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# the MEDALLIST

sport, science, knowledge





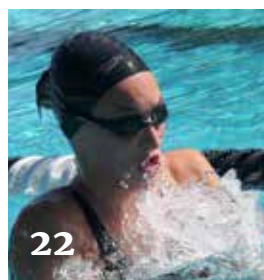
## *elevate2greatnes*

**In 2016 we have made a significant contribution towards national team structures in South Africa. Our club structures have allowed us to produce:**

- 95 Senior National Protea/ Springbok representatives,
- 46 Olympic athletes and support staff representing their respective countries,
- 8 National Coaches & Managers and 18 National Federation/SA A team representatives,
- 46 National Age Group representatives,
- 13 University of Pretoria students were selected to be part of USSA National teams and other National student team representatives amounted to 21,
- A total of 15 TuksSport athletes represented South Africa at the CUCSA games while 159 athletes were senior provincial representatives.



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UNIVERSITEIT VAN PRETORIA  
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# from the CEO



Post-Olympic blues are always something that all athletes have to deal with and get back up on that "horse" as quickly as possible and reset their goals for the next four years, with short-term goals being the immediate focus to achieving those long-term goals for Tokyo.

There have been major changes in the structure and operational management of sport at the University. The hpc and TuksSport have now merged into one operation and with the establishment of the Sports, Exercise, Medicine and Lifestyle Institute (SEMLI) at the hpc, the future certainly looks very bright.

2017 certainly has gotten off to a great start and a number of our athletes and teams are certainly doing the University and the hpc proud. On the team sports side of things for the respective Varsity Cup and Varsity Sports events, the University of Pretoria has played in all five finals with Tuks having won four of them and finishing second in the fifth final. In the Varsity Cup Rugby UPTuks beat Maties in the final in front of a packed UP Stadium, while the UPTuks Young Guns also won their final.

Next to win was the TuksAthletics team which won the Varsity Athletics with some impressive performances from our athletes at both events held in Potchefstroom and here at the Bestmed Tuks Stadium. They were then followed by TuksHockey with our Women's team being the first female team to win a Varsity competition when they beat Maties in a very tight game at the Tuks Astro.

TuksCricket were beaten in the final by North West University, but the team of mostly, first-year students acquitted themselves extremely well and all goes well for the future with the depth in the squad for the next few years.

On the individual sports side, a number of our sportsmen and women started off the year on a high with hpc sponsored Triathlete Wian Sullwald taking 3rd place in the French Grand Prix Series in

Dunkirk and Gizelda Strauss (TuksSport High Leaner) a 2nd place. Wian Sullwald also won gold in an Africa Cup event, the SA Triathlon Championships in March. On the golfing front, Zander Lombard finished in 2nd place (after 2nd playoff hole) at the Rocco Forte Open in Sicily, while Marco Steyn won the Big Easy Tour event at Modderfontein Golf Club and won the Oxigen Prince's Grant National Amateur Invitational. Sarah Bouch (Team SA) won the Regional All Africa Challenge in Lesotho and TuksSport High School won the National College Championships while Sam McKenzie won the Individual competition at the same event.

The hpc sponsored wheelchair tennis player Mariska Venter won the Lithuania Open Women's Singles title.

These are only a snapshot of some of the outstanding performances by our sportsmen and women. There were also a number of standout performances in Fencing, Rowing, Cycling, and Athletics and if this is an indication of where we are heading then the University of Pretoria will once again be the leading University in South Africa as far as participation in major sporting events over the next few years.

The major marketing campaign for this year is *#elevate2greatness* and a number of videos have been shot and can be viewed on the TuksSport website.

It is amazing to think that in less than four years' time we will do it all again and I am excited about the talent that is currently within the Tuks system and look forward to an even better Olympics.

ONWARDS AND UPWARDS!

*Toby Sutcliffe*

# Tuks/Hpc dominate South African sport

*Text: Wilhelm de Swardt | Image: Reg Caldecott*

It won't be wrong to say that Tuks is the place where champions train after the first four Varsity Tournaments are completed.

The TuksRugby, TuksAthletics and the TuksHockey women's team were all victorious with Assupol TuksCricket losing out in the final against Pukke but then the team went on to win the Momentum National Club Championships.

The women's hockey team achieved a unique double in July when they also won the South African Universities Tournament. It is rare that one team wins both of the universities tournaments.

Another big sporting highlight from a Tuks perspective was the Jaguars winning the Brutal Fruit Series. There certainly cannot be a more deserved winner as in the previous three years it has been a classic scenario of the Jaguars being the forever bridesmaid but never the bride. The team's success certainly proves that perseverance does pay off. Twelve of the 15 players are from Tuks. It was Jenny van Dyk (head coach at Tuks) who guided them to the victory.

"Luvo Manyonga leaps into record books; Simbine stuns Gatlin in Diamond League opener; Steenkamp now SA's second fastest ever in the 100m hurdles; Munyai and Leotlela give senior sprinters the hurry up." These few headings prove how Tuks athletes have been hogging the limelight since March.

To list all the athletic breakthrough performances is not possible as it will acquire too many words. It is enough to mention that Simbine is one of an elite group of athletes to run sub 10 seconds in the 100m and sub 20 seconds in the 200m. Manyonga is the first long jumper since 2009 to go past 8.60m; Steenkamp is only the second local hurdler to dip

under 13s in the 100m-hurdles; Munyai ran a world best for junior athletes in the 300m; Sokwakhana Zazini (TuksSport High School) set a world youth record in the 400m-hurdles.

All of these successes did not just happen. Apart from the hard work and sacrifices from the athletes in the different sporting codes, it is due to a team of coaches and support staff who is on a forever quest for perfection.

"Nothing, but absolutely nothing is impossible in sport if you are prepared to put your mind to a specific goal and seriously work towards it."

Wayne Coldman, strength and conditioning coach at the hpc, really believes it. Actually, he makes no secret as to what motivates him and the team that works with athletes helping them to fulfil their dreams.

"There is nothing nicer than achieving something people believed cannot be done."

Another reason for Tuks's sports success is the holistic approach that is followed. It will never just be about being the fastest or winning on a rugby or hockey field for the respective coaches.

Pote Human who coached TuksRugby to their historic third Varsity Cup title is a firm believer in developing a complete individual through rugby and feels that the academic programme, coupled with the pressure to win, creates an ideal training ground for real life to his players.

"I want the players to complete their studies and therefore we adapt our training to fit in with their academics, not the other way around."

One of the key phrases that regularly crop up when speaking to any coach is marginal gains.

"The Jaguars success can be ascribed to the fact that we were prepared to go back to the proverbial drawing board leaving absolutely nothing to chance. It was all about marginal gains in the build-up to the tournament that included the way the player's clothes were designed, their conditioning and fitness training, testing and trying new combinations, absolutely everything.

"In none of the games did we think about the final outcome. It was always about what is happening right now for example what the outcome would be if we pass the ball a certain way. The challenge we set ourselves was to make sure we improved our standard of play in each quarter by at least 1%," explained Van Dyk.

Lastly, Tuks's sporting success can be credited to pure passion.

Natalie Esteves who made TuksSport's history by captaining the hockey team to victory in the Varsity Tournament ascribe their success to playing for "The Stripe".

"When you play for Tuks you cannot help but push yourself that little bit harder to win. We are not a team of individual stars. Our success is due to playing according to the philosophy of one for all and all for one. In other words, we have a hunger to be the best and we play to make Tuks proud. Our motivation starts the moment when we put on the white jersey with 'The Stripe'."

It was the first time any of Tuks women's sports teams won a Varsity Tournament.





**Dedication:** the willingness to give a lot of time and energy to something because it is important.

This Cambridge dictionary definition is certainly applicable to Thando Roto's sprinting exploits. Over the last few years, the Tuks athlete had ample opportunity to quit on his dream to become one of South Africa's fastest men but he refused to because that is just not who he is.

Since 2013 when Roto won the South African junior title in the 100 metres it was predicted that the youngster has what it takes to become a world class sprinter but the opposite happened. His athletics career stuttered from one setback to another leading to doing more hours of rehabilitation than actually chasing the time he was dreaming of.

In March his dedication and perseverance at long last paid off when he became only the fifth South African sprinter to dip under ten seconds in the 100 metres.

Roto's breakthrough race at the LC de Villiers Stadium was, in fact, historic as it was the first time that two local sprinters both clocked times faster than ten seconds in the same race. Akani Simbine won running 9.92s with Roto second in a time of 9.95s.

At the South African Championships in Potchefstroom Roto proved that his sub ten-second effort was no fluke when he raced to a time of 10.04s. Wayde van Niekerk pipped him by millimetres to finish second in the same time. Simbine won. Being the perfectionist he is Roto naturally would have wanted to run a faster time. However, he is not too despondent. He is confident that running real fast times will become a mere formality in the foreseeable future.

"In the build-up to the World Championships in London I want to do at least one sub 10 second race, at the champs itself I want to do two and at the World Students Championships, I want to do two sub ten seconds races. I know at times I tend to dream too big but that is who I am. If you are not able to believe in your own abilities nobody else will," said Roto showing his steely resolve to be the best he can be.

If everything goes according to plan and his body holds out Roto is confident of coming close to running 9.90s or faster before the end of the season.

He certainly has come a long way from the youngster who grew up in the Eastern Cape who played all sorts of sports in township streets for money, sweets, biscuits and matches.

Roto often starred doubling up as a Makhaya Ntini

in street cricket or as Jube Pule in street soccer. It was always a case of the winner takes all. Most of the times Roto was quite jovial during these "sports tests" but there were occasions where he felt he had to go for a "serious hit" on a rival player so as to intimidate. He denies being his team's bully.

The turning point in his life happened when his mom sent him to boarding school at Settlers in Limpopo so that he could learn to take responsibility for his actions. It did not happen overnight. Roto failed Grade Eight ending up being angry at his mom, the teachers, in fact, everybody but himself.

