back: CE @ UP Staff

Flag raising ceremony at the hpc on Thursday, 25 March to officially announce the Argentina base camp for the FIFA World Cup.

Present from left: Mr Javier Fernandes, (Counsellor: Embassy of Argentina), Mr Toby Sutcliffe (CEO: hpc), Rochelle Ras (TuksSport High School Head Girl), Prof Antonie de Klerk (executive director: University of Pretoria) and Aphelele Gule (TuksSport High School Head Boy).





Omar, Egyptian Hammer Thrower & Gordon (hpc)



Ruan Olivier from the TuksSquash Academy won the Cape Classic Invitational Tournament in the U/16 age group. He is currently ranked No 1 in South Africa for U/16. We trust that the good squash skills and the coaching from Liz MacKenzie played a vital role in Ruan winning this tournament.

Satu Mäkelä-Nummela

Text: Byron Malga



During the past three weeks the hpc has been the safest place in South Africa, being that Satu Mäkelä-Nummela, the Olympic gold medalist shoot, and her husband, Matti Nummela, who is also a three time Olympian, have been staying here.

Satu Mäkelä-Nummela has been shooting since the age of 12 when she first competed in mock (artificial targets) cross country hunting challenges. In 1991 Satu moved into the competitive arena of shooting by specializing in Ladies' Trap. Due to work and family commitments Satu could only train twice per week when she started out and still today is not a full time athlete. Though in the face of that challenge, Satu won the gold medal at the Beijing Olympics in 2008. She was then further honored by being awarded the Finish Sports Personality of the Year and Finish Sports Woman of the Year in the same year.

Satu and Matti 10 spend hours per day training and refining their skills. Satu then also includes a 30 minute twice per day.

Satu and Matti have been to hpc for four years now, including this year. During 2009 we were also able to host their children Patrick and Sara but due to their school commitments they could not be here this year.

They have assured the hpc that they will be back next year. When asking why they return every year, the following are their reasons:

1. Great weather
2. Good shooting range
3. Friendly staff
4. Good food and accommodation
5. Massage on off days



We, the hpc, look forward to hosting Satu and Matti again next year and we know this time the children will be able to come with.

Good shooting and many more medals.



KG & Evans have been selected to join the SA Wheelchair team to the 2010 World Cup in Turkey - 28 April to 11 May 2010



Welma Luus was selected for SA Junior Team to go to the African Junior Championship in Nigeria. 30 March to 8 April. Should Welma be successful she will then move on to the World Cup.



The new treadmill at the ISR



Dino Vergotti was selected to represent Gauteng North ITF High schools at a Inter-provincial.

From the mountains to the "C"

Text: Ryan Hodierne

The highly anticipated 2010 Sani2C lived up to beyond expectation. The race follows the most epic off-road route traversing the mountains in Underberg with very little free-wheeling down to the blue sea in Scottburgh. This all over 3 days including a life-changing experience, meeting new people and partying with the old ones.

Here are some statistics

	Distance	Time	Max speed	Ascent
Day 1	79.10	3.52.04	66.1	1737m
Day 2	90.66	4.46.26	71.9	2041m
Day 3	75.05	3.20.13	56.9	1336m
Total:	244.81	11.18.43	71.9	5114m



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- Event opportunities

Conferencing/ Banqueting

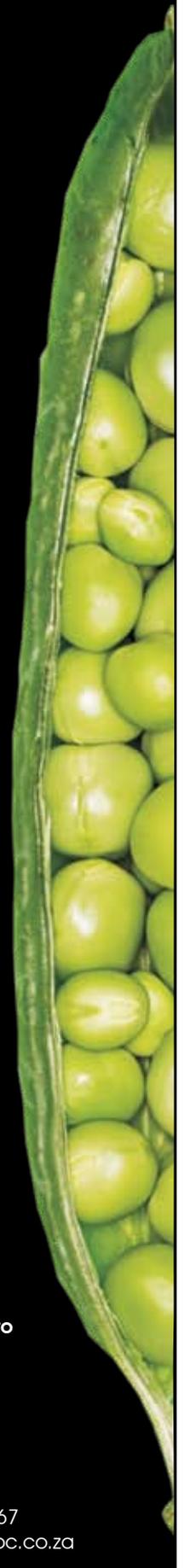
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- **Boardrooms - The Nashua SA Rowing & Nashua SA Cricket Rooms** are suitable for groups up to 10 delegates.