In the end he had to face up to the reality. He failed because he did not do what he was supposed to do. It was an important life lesson he needed to learn.

Roto only really started getting interested in athletics in high school, but he was in for a rude awakening. He thought winning races is going to be easy as he watched athletics on television and could not believe how slow the athletes ran. He quickly realised not to jump to conclusions judging by what you see on television.

"Because I was fast as rugby and soccer player I expected to win easily on the track. It did not happen at first. I got 'smoked' quite often in the beginning."

His first challenge before he seriously starts focusing on becoming fast was to convince his mom to buy spikes for him.

"My mom had a good reason not being keen to buy spikes not just because they were expensive. She bought me a cricket bat and wickets. After the season finished it just got stashed, the same happened with the soccer kit. She was only prepared to buy me spikes after she has phoned the coaches and they assured her that I really had talent."

According to Roto he realised that for him to succeed in athletics he needed to be in Pretoria being coached by the best at Tuks. To get that to happen again was not easy but once Roto made up his mind as to what he wanted there was no relenting until he got what he wanted.

Hennie Kriel started coaching him in 2012. The rest, as they say is history.

Roto is the forever student of sprinting. Whenever there is an opportunity he will watch DVD's of previous sprinters in action or when he has access to Wi-fi he will do research as to what happens in international sprinting. It is important for him to stay abreast of things.





## Roto's dedication pays off at long last

*Text: Wilhelm de Swardt | Image: Reg Caldecott*

Who are the role models for talented young female athletes, or to put it another way are there any role models for them to look up to?

These questions will in all probability make for an interesting sports debate. Unfortunately, there are no clear-cut answers. The reality is that women's sport in South Africa faces a crisis. Apart from Sunette Viljoen (javelin) and Caster Semenya (800m), there are not really any female athletes who are currently excelling in international competitions.

The lack of real role models in women's sport is something that Rikenette Steenkamp, the South African 100m-hurdler, is passionate about. She readily admits that when she was still in school she missed having someone who she could look up to or even approach to speak to about her insecurities as a young

female athlete.

To illustrate her point Steenkamp refers to Corien Botha and with good reason. It is Botha's South African record of 12.94s on which Steenkamp has set her sights. She was six years old when Botha set her record in 1998 in Salamanca.

"Just out of curiosity I did a Google search on Corien. Apart from a short IAAF and All Athletics.com profile I battled to find any other relevant information as to who Corien is or what drove her to succeed. It is a pity. Corien was clearly one of South Africa's top female athletes but it is as if she has just disappeared," said Steenkamp who is busy with her master's degree. Her theme is: "The need for leadership and role models in South African women's sport."

"I honestly believe that as an athlete I got an obligation to

leave a legacy behind for younger athletes. Once I have finished my career as a competitive athlete I really want to get involved helping younger athletes, especially female athletes. I want them to understand that if at first, they don't succeed they should not get despondent. They should stick it out. "Hard work and dedication does pay off," said Steenkamp.

Her comeback and what she managed to achieve so far this season is certainly inspirational especially considering that last year Steenkamp had to relearn how to walk properly. According to her, the one thing she learnt over the last two years in which she was unable to race, is that life is a journey.

"I just want to enjoy the journey and make the most of all the experiences along the way," said Steenkamp who won her first South African senior title while



## Role model on and off the track

*Text: Wilhelm de Swardt | Image: Reg Caldecott*



she was in matric in 2010 at Hoërskool Menlopark. She is one of a few athletes to have won the senior and junior titles in the same year.

In 2014 in Marrakech she raced to a time of 13.16s. Only five South African athletes have managed to run faster times, but all was not well.

2015 was certainly a year of utter frustration for Steenkamp. She was constantly in pain and barely able to train. It was later diagnosed that she had an extra bone in her ankle. The former Springbok lock, Bakkies Botha, apparently had the same problem. The only solution was to have the bone surgically removed.

As part of the rehabilitation process Steenkamp was afterwards confined to bed to rest for six weeks thereafter she had to relearn how to walk properly again. Swimming was the first proper exercise she was allowed to do. Only in September last year she was allowed to start doing athletics again.

Steenkamp admits there were times she really wondered whether she would ever be able to race again.

"The one thing that kept me going was the feeling that I was born to run. There is also the matter of unfinished business on the track. I have certain definite goals I still want to achieve."

She credits her recent fast times she has run to her coach, Hennie Kriel (Tuks/HPC).

"He is an amazing coach who knows how to get any athlete to believe in his/her abilities and he is able to motivate us in setting high goals. He does not believe in mediocrity. Being part of the training group which includes the likes of Gift Leotlela and Clarence Munyai (both Olympic sprinters)

is also inspiring. As a group we really tend to push each other to work that bit harder during every training session."

It was predicted at the start of the season that Steenkamp will dip under 13 seconds. She did not disappoint. In only her second international meeting in Ostrava she finished second running 12.99s. Her very next race in Switzerland she won in 12.92s which would have been a new South African record but unfortunately the wind from behind was too strong.

The similarities between Steenkamp and Botha's progress are quite interesting. The year before her big breakthrough race Botha's best time was 13.24 which meant that in one season she managed to improve by 0.30s. At the start of this season Steenkamp's best time was 13.16 which means she has already improved by 0.17s. Unofficially she has improved by 0.24s.

"I cannot afford to be oblivious to the times the international athletes are running.

On average it is 12.40s to 12.50s but I know that I can still improve a lot. Three years ago I wrote on a piece of paper a time of 13.20s which was what I was striving for. Now my best time is 13.02s. It is only the first year that I am being coached by Hennie. His speed programme is definitely working for me. However, I definitely need to work on my hurdling technique as it is not as efficient as it could be."



# LEGEND

## Pote Human

*Text: Wilhelm de Swardt | Image: Reg Caldecott*

Pote Human was in his playing days for Free State and Eastern Province as hard as they come. A no-nonsense player there might even be those who would say he was a bully on the rugby field.

But if there was ever a case to be made out for a “Dr Jekyll and Mr Hyde” in South African rugby it is Human.

During last year’s Varsity Cup Tournament an article with the heading: “Chatting to the Chief: Pote knows how it feels to be Human” was published.

This is the near perfect description for the coach who helped Tuks this season to their third Varsity Cup by beating Matie 28-21 in the final. It is the first time in ten years of Varsity Cup rugby that Tuks has managed to beat Maties twice in the same tournament.

All though as with any other rugby coach winning is important to Human he sees his role as much more than getting players to perform to the best of their ability at crucial times during a game. When he talks about his players he cannot help himself but too often compassionately refer to them as “sons” showing how much he really cares.

Human is a firm believer in developing a complete individual through rugby and feels that the academic programme, coupled with the pressure to win, creates an ideal training ground for real life to his players.

“I want the players to complete their studies and therefore adapt our training to fit in with their academics, not the other way around. There is an important balance between playing and

studying and I want to that healthy.”

As a coach Human is also fully aware that the huge salaries young players are nowadays being paid, could lead to a scenario of easy come, easy go. That is why he places such a big emphasis on taking responsibility for your decisions and actions when working with young players.

“The problem often is that young players are not being properly prepared for life after school. At school, there are strict guidelines and then suddenly there is all this freedom. When I was young we had the army where self-discipline got drilled into you. Therefore I think a rugby coach has a responsibility to teach youngsters the importance of discipline.”

Human’s apprenticeship and love for rugby started way back when he was just a “laaitie” playing important “rugby tests” with his three brothers and their friends in the garden of their home in Despatch. According to him, those games were a serious affair with not one inch given by any “team”. Some of these games even resulted in visits to the hospital because of broken bones.

It would seem as if Human took this survival of the fittest instinct with him when seriously started playing rugby. He went on to play 116 games for Eastern Province as a loose forward and 82 games for the Free State captaining the team in 64 games.

After his playing days he worked as a computer programmer and coached various teams on the side. All of that changed when Heyneke Meyer phoned him in 2005 asking whether he would be interested in coaching full time. Rugby being his passion it was an offer Human could not resist.

Just a few personal highlights was being head coach of the Blue Bulls team that shared the Currie Cup



with the Free State in 2006; and assistant coach of the Bulls team that won the Super14-final against the Sharks in Durban in 2007. Human has also many special memories of his coaching stint at the Griquas and in Japan.

As to guiding Tuks to their third Varsity Cup title Human said he knew the team was destined for greatness when they managed to beat Maties 13-9 in their very first game played at Loftus in cold and wet conditions.

"The only setback we had in our whole Varsity campaign was when we lost to UJ by one point but that loss was in a way a good thing as it brought us closer together as a team. We bounced back to beat CUT by a record score of 100-0. Another good performance in the build-up to the final was beating Shimlas in Bloemfontein scoring more than 60 points.

"I think our success is because we were able to play exciting rugby throughout the tournament. The players were not scared to run with the ball and set up exciting moves that led to us scoring tries. That is why we scored the most tries in the competition."

After Tuks beat Maties in the final the players were full of praise for Human.

Tinus de Beer (flyhalf) said that as a coach Human left nothing to chance. His planning before each game was meticulous. Through proper analysis and tactically planning every player knew exactly what was expected from him before each game."

Human is now coaching the Blue Bulls team playing in the SuperSport Rugby Challenge. Quite a few of the Tuks Varsity Cup players are part of the team. The Bulls have won two of their first three games by the middle of May.



# Shifting the sprinting barriers in SA

*Text: Wilhelm de Swardt | Images: Reg Caldecott*

Akani Simbine has established himself through his speedy exploits as one of the true trailblazers of South African athletics and dare one say international athletics as well.

In his first international race of the season in Doha he outsprinted Justin Gatlin (USA), silver medallist at last year's Olympic Games as well as Asafa Powell (Jamaica), a former world record holder, and Andre de Grasse (Canada), bronze medallist at the 2016 Games.

From a South African athletics perspective, it was a historic victory as no other local sprinter ever managed to win the 100 metres at a Diamond League Meeting.

It was interesting to note that by the end of May Simbine's season - best time of 9.92s was still the seconds fastest for the season.

Simbine also achieved two firsts for local athletics. One being the first sprinter to run two sub ten seconds 100m races on the same day and the other being the first to run a sub ten second 100m race and sub 20 seconds in the 200 metres on the same day.

Judging by Simbine's performances so far it might not be farfetched to predict that he is capable of winning a medal at the World Championships in London.

The Tuks-athlete's progress as a sprinter over the last six years is remarkable. In 2012 he set a new South African junior record running 10.19s. Except for 2013 he has managed to improve his time each year. In 2014 his best time was 10.02s, in 2015 he ran 9.97s and last year he ran 9.89s. His best time so far this season is 9.92s.

As they say: "It takes two to tango." Werner Prinsloo who has been coaching Simbine since 2010 is the silent partner in this "blitzkrieg" success story.

Prinsloo credits their success to mutual respect, meaning respect for the sport and each other.

Coaching is a true passion for Prinsloo. He got interested in the science of it while still in Grade 8 at Hoërskool Hans Moore in Benoni when attending a coaching clinic presented by Les Archer.

He was intrigued from the first moment when Archer started speaking about energy levels, speed endurance, peaking at the right time etc. He ended up buying a coaching manual written by Archer.

Archer's coaching clinic was the proverbial spark that set Prinsloo of on his forever quest for speed. He started spending school holidays in the library doing his own research compiling notes. Prinsloo is proud of the fact that he still has all of his first research and Archer's coaching manual.

Prinsloo was in his own right, not a bad athlete. While at high school he raced to his fair share of victories over 100, 200

and 400 metres. Unfortunately for him, he had to compete against the like of Riaan Dempers who is considered to be one of South Africa's sprinting legends. It meant that he and many other talented sprinters at the time got their dreams trashed by Dempers in the races that mattered.

The only time Prinsloo was not involved in athletics was straight after matriculating. For a while, his priorities had changed. He qualified as an electronic engineer, fell in love, out of love and in love again and played as a drummer in a rock band. To summarise he lived life to its fullest but by 2005 he started to feel as if there is something missing from his life.

"In what I can only call divine intervention it was as if some inner voice told me to get involved in athletics again. So I unpacked all my athletics books and started doing research again. At the time there was no real internet which meant I spend quite a lot of money buying books. For about 18 months I was just involved studying athletics. In 2007 I joined Kempton Park Athletics Club and started to put into practice what I have learned by coaching young athletes."





It was in 2010 when Prinsloo got a call that would change his life. Simbine's mom phoned to ask whether he would be prepared to coach her son. He agreed and the rest, as they say, are history.

"The moment I realised how talented Akani is I set myself the challenge as a coach to always stay one step ahead of him."

Prinsloo views 2012 as his breakthrough year.

"When Akani ran that 10.19s it changed my life as a coach. It was not only the time he ran but more importantly the build-up to the race. I realised that Akani was not powerful enough as a sprinter so I specifically changed his programme to include more strength training. We were doing so for about three months before he set a new national junior record. Running 10.19s was a massive improvement on his previous best of about 10.49s.

"The next milestone for Akani was in 2013 when he started competing in Europe. Up to then, I was the one who taught him everything he knew about sprinting. Once he started racing internationally he became a student of sprinting and started to learn from the other athletes.

"I always say that training is training, for an athlete to be successful he needs to learn how to run. That started happening for Akani in 2013. Sprinting will never just be about running as fast as you can when the starter's gun goes."

Prinsloo considers last year as the third breakthrough moment in Simbine becoming a world class sprinter.

"We realised that we needed to work on Akani's start as internationally that was where he was losing races. His top speed was never a problem. I consider it to be on par with the likes of Asafa Powell but he lost out big time over the first 20 metres.

"Akani's start is now one of the best. He proved it at last year's Olympic final in Rio where his reaction time out of the blocks was the fastest. If Akani has a good start there are very few sprinters who will be able to beat him."

Prinsloo said that going forward it will all be about marginal gains for the Tuks sprinter.

"For him to become a consistent 9.90s sprinter we will have to work on small specific details. The challenge for me as a coach will be good planning. Because Akani trains and races at such a high intensity it is important to make sure that he takes proper breaks from time to time in order for his body to recover."

Prinsloo emphasised that the 200 metres is important to him.

"I realised during the South African Championships that we still need to work on Akani's endurance for him to be able to run consistently good times in the 200 metres. In Potchefstroom by the time he had to run the 200 metres final he had not much left in his 'tank'."



## When the going gets tough, the tough get going



*Text: Wilhelm de Swardt | Images: Reg Caldecott*

Be all you can and make no excuses.

This is often said but few are able to stay true to it as it just so easy to quit on dreams. Luckily there are always the exceptions. Mariska Venter is definitely someone who is playing the hand of cards life dealt her. At first, it did not hold a lot of aces but she made it work for her.

This never says die attitude led to the High Performance athlete winning the Lithuania Open Wheelchair Tournament earlier this year. It was a major breakthrough as it is only her second major

success in senior international tennis. In 2015 she won the Mauritian Open. In 2012 she was the top-ranked under-18 player in the world. Her goal is to establish herself as one of the world's top female players. She readily admits that it going to take a lot of hard work to do so.

Venter's life changed dramatically in 2004 when she and her family were on their way back home after a trip down to the Western Cape.

"It was nine at night just outside Bloemfontein when a car passed a truck. The driver did not see



us coming. It led to a head on head collision. My father passed away as well as my oldest brother. I broke my back amongst other things and was left paralysed from the waist down," said Venter who was only eight years when the accident happened.

"All though it was a really traumatic experience I was never going to quit on life. I believe no matter what happens to you in life you can always choose to stand up and become the great person you are meant to be. Nothing is impossible. If you really, really want it you can get it. Giving up is a term that I don't understand. I live to see what my limits are and then when I find the limit I try to push the boundaries even further."

Venter took up wheelchair tennis after she got introduced to a coach in Nelspruit. According to her she immediately took a liking to chasing balls on a court and trying to outfox her opponents. She has been playing professionally for the last three years. She describes wheelchair tennis as a very complex and challenging sport.

"Not only do you have to hit the ball by using your arms but you also have to run around the court using those same arms, so it gets very complicated. To keep moving on the court is the hardest part of the game for me. It is something I constantly have to work on.

"My most challenging opponent is the one on the other side of the net. In tennis, there is always a person who plays the ball back and it is difficult to predict what is going to happen next."

Finding the right "legs" is also not easy. Venter said the wheelchairs used in tennis can be very expensive.

"I bought my chair in England which is perhaps not a good thing as I had to pay in British pounds but it was my choice. I know what I want to achieve as a tennis player and that means I got to have best 'legs' money can buy. How much does success anyway cost?"

Venter describes the life as a professional tennis player as exciting and daunting at the same time.

"At times it can be crazy being on the circuit. It can be tough as you get to spend long hours on the court. It is also often a reality check because you get to experience for yourself how good some players are but I guess that is also good as it motivates you to work harder at your own game. The nice thing about being on the circuit is that you get to tour the world and meet interesting people and learn about the different cultures. I have been to 15 countries so far. Italy is one of my favourite destinations. I love pasta and wine. Being in Italy looks is like being in a fairy tale," said Venter.

"A definite highlight as a tennis player was when I got to meet Serena and Venus Williams in Soweto. They are not just exceptional players but also unique as people. Actually, they are so humble and passionate about what they do. I got to play with Serena against Venus and another player. It was awesome."

She credits her coach, Gerald Stoffberg, and her HPC support team as the reason why she is more confident when playing tournaments.

"It is fantastic to have people believe in you and going out of their way to help me live my dream. It also helps to have an amazing support structure through family and friends who always encourage me and keep me motivated. But the most important reason and the only reason I stand up every day and take on every challenge that comes my way are that of God. Jesus is the only true role model in my life," said Venter who as part of her training regime trains with the TuksWheelchair rugby team two nights a week. It helps her to improve her fitness and agility.

When not playing tennis she works as a beauty therapist. She also studies marketing.

"I love to treat people make people feel good and make them feel more beautiful."





# TuksHockey Women's team Varsity-victory is a first

By now it is known fact that TuksHockey Women's team earned the bragging rights to being the first female team in the sport's history of the University of Pretoria to win a Varsity Tournament when they beat Maties 1-0 in the final.

The brilliance, passion and determination of the hockey team mean that up to now Tuks had a brilliant Varsity Sports Campaign. Of the four Varsity competitions completed, Tuks has won three and finished second in one. Rugby and athletics are the other two teams that had been victorious while the cricket team lost in their final to the Pukke.

There was no stopping the women's team as five weeks later they also managed to win the South African Universities Tournament which was quite an achievement.

The architect of Tuks's hockey success is undoubtedly Inky Zondi (head coach) although he might argue it. He would immediately give all credit to his players.

"It was the players who did the job. Any coach is only as good as his players. For the duration of the Varsity Tournament, every player did what was expected from them. That led to us being able to dictate the game each time we played."

And dictate is exactly what the Tuks Team did. In nine games they scored 29 goals and conceded only three. So Zondi can be forgiven if after the Varsity final he used the phrase: "I just love it when a plan comes together."

Natalie Esteves (captain) ascribe their success to playing for "The Stripe".

"When you play for Tuks you cannot help but push yourself that little bit harder to win. We are not a team of individual stars. Our success is due to playing according to the philosophy of one for all and all for one. In other words, we have a hunger to be the best and we play to make Tuks proud. Our motivation starts the moment when we put on the white jersey with 'The Stripe'."

Go and speak to any of the players and they will tell you that Zondi is the go-to guy whenever they feel they are battling to master a certain technique or facet of play. He is always prepared to put in extra hours to help.