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from the sideline



Text: Lester Mills

Whether soccer is your cup of tea or not, with the 100 days to go before the start of Soccer World Cup 2010 barrier now well and truly broken, the "Beautiful Game", as Brazilian legend Pele called it, is fast taking over our sporting focus.

In fact, those close to sport in this country will honestly be able to tell you that they're literally feeling that tinge of anticipation ahead of what will be a global showpiece yet to be experienced here.

A few weeks back I had the privilege of heading off to Soccer City in Johannesburg for a tour of that now completed magnificent new stadium. It will play host to both the opening game (South Africa Mexico on June 11) and the final on July 11 with six games slotted in between.

The Calabash-shaped stadium situated between downtown Johannesburg and Soweto, has now been handed into the protective custody of the Johannesburg City Council by its builders, amid much deserved backslapping.

Apart from a few minor trimmings, this stadium is certainly ready to play its defining role in the forthcoming World Cup and the evidence is there for all to see.

Engineers tell us that it took 10 million hours to construct without a single reported serious injury to an army of 1 300 full-time workers. The building required 90 000m³ of concrete, 12 000 tons of reinforcement steel and nine million bricks and 13 000 tons of structural steel. The stadium has a seating capacity of 94 700.

Mind-boggling statistics for the layman to digest, but indeed, something for all South Africans to be proud of. It was reported that construction costs did go over budget by R1 billion, with the initial estimate of R2.2bn rising to an actual cost of R3.2bn. Keeping in mind the financial upheavals the world has gone through from the time the first cost estimates were done ahead of the start of construction in January 2007, that's probably not too bad.

This stadium is indeed a something to behold and will make waves when the world finally sees it. So, too, we suspect, will the other stadiums in our World Cup arsenal.

From the Mbombela Stadium in Nelspruit to the fantastic Moses Mabhida Stadium in Durban, to Nelson Mandela Bay, to the new Greenpoint Stadium and even a revamped Loftus Versfeld this World Cup is going to be something spectacular.

Away from the soccer now to another event which is going to be quite an occasion this year.

The 2010 Comrades Marathon will feature a huge field with over 22000 runners having entered. Certainly, the renewed interest in running Comrades has boosted the sport across the country. At a recent Comrades novice seminar at Eskom's Megawatt Park and hosted by Sunninghill Striders Running Club, I was pleasantly surprised to see a full auditorium hanging onto every word spoken by two of the University of Pretoria's High Performance Centres very own.

Sport Scientist and running coach Lindsey Parry and dietitian Nicky de Villiers held their audience captive with a professional approach mixed with much basic commonsense. To impress a group of people who are hard to please most of the time takes some doing, but the pair did it well.

Certainly after leaving the seminar, I also had a few new ideas to kick around.

Talking about kicking around ideas, SASCOC president Gideon Sam recently reported that good progress had been made in taking South African sport forward at their President's Council meeting.

What was particularly encouraging was the fact the SASCOC are playing open cards, making their discussions and ideas available for all to see.

In terms of representivity Sam said: "It's high time that we go into the various federations and just have a look at this subject but I must also stress that this is most definitely not a witchhunt of any sort."

It's great to hear comments like this because it tells of someone in touch with what's going on and not just some political claptrap.

The way forward for all our Olympic sports is constructive engagement and innovative ways of raising funds – a ever present problem among many sporting codes.

The subject of High Performance centres also came up for discussion with Sam emphasising that "someone has to pay". "We must perhaps target the Department of Finance in this regard because after all we are very serious about SA sport," said Sam.

Indeed, if South Africa is ever going to fully compete on the world stage a concerted unified effort must be made in terms of coaching and talent identification and government funding is crucial.

Speaking of High Performance Centre's though, they need not look too far past the Tuks HPC as far as I am concerned 🇿🇦

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