It only takes a few minutes of listening to Zondi talk about hockey to realise that hockey is his true passion.

What makes his story remarkable is that Zondi worked his way up from the bottom to the top job at Tuks Hockey. He started out as a social player at the club but always had bigger aspirations. His first big breakthrough happened in 2010 when he got the opportunity to act as team manager for the women's team. By 2013 he was officially the assistant coach and in 2014 he was coaching the women's second team.

When Craig Fulton left Tuks in 2015 to take up a coaching offer in Ireland Zondi started coaching the first team.

"I owe a lot to Craig. He was the one who taught me how to really understand the finer intricacies of hockey."

Zondi credits Lindsey White (a former national captain) as someone who also had a big influence on the way he thinks as a coach. He was part of her coaching team in 2014 when she guided Gauteng North to win the provincial tournament.

"Lindsey introduced a mind shift to the way our players which included quite a few Tuks players thought about the game. You can say that she was the one who introduced a winning culture in Pretoria hockey and I benefitted from working so closely with her."

One of the main reasons for Zondi's success as a coach is his philosophy that players are never just numbers or tools to use in order to win hockey games. They are people and each one matters!

He keeps on emphasising the importance of the individual in the team.

"The challenge for me as a coach is to get each player to perform to the best of their ability. I have learned a long time ago that there is no blueprint coaching manual that works for all players. Every player is unique in the way that they think and reacts to things."

Other highlights for Zondi was being part of the coaching staff of the South African under-21 team and coaching the Gauteng North Women's team.



Text: Wilhelm de Swardt | Images: Reg Caldecott



"Heinrich Klaasen is as tough as they come. He doesn't wait for the game to come to him."

This was the assessment of Shukri Conrad, head coach at Cricket South Africa's National Academy of the Assupol Tuks-player two years ago. It turned out to be true this season. Klaasen established himself as one of the top batsman in the local Sun Foil Series, scoring 635 runs at an average of 48.84 for the Titans. As wicketkeeper he was responsible for 37 dismissals, 33 catches and four stumpings. This led to him being part of the Protea squad to tour New Zealand and the South African A-side that toured England.

One of Klaasen's outstanding qualities is his loyalty. His participation in the Momentum National Club Championships proves of it. As a seasoned campaigner for Assupol TuksCricket he can honestly claim to have been there, done that and got the T-shirt to prove it so he had nothing left to prove, but he did not hesitate when asked whether he was available to play.

Assupol Tuks won the tournament. Klaasen was named Batsman of the Tournament as well as Player of the Tournament. His best batting performance was scoring 139 runs in the game against the University of Fort Hare.

Klaasen's saw his participation as a way to thank everybody involved with Assupol TuksCricket who helped him to establish himself in South African cricket.

"There are not enough words to describe my appreciation for what the coaches at Assupol Tuks have done over the last seven years to help me to improve my game as batsman and wicketkeeper. Playing for them at the last Club Champs was just a small way to thank everybody, and believe me, I benefitted from playing the tournament as there was some small things in my technique I needed to work on before the SA A-side's tour to England. It was also important to me to get some runs under the belt.

Klaasen who matriculated at Hoërskool Menlopark credits the former Assupol TuksCricket coach, Pierre de Bruyn, as one of the coaches who really made him believe in his abilities.

"It was not just Pierre who helped me. I have learned a lot also from Kruger van Wyk and Chris van Noordwyk. What made it exciting to be involved at Assupol TuksCricket is that even though cricket is a team sport the coaches consider every player

as an individual. They go out of their way to get to know all of us and to find out what our respective strong points and weaknesses are. As former professional cricketer they believed in never giving up until the last ball is bowled and they install the same principle with each and every one of us," said Klaasen.

His started playing cricket when he was seven years old and it won't be wrong to say he got hooked on first contact with a cricket ball. When still in Grade 8 he made his debut for Hoërskool Menlopark's first team. His next big challenge was playing Premier League Cricket for Willowick when only 13.

Klaasen admits that at first it was not easy but he smiles now thinking back about it.

"Those were the days. On Friday afternoon myself and two friends went to mow the grass and prepare the pitch at Willowick. I am really grateful for the opportunity as that made me learn the values of cricket."

Klaasen said he only started playing wicketkeeper in his last year at Primary School up until then he saw himself as a batting-bowling all-rounder.

"Once Grant Morgan helped me to master the finer intricacies of wicket keeping I started to enjoy it. One of the perks of being a wicketkeeper is that you always got something alongside you with whom you can joke and philosophise in between bowling deliveries."

Sledging has become part and parcel of cricket and there are many who tend to think it is the wicketkeeper's job to psyche a batsman out. At times this can get personal. According to Klaasen he will refrain from saying hurtful things.

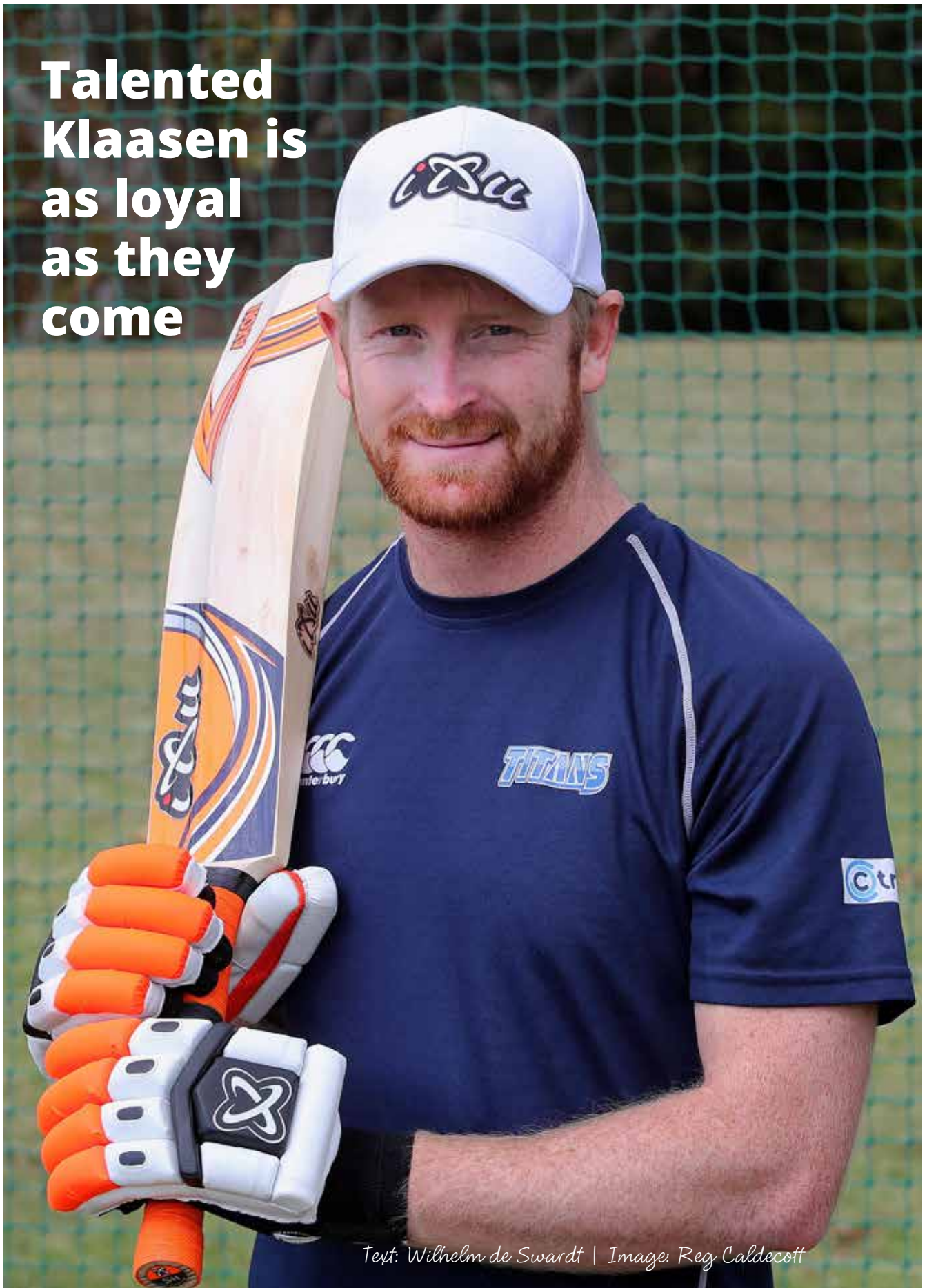
"I will never start the 'fight'. You actually have to know when to do it. Sometimes when you try and psyche a batsman out it has the opposite effect. It will motivate them."

As any other cricketer Klaasen has set his mind on being included as a regular in the starting line-up of the Protea squad. He fully realises that it is going to be a tough challenge but he is up to it.

"I don't see myself substituting Quinton de Kock as wicketkeeper. He is truly a world-class player and I rate him as one of the best 'glove men' in the game. I always see myself as a batsman first who can keep when asked to do so."



**Talented  
Klaasen is  
as loyal  
as they  
come**



*Text: Wilhelm de Swardt | Image: Reg Caldecott*

# Tatjana breaks SA swimming's voodoo

*Image: Reg Caldecott*

Tatjana Schoenmaker broke the 5 year voodoo earlier this year in becoming the first female swimmer to at last attain a Fina A qualifying time and thus gain automatic selection for the 2017 Fina World Championships.

South African women's swimming has been running on empty after Karin Prinsloo retired from the sport last year. South Africa had no female A standard qualifiers at the 2015 World Championships nor the Rio 2016 Olympic Games, with the exception of Open Water ace Michelle Weber.

Some pundits predict that Schoenmaker could continue a proud women's breaststroke tradition, following in the footsteps of the likes of global superstar Penny Heyns, who won both the 100m and 200m events in Atlanta 1996 and the bronze in Sydney 2000.

After Heyns' retirement former TuksSwimmer Suzaan van Biljon emerged as another international export, winning the 200m breaststroke at the 2008 World Short Course Championships before finishing seventh at the 2012 London Olympic Games.

Van Biljon retired for the second and final time in 2013 as the South African and continental 200m breaststroke record holder.

Rocco Meiring, who coaches Schoenmaker, is quick to point out that it is "early days", therefore unfair to compare Schoenmaker to anyone or to already speculate as to what she is capable of. When pressed to give an opinion Meiring chose his words carefully.

"As her coach I am more cautious than excited. Tatjana definitely has the X-factor when it comes to putting in the hard work and competing. She is like a proverbial 'racehorse'... so as her coach it is important to know where the right balance is in her loading. It would have been easier if she was a swimmer that you can overload during training blocks because that allows you as coach to make minor mistakes knowing the volume of training may compensate for it. In Tatjana's case the margin of error is so small. What excites me though, is her ability to produce some impressive performances

during certain sessions."

Listening to Meiring it quickly becomes clear that Schoenmaker's possible qualification for the 2020 Olympic Games in Tokyo hopefully will leave absolutely nothing to chance. At the moment, her studies are a priority.

"It is important that she graduates by the end of 2019. Her road ahead is not going to be easy because her goal is to pass her B.Com 2<sup>nd</sup> year exams in November and then to qualify at trials in December for the 2018 Commonwealth Games. If she qualifies in December, it means that she will have no break in training until after the Commonwealth Games in April, then will return to South Africa to immediately start preparing for her June exams."

The B.Com financial science student at the University of Pretoria chose not to compete at the 2017 World championships due to her study commitments.


"I don't want to miss too much of varsity. I really want to focus on my studies as well, but I will compete at the World University Games (in Taipei), which is just outside of my exam times," Schoenmaker said.

According to Meiring the goals for the World University Games is for Tatjana to look forward to prepare for the competition, look forward to racing top international competition and continue to swim faster than the 2017 Fina A qualifying time in her main event(s).

"Back in December our goal was for her to swim a time of 2:24 at FISU but she has already done so at the South African Grand Prix in Stellenbosch. I would however, be very happy with another 2:24 performance at the University Games."

Schoenmaker's best time in the 200m-breaststroke is 2:24.93. According to Meiring a realistic chance to medal at major international competitions such as the Commonwealth Games would require a further improvement of at least 3 to 4 seconds.





"It is a big ask to drop 3 seconds in a race that cover only four laps. It equates to finding a way to gain around 5 - 6 metres. The only way Tatjana would be able to drop another 3+ seconds is to cover every aspect related to her race ...ranging from her technique, racing skills, power, endurance, nutrition, recovery and mental toughness.

"What complicates matters is that from now to the Games she will have to write two major exams. The months that she is writing exams does not allow her to really load her training. Her exam times and test weeks are at best periods of "maintenance". She also needs to take a break at some stage, so realistically it leaves us with only five months of quality training left to prepare."

The exciting thing is that Schoenmaker is never one to settle for mediocrity. After swimming 2:24.93 at the Grand Prix she is on record of having said: "With this time I would have made the semi-finals at the Olympics... but I'm not even close to where I know I have to be. There is still a lot of hard work ahead. My goals are obviously not only to reach finals, I'd like to achieve a lot more."



# ***“Elevate to greatness”:***

## By balancing both your Sport and Academic careers.

*Text: Dr Monja Human*

Athletes often have to balance dual careers; being sport and academics. These two domains require time, energy, commitment and both have performance demands. The experience of having to develop and maintain these two careers simultaneously is shared between the athlete and various role players on a daily basis. These role players often consist of - but are not limited to - psychologists, coaches, lecturers, managers, parents and other professional support staff.

### **Here are some of their stories:**

*Jonathan, 20 years old, male*

“Everyone expects me to perform! Let me share what my day was like today. I woke up early in the morning to go to training. Whilst I was waiting for my coach, I quickly read through my work, because I write a test at 10h20. I wanted to study the night before, but I felt too tired after my third training session for the day. I fell asleep behind my books. When I woke up it was 23h20 and my body was aching. I just changed my sleeping position from my desk to my bed. After my test I went to gym. Afterwards, I grabbed something to eat whilst I was rushing back to class. I attended three of my lectures and made it just in time for my third training session. I was invited to a friend's birthday party, but I was just too exhausted to attend. I had to apologise again, because I also missed it last year due to a training camp in preparation for Rio. Please help me, I feel exhausted!”

*Jo-Anne, 22 years old, female*

“I am scared! I lay awake at night worrying about my bursary. I therefore, don't recover well. My coach is not happy with me because I am not running the times that I am supposed to be running. I desperately want to perform like I use to, but I just don't know how I am going to meet all these demands. They said if I don't pass all my subjects this semester I might be at risk of losing my bursary. We don't have the money to repay this. My sponsorship also called me last week to inform me that I am currently not meeting their requirements. Luckily they gave me three months to get my act together. I desperately want to perform like I use to but I just don't know how I am going to meet all these demands!”

Jonathan and Jo-Anne are neither unique nor the only athletes experiencing these challenges. They communicated clearly that they want to perform in both their sport and their academic careers. Furthermore, having a life and attending to their social needs are supposed to be such a natural part of their developmental age, yet it seems to be a luxury to these athletes. Athletes like Jonathan and Jo-Anne struggle to incorporate their studies into demanding training programmes and competition schedules. They further need to deal with fatigue and face financial concerns. They constantly have to make sacrifices in their lives in an attempt to be successful. Searching, striving and obtaining an optimal balance between sport, education and life is probably one of the toughest challenges that these athletes face on a daily basis (Stambulova, Engstrom, Franck, Linner & Lindahl, 2015).

## Finding the optimal balance

Finding this optimal balance is important because it can assist athletes with the following:

- Staying motivated

It is important that athletes remain motivated to perform well in both careers (sport and academics), as this will help them to maintain their sense of identity, be focused on their purpose and enhance their overall well-being.

- Prevent role engulfment

Role engulfment is where one of the student-athlete roles is emphasized at the expense of the other role. Usually the athlete role is given prominence over the student role, as the former can bring instant stardom and financial relief in the short term, while the student role is often seen as a long-term goal that only needs to be realised once an athlete's sporting career has been terminated voluntarily (e.g., retirement from sport) or involuntarily (e.g., injury through sport) (Gayles & Backer, 2015).

- Retirement from their sport career

Athlete's retirement from sport without the necessary support might influence their psychological functioning and well-being. This can lead to experiences of depression, anxiety, decreased self-esteem, alcohol and/or substance abuse.

- Prevent premature athletic dropout for some athletes

Premature athletic dropout occurs when athletes become too overwhelmed with attempting to balance between sport and academics, and ultimately have to quit. Often the athletes are assisted financially through bursaries, sponsors and/or endorsements - so dropping out forces them to seek job security and financial stability instead.

## Choice and responsibility.....

Despite the fact that these athletes have made the **choice** to participate in dual careers, there is still a significant **responsibility** entrusted to the role players and the athlete's environment to assist and support them in their journey. Ultimately the aim is to facilitate the development of the athlete's individual competencies, in the hope that it will allow them to achieve excellence in both sport and academics. "Elevate to greatness" can therefore be used as a metaphor in encouraging athletes to find the optimal balance between sport, academics and life, so that they can develop into well-rounded human beings and in due course fulfil a meaningful role in society. Where do you stand in assisting them, balancing their dual careers and thereby, empowering them to "elevate to greatness" in sport and academics?

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In the vast spectrum of elite sport, everyone always just wants to get better. Sporting success is usually the result of gradual improvements over a period of time, with a coach or coaching staff more often than not providing guidance and information to the athlete and/or team in question. The coaching process is an ongoing cycle of performance and practice, where a coach evaluates, intervenes, and feeds back information to athletes with the aim of enhancing future performances. Within this coaching process, feedback is critical for performance to improve. Traditionally, the feedback process has been based on a coach's subjective observation which can be influenced by bias, emotion and previous experiences. A subjective observation process is known to be unreliable and inaccurate, and this lack of accurate recall ability can lead to "highlighting" where a coach's perception of performance becomes distorted by only those events they can remember. Ultimately this results in a lack of accuracy within both coaching feedback and decision making.

Because of this, objective measuring tools are necessary to enable and facilitate the feedback process by providing unbiased and comprehensive information.

The techniques used to measure sporting performances and provide coaches and/or athletes with this type of information are often referred to as performance analysis.

Performance analysis is driven by sport's absolute need to understand and improve tactics, technique and movement. Improving on past performances and achieving performance goals is most easily achieved through the delivery of objective feedback. This discipline focuses on enhancing interventions within the coaching process to elicit a performance gain and augment learning. To achieve repeated success, coaches and/or athletes must know and understand what they have done to make them successful or unsuccessful and make the right decisions at the right time. Coaches and athletes spend a great deal of time thinking about how they can improve, or trying to understand the elements which make up a good performance. Essentially, performance analysis provides a way for coaches and athletes to know what actually happened as opposed to what they may have perceived to have happened. Performance analysis focuses on performance in both training and competition to draw lessons for improvement. It is rooted in the analysis of human movement and makes extensive use of video analysis and video-based technology. There is a strong focus on data collection and processing and, because of this, requires careful information management for good feedback to coaches and/or athletes. The practical value of performance analysis is that well-chosen performance indicators highlight performances of an athlete and facilitate comparative analysis of teams and players. In addition, it helps to identify injurious techniques as well as assess physiological and psychological demands of sports. Quantitatively defining where a technique fails or excels has very practical uses for coaches, in particular, and also for sport scientists aiming to analyse performance at different levels of athlete development.

Performance analysts work closely alongside the coaches and athletes to provide the relevant key performance information that helps objectify the

# Supporting a Champion

**Why GUESS when you can KNOW...**

*Amy Bathgate: Biomechanical & Video Analyst*



performance. In an ideal situation the different sources of information will all be analysed using objective observation systems, meaning that the coaches can focus their attention on what they perceive to be critical incidents in their players' and opponents' performances. This allows for more evidence based decisions, augments the experiences and knowledge that they have gained, and reduces the speculation to enhance their ability to make the right decisions at the right time.

The goal is then to improve the performance of these players by planning practices based on these analyses. Objectivity can be obtained through the use of simple video, more complex biomechanical systems for fine analyses, or performance analysis software. The introduction of computerised notation systems has to some extent solved the problem of data processing. Used in real-time analysis or with video recordings in post-event analysis, they enable immediate easy data access, and the presentation of data in graphical and other pictorial forms which are more easily understood by coaches and athletes.

### Benefits for Coaches

- Assists in understanding of athletes' strengths and weaknesses
- Enhances their own development and coaching practice
- Enables in-depth review of performances

### Benefits for Athletes

- Improved technical and tactical knowledge
- Improved decision making
- Improved confidence

At TuksSport clubs, where the athletes' ultimate goal is to elevate to greatness and reach their full individual potential, the use of performance analysis is widespread and many of the coaches choose to use some format of video and/or notational analysis during the coaching process. In certain sports, such as swimming, an underwater or specialized camera can be positioned in ways which can record what the coach cannot see from their usual vantage point, thus providing them with additional insight into athletes' performances and techniques. In high speed sports such as golf or archery, actions occur at speeds too fast to see accurately with the naked eye. In these instances high speed cameras allow coaches to slow actions down to

a pace which is more accurately assessed. Team sports use in-depth notational and video analysis to statistically assess team tactics and the execution of planned strategies, as well as to identify strengths and weaknesses of both Tuks teams and their opposition.

Video technology applications can be used in a variety of ways to reduce injury risk as well as allow coaches to review, reflect and evaluate the development of many aspects of athletic preparation, and can be used to facilitate both qualitative and quantitative analysis. Tracking key performance factors through training and competition also allows for more objective identification of individual strengths and weaknesses, and forms a critical part of a performance analyst's job.

Looking for the 'marginal gains', identifying areas for improvement and tracking the success of interventions are all part and parcel of the performance analysis process.

### IMPORTANT:

- "Not everything that is measurable should be measured"
- "Show me the results of performance analysis – not the performance analysis results"

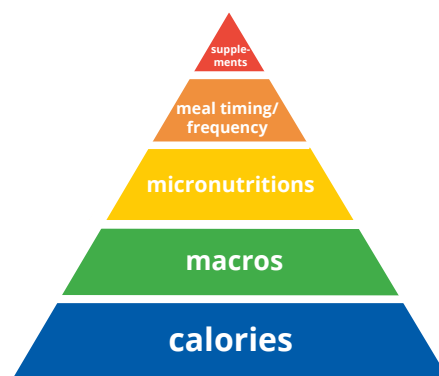


# One step at a time:

## From Nutrients to Food, back to Nutrients...

*Text: Nicki de Villiers, Registered Dietitian, hpc*

When talking sports nutrition, order counts. Following a step by step approach will assist the athlete to attend to the most beneficial dietary practices first, followed by fine-tuning of dietary strategies. As athletes continue onwards and upwards, fine-tuning of specific dietary strategies can give the edge, specific to individual athletes in certain training conditions. To benefit from the fine-tuning strategies, athletes should start at the bottom in their quest to elevate to greatness.



**The Pyramid of Nutrition Priorities**

### Enough calories:

The most important component and obvious start of optimal training and performance nutrition is to ensure adequate energy intake to support energy expenditure and maintain strength, endurance, muscle mass and overall health.<sup>1</sup> All athletes are fuelled by calories. Appropriate energy intake supports optimal body function, determines the capacity for intake of macronutrient and micronutrients and assists in manipulating body composition.<sup>2</sup> When energy consumption is inadequate to balance energy output, the effort of training can be lost, since muscle and fat will be used for energy. A restricted energy intake can also compromise the intake of other essential nutrients necessary for optimal sport performance and good health.<sup>3</sup>

Athletes must consume enough energy to cover the energy costs of daily living, the additional energy cost of their sport and the energy costs associated with building and repairing muscle tissue. Female athletes of reproductive age must also cover the costs of menstruation, whereas younger athletes must cover the additional

costs of growth.<sup>3</sup> Maintaining an overall energy balance is although influenced by various internal (e.g. genetic, metabolic, hormonal, neural) and external (e.g. environmental, social, behavioural) factors specific to each individual, that complicates accurate assessment of the energy needs of athletes in everyday living conditions. Athletes can although use prediction equations to estimate daily energy expenditure and therefore, daily energy need.<sup>3,4</sup>

Optimal energy intake will ensure higher energy levels, faster recovery and better concentration. The optimal diet to meet energy needs and enhance athletic performance would need to be personalized to meet the demands of the training schedule and competition.<sup>4</sup>

An adjustment in total food intake will have the greatest impact on health or performance should this be an area that is of concern.



## Macronutrient goals:

Individuals engaging in a general fitness programme typically can meet their macronutrient needs by consuming a normal diet of 45% to 55% of calories from carbohydrates (3 to 5 g/kg/day), 10% to 15% from protein (0.8 to 1 g/kg/day), and 25% to 35% from fat (0.5 to 1.5 g/kg/day).<sup>1</sup> Macronutrient goals differ for various intensities and types of exercise. The longer an athlete is engaged in activity, the more carbohydrate (and less fat) is proportionally needed in the diet, whilst the protein will remain fairly constant.

**Carbohydrate** plays an important role in performance and adaptation to exercise. The size of carbohydrate stores in the body is limited and can be manipulated through dietary intake and exercise sessions. It serves as a key fuel for the brain and central nervous system and a versatile fuel source for muscular contraction during aerobic and anaerobic conditions.<sup>1,2,4</sup> It offers advantages over fat through greater exercise efficiency. A lack of carbohydrate availability is associated with fatigue resulting in reduced work rates, impaired skill and concentration and an increased perception of effort.<sup>2,4</sup> Carbohydrate recommendations should consider the athlete's training or competition program and the priority of performance during high intensity training sessions or enhancing the training stimulus or adaptation.<sup>1,2</sup> Carbohydrate intake of 5 to 7 g/kg/day will likely suffice for endurance athletes, although elite athletes training 5 to 6 hours a day may need as much as 12 g/kg/day or a range of 420 to 720 g of carbohydrates a day for the 60 kg athlete.<sup>1,4</sup> Carbohydrate is provided through a variety of foods, including starches (e.g. rice, breakfast cereal, bread, pasta, etc.), fruits and fruit juices, vegetables (e.g. potatoes, sweet potatoes, mealies, etc.), milk, yoghurt, legumes (e.g. dried beans, lentils, chick peas) and sweets. Athletes should:

- Make starchy foods part of most meals
- Eat plenty of vegetables and fruit every day
- Eat dry beans, split peas, lentils and soya regularly
- Have milk, maas or yoghurt every day
- Use sugar and foods and drinks high in sugar sparingly<sup>5</sup>

Dietary **protein** provides a trigger and a substrate for contractile and metabolic protein synthesis and enhances structural changes in support tissues such as tendons and bones. Athletes are therefore advised to increase their protein intakes above the Recommended Dietary Allowance to maximize metabolic adaptation to training.<sup>2</sup> Nitrogen balance studies in endurance athletes suggest a range of 1.2 g/kg to 1.4 g/kg/day, and for strength athletes 1.2 to 1.7 g/kg/day for protein intake, with the higher end of the range recommended early in the competitive season.<sup>1,4</sup> Daily protein intake recommendations can be achieved through the regular intake of moderate amounts of high-quality protein source across the day and following strenuous training sessions.<sup>2,4</sup> Protein is supplied through various food sources including meat, fish, poultry, eggs, milk, yoghurt, cheese, eggs, nuts and legumes (e.g. beans, chickpeas, lentils, etc.)

- Fish, chicken, lean meat or eggs can be eaten daily
- Eat dry beans, split peas, lentils and soya regularly
- Have milk, maas or yoghurt every day<sup>5</sup>

**Fat** is a vital component of a healthy diet, serving as a fuel substrate, forming an essential element of cell membrane and facilitating the absorption of fat soluble vitamins.<sup>2</sup> Essential fatty acids are necessary for cell membranes, skin health, hormones, and transport of fat-soluble vitamins.<sup>1</sup> In general, 20 – 30 % of total calories consumed should be comprised of fat. However, in certain sports with higher energy demands, a higher percent of fat (with its inherent caloric density) may be required. Athletes should avoid fat intake of less than 20% of total energy consumed, because of the risk of reduced ingestion of fat soluble vitamins and limited intake of essential fatty acids.<sup>4</sup> Although fat is a valuable metabolic fuel for muscle activity during longer aerobic exercise and performs many important functions in the body, more than the usual recommended amount of fat is not indicated.<sup>1</sup> Recommendations for athletes should be individualised considering training levels and body composition goals.<sup>2</sup>

- Use fats sparingly and choose vegetable oils, rather than hard fats<sup>5</sup>





## Micro-nutrition

Micronutrients enable the use of macronutrients for all physiologic processes and are key regulators in health and work performance. Athletes who fail to consume a diet with adequate vitamins and minerals can become deficient, which can lead to impairments in training performance. Training and work schedules, low-nutrient snacks, infrequent nutrient-dense meals, and overall low caloric intakes may cause inadequate intakes of vitamins and minerals. Athletes who adopt popular diets that eliminate whole food groups such as meat, dairy, grains or fruits run the risk of poor micronutrient intake. Micronutrients such as calcium, zinc, iron, vitamin B12 and others will be of concern.<sup>1</sup>

Practical ideas to ensure optimal intake of micronutrient intake:

- Be open to trying new foods and new recipes
- Make the most of foods in season
- Explore all the varieties of different foods
- Mix and match food at meals
- Think carefully before banishing a food or group of foods from your eating plan
- Include fruits and/or vegetables at every meal and snack
- Aim to include at least 3 servings of dairy foods per day
- Consume moderate servings of red meats in 3 – 5 meals per week
- Choose whole wheat starch options



## Nutrient timing:

Nutrient timing describes the athlete's daily eating pattern. It answers how often the athlete eats, how much food is taken per meal and how meals interact with other daily activities. Timing of substrate availability should aim to counter fatigue and the deterioration of performance outputs, therefore maintaining power, strength, agility, skill and concentration during exercise. Strategies aim to increase or replace key fuel sources and provide substrates to return the body to homeostasis to support training and recovery.<sup>2</sup>

Athletes should aim to eat at least 20 g of protein every 3 – 4 hours to maximally trigger muscle protein synthesis. Nutrient timing is also important to consider for carbohydrate intake. Athletes should concentrate some carbohydrate intake during and around exercise. The remainder should be spread out evenly amongst frequent meals and/or snacks. The basic planning of meals should therefore consider:

- Eat 5 – 6 meals per day, spacing them ~3 hours apart.
- Eat a high-protein item in every meal and snack.
- Eat more carbohydrate rich foods during and around exercise.

Nutrient timing can be discussed in three occasions relative to exercise, referred to as before, during and/or after training, although the line between after and before training can be blurry where an athlete trains multiple times per day.<sup>3</sup>



### **Before exercise**

The meal prior to training or an event should keep athletes from feeling hungry before and/or during the exercise and it aims to maintain optimal levels of blood glucose for the exercising muscles. The pre-training meals should consider personal preferences and psychologic factors and should be high in carbohydrate, low in fat and protein, and easy digestible.<sup>1,4</sup>

### **During exercise**

Carbohydrates consumed during endurance exercise exceeding 1 hour ensure sufficient energy availability in the late stages of exercise, leading to an improved performance. The type of carbohydrate used during training does not seem to matter physiologically and athletes can use carbohydrate containing foods, gels or beverages according to personal preferences. Athletes should aim to ingest at least 30 g carbohydrate per hour of exercise, but can increase the intake depending on exercise intensity and duration.<sup>1,4</sup>

### **After exercise**

Dietary strategies in the period after exercise can enhance recovery and promote physiologic adaptation, both leading to performance benefits and sport career longevity. The intake of 1 to 1.85 g carbohydrate/kg/h immediately after exercise contributes to high muscle glycogen synthesis rates.<sup>1</sup> Muscle protein synthesis is optimized in response to exercise through the consumption of a high biological value protein source supplying ~10 grams of essential amino acids in the early recovery phase (within 2 hours after exercise). This translates to a recommended protein intake of 0.25 to 0.3 g/kg body weight or 15 to 25 grams of protein.<sup>2,4</sup> A common nutritional strategy post-exercise is to provide chocolate milk to athletes as they come off the field. Dairy protein has high leucine and branched-chain amino acid content and is good to optimize muscle strength and improve body composition.<sup>4</sup>

### **Dietary periodization**

Nutrition periodization is a term to describe dietary modification to match specific training phases, e.g. during in and off seasons as well as pre- and post-competition periods, which are marked by

different nutritional needs. Pre-season dietary strategies will consider an athlete's weight goals and greater protein needs for lean muscle mass development. During the competitive season, energy recommendations would be fine-tuned to energy expenditure, with higher carbohydrate recommendations to support high intensity competition. Protein and fat needs would be adjusted to weight maintenance, recovery and overall health. During post-season phases, energy recommendation is adjusted to suit the active rest-transition cycle of conditioning and recovery. Guidelines are towards more lax behaviour to support a mental and emotional competitive break.<sup>1</sup>

## **Supplementation**

The cherry on the cake will be the use of a supplement should it be necessary. Performance enhancing supplements should only be considered once the remainder of the nutrition strategies is in place as they will provide only marginal gains in the majority of individuals. Meal replacement or macronutrient type supplements may assist in achieving dietary goals at a lower level of the pyramid due to their practicality and ease of use but they should not be relied upon indefinitely. When choosing a supplement athletes should pay attention to efficacy and safety thereof. All athletes considering the use of supplements are encouraged to consult with an experienced sports nutrition professional to determine their unique, nutrition requirements and whether supplements would be appropriate for the training regimen.<sup>4</sup>



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# RAISING » THE BAR

In 2017 our fast-paced lifestyles often leave us with next to no expendable time. Trying to still fit an exercise regimen into the mix and food preparation time may start to feel completely unachievable. This makes snackification, a current trend amongst consumers to snack more than eating defined meals, an obvious go-to choice - forcing us to ensure we get the most and best out of it.

Athletes need more than other people - more energy, more protein, more carbohydrates and at times more micronutrients. If you are a sports-orientated person, you're most likely already into snackification, but you will need to choose wisely in order to use convenient snack foods to assist in reaching your daily nutritional requirements. **FUTURELIFE**'s range of bars provide more, each containing a unique set of benefits.



## IMMEDIATE ENERGY

The **FUTURELIFE® High Energy SmartBar** is high GI, providing fast-acting energy for immediate use. This makes it ideal for before or during sport, where you require rapid access to energy to carry you through training or competitions. It also provides electrolytes which are essential for muscle functioning and proper hydration. As an additional benefit, this tasty bar includes **MODUCARE®** a **daily immune supplement** that has been clinically proven to help restore the balance of the immune system, as well as B- Vitamins which are instrumental in energy production.

## PROTEIN POWER

In nutrition, as with many things in life, balance is key. **FUTURELIFE® High Protein** and **High Protein LITE SmartBars** serve as a balanced snack with their impressive 22% Protein content. They are also low GI and provide **40 Essential nutrients** including **19 Vitamins and Minerals, 19 Amino Acids**, as well as **Glutamine** and **MODUCARE®**.

These bars not only make a fantastic everyday snack, but also a brilliant option for post-exercise recovery as they have been formulated to contain **SmartProtein<sup>3D</sup>** along with Carbohydrates for glycogen replenishment.

### WHAT'S THE DIFFERENCE?

The **FUTURELIFE® High Protein LITE SmartBar** is a slightly smaller snack (40 g vs 50 g), has 25-28% less sugar and 9% less fat when compared to the **FUTURELIFE® High Protein SmartBar**.

## SMART TREAT

The **FUTURELIFE® Crunch Protein Bar** is a delicious treat, with less of the guilt. Along with your crunchy chocolate fix, you are getting 20% Protein, which your tired muscles will appreciate, as well as a source of Fibre. In general, it is lower in Energy (only 144 calories per 40 g bar), Sugar and Fat, and contains more Protein than other chocolate bars. The 12 g bite-size bars, which come in packs of 10, make for a perfect treat when your next meal seems just a little too far away.



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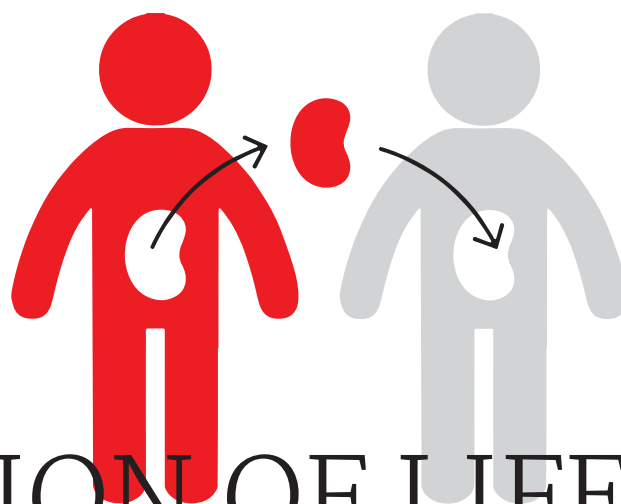


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# Organ Transplant Sport: A CELEBRATION OF LIFE



*Text: Andri Smuts B.Physst, M, Physst (sport) UP*

***Life is 10% what happens to you and 90% how you react to it.***

(Charles R. Swindoll )

Did you know that you can compete in sport on an international level after an organ transplant?

The World Transplant Games Federation aims at promoting the benefits of successful organ transplantation in order to increase public awareness of the importance of organ donation. They also provide help for the rehabilitation of people after a successful organ transplant. They have already achieved a 30% or better increase in organ donation rates in the countries which have hosted the games. The World Transplant Games is an international sporting event for transplant athletes. It demonstrates the physical success of transplant surgery and the ability of transplant recipients to lead healthy, normal lives. The event aims to significantly enhance the understanding and acceptance of organ donation.

The competitors to these games are unique in that each one of them is alive and well as a result of a successful organ transplant. The Games embrace all ages, anyone from 4 – 80 years old who qualifies is welcome to participate.

The first competitive sporting event for transplant recipients took place in Portsmouth, England in 1978 with around 99 competitors from the UK, France, Germany, Greece and the USA.

Today we hold the Summer World Transplant Games every two years and the Winter Games in the intervening years. In 1987 the World Transplant Games Federation was officially formed and now has nearly 70 member countries worldwide.

The last three games were held in Mar Del Plata, Argentina (2015), Durban, South Africa (2013) and Gothenburg, Sweden (2011). Our South African team just returned from the Games in Malaga (2017)

- The games represent the largest organ donor awareness event in the world
- Participants range from 4 years to 80 years of age and have all had a life-saving Organ Transplant operations – heart, lungs, liver, pancreas, kidneys or bone-marrow;
- It is a multi-sport event including Track & Field events, Cycling, Road Races, Swimming, Golf, Tennis, Table-tennis, Badminton, Squash, Volleyball, Petanque, Tenpin Bowling, Cycling, Lawn Bowls and other select sports to suit all capabilities.
- Málaga was proud to be announced the hosts for the 2017 World Transplant Games and 2500 participants representing some 55 nations competed
- The Malaga games were held from Sunday, June 25 to Sunday, July 2 2017.

The standards of these games can be high. The 100 meters has a record of 11.18 seconds and the long jump 6.85 metres

The Transplant Games Association of South Africa (TGASA) was established in April 1994 by a small group of organ-transplant recipients, who felt the need for an organization that would promote an active lifestyle and an involvement in various sporting activities to transplant recipients.

These goals have been pursued ever since and a South African Team has been to every World Transplant Games since 1995. In September 2006 the Association's name was changed to South African Transplant Sports Association and a new Constitution adopted.

The Country is divided into the Following Recognized Regions:

- Eastern Cape
- Free State (under the auspices of the North West region)
- Gauteng
- KwaZulu-Natal
- Mpumalanga (under the auspices of the Gauteng region)
- Northern Cape (under the auspices of the Western Cape region)
- North West (under the auspices of the Gauteng Region)
- Limpopo (under the auspices of the Gauteng region)
- Western Cape

SATSA is a member of the World Transplant Games Federation and is recognised by the Department of Sport and Recreation in South Africa, is a non-profit organization and are exempt from paying income tax (Fund- raising (NPO) No: 004-595).

SATSA is an Affiliated Member of the South African Sports Confederation and Olympic Committee (SASCOC). In 1997 the Team was, for the first time, awarded South African colours.

Before the Malaga Games Somerset West resident Hermann Steyn, the team manager, said: "We are thrilled to announce our team and welcome the new faces to our squad.

"It is always a little daunting competing at the World Transplant Games for the first time, but with the help of those who have been before the experience will ultimately be a rewarding one for the athletes. The 53 transplant athletes, including five juniors, and many more supporters, will descend on Malaga.

There are 20 new team members, and all have been selected following their success at this year's National Transplant Games in Johannesburg.

"Selection on to our team was just the beginning. It is an enormous commitment of both time and money. The past five months have been busy for the athletes, keeping fit, regularly training in their sport and attending training camps.

However, the opportunity to represent their country, celebrate life and in doing so, paying tribute to their donors, is the goal."

And Team South Africa elevated to greatness in Malaga!

Fifty one athletes amassed a total of 76 medals of which 35 were gold, 23 silver and 18 bronze placing us 6<sup>th</sup> overall.

Lisa du Plessis, a Plumstead swimmer won 5 gold medals and broke world records in each of her 5 events. Lisa had a kidney transplant in 2010.

2016 marked the 50 year anniversary of solid organ transplantation in South Africa. The first organ to be transplanted was a kidney, and this happened in Johannesburg in 1966. This landmark event was followed closely by the first heart transplant in the world, in 1967, which was performed in Cape Town by Dr. Christiaan Barnard and his team.

Challenges include (to name a few) geography – where rural areas have far fewer health resources; socioeconomics – where impoverished individuals are compromised (through no fault of their own) because of bad nutrition, unemployment or lack of money for transport; and the two-tiered healthcare system - where differences between the state and private sector are stark. Persistently low donor numbers are concerning because there are thousands of people waiting for a transplant across the country, few of whom will be fortunate enough to receive a life-saving organ. In spite of concerted public education efforts by committed organisations, donor numbers have remained static over the past decade. This is unlikely to change until political will is clearly demonstrated through a dedicated, national awareness and education campaign and implementation of mandated organ donor referral in our hospitals nationwide. For this to happen, South Africans need to hear the voices of our elected leaders, with a show of commitment to drive such initiatives in the long term.



Yet, in spite of these challenges, achievements in transplant are noteworthy, and sometimes exceptional. In this supplement, you can read the stories of transplant recipients who, against overwhelming odds, have flourished in competitive sport at an international level. You can read about the organ donors and the families of those who give the ultimate gift — literally saving the life of another through their decision. You can read about the individuals committed to bettering transplant care for our children, and who continue their work while continuously battling funding and resource shortages. You can also read about the health professionals who work tirelessly to ensure that transplants do take place.

Hermann added: “Not only are these athletes ambassadors for our country, but they also hope to raise more awareness here in South Africa and globally, of the need for more people to sign on to the Organ Donor Foundation.”

The foundation urges people to share their wishes with family and friends.

For more information on activities at SATSA, visit [www.transplantsports.org.za](http://www.transplantsports.org.za), and register online at the Organ Donor Foundation, at [www.odf.org.za](http://www.odf.org.za)

For Pablo Raez elevation to greatness meant that he had to die.

He was diagnosed in 2015 and his later campaign for bone marrow donors to give hope to people in his situation went viral on social media. As a result the number of bone marrow donors in the province of Malaga increased by 1,300% last year.

Ráez underwent his second bone marrow transplant in November last year after a suitable donor was found in the United States, following the first from his father. His condition had deteriorated however in recent weeks.

During his illness his messages to his followers contained his motto, “Siempre fuerte” (always strong).

Aware that his second transplant had not achieved the desired result, he said: “Death forms part of life, so you don’t have to fear it, but love it.”

The 20-year-old from Marbella gained a huge social media following with his campaign to increase bone marrow donations in Spain.

Bone marrow donations in Malaga have now increased by 1400%, with 11,200 new donations in 2016.



Pablo Raez with his campaign: Fuerte Siempre (Always strong) in Spain to make people aware of bone marrow donations



Swimmers Travis van Rensburg and Kristin Henry (won a junior achievement award in swimming and athletics) shined with Lisa in the pool winning golds and Kristin breaking 5 world records.



Transplantees, Martinique du Preez and Mnisi Damane, elevating to greatness in Malaga



Johan Kleingeld winning gold in the Badminton. Johan also participated in the commonwealth games in 2012



Jacques Boshoff, youngest member of the SA team with a total of 3 gold medals and 1 silver medal. Jaques is a local Pretoria resident from Hoerskool Oos Moot



TENNIS STARS Ettienne Steyn, Gawie Marx, Stefan van den Berg and Nora Simpson winning medals in the singles and doubles events



Vivian de Klerk and team mate celebrating their medals in the cycling events



Super star Donovan Wright getting some physio treatment after his silver medal in the 800m



Jacques Boshoff and Luke Dawson with silver medals in table tennis



Martinique Du Preez with his medals on the track and field events



# Don't let a weak core keep you from elevating to greatness

*Text: Licinda Pienaar - Biokineticist, UP*

It is of utmost importance to achieve equilibrium through integration for optimal performance. This places a lot of emphasis on the importance of core stability and how it assists in injury prevention and forms the foundation for improved performance. It is very important to achieve this equilibrium through the incorporation of power, core stability, balance, proprioception, reaction time, agility, techniques and functional strength (to name a few).

The core muscle group includes large muscle areas at the trunk and hip region. These muscles provide the basis of strength for production of forces during an explosive movement. Anatomical components of core can be described as a box consisting of 29 pairs of muscles, forming front (abdominals), back (paraspinals and gluteals), top (diaphragm) and bottom (pelvic floor and hip girdle) areas.

Your Transvers Abdominus (TA) is the deepest of all the abdominal muscles which lie underneath the oblique abdominals and rectus abdominus. This is the main core muscle that provides stability. It connects to the lumbar spine (lower back) and wraps around to meet in the middle of the front of the abdomen (like a corset). When contracted it increases the pressure inside your abdomen and pulls tight on the lower back to provide excellent stability to your back.

Your Multifidus lies deep on your back on either side of the spine and connects to the whole lower back. Its main function is to provide stability during back extension as well as providing your upright posture.

Your Diaphragm is the primary muscle for breathing. Its domed shape provides the top of the cylinder of your core. When the TA contracts, the diaphragm tenses up to maintain pressure in the abdomen and therefore providing stability to the spine.

Lastly your Pelvic Floor. Renowned among pregnant women, the pelvic floor muscles provide a sling running from back to front, from the bottom tip of

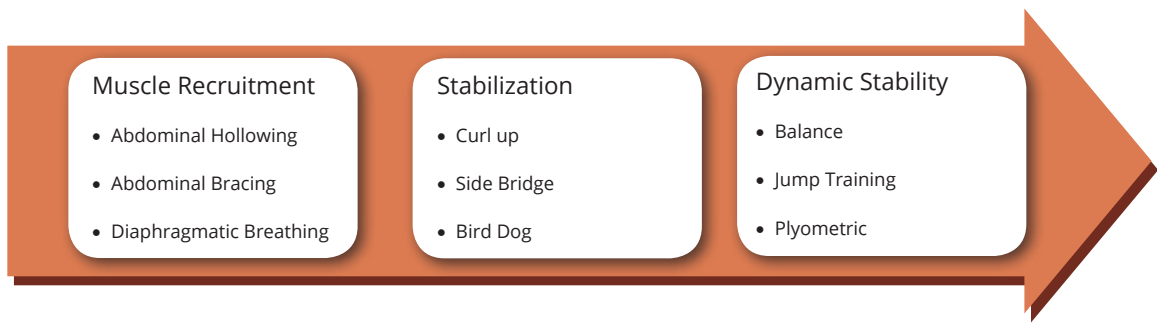
the spine (tail bone) to the front of the pelvis. Your pelvic floor and your TA contract concurrently to form the bottom of the cylinder of muscles.

Power is not produced by the core but rather in the hips and then transferred through a stable or hardened core. Kibler, Press and Sciascia (2006) established that core stability is the ability to control the trunk to allow the greatest transfer of torque to the external segments. Therefore the ability to stabilise the anatomical box "core" could have a significant influence on athletic propulsion performance by avoiding bending and loosening.

Core stability can be achieved through stabilisation of the torso, therefore allowing optimal production, transfer and control of force and motion to the segment throughout a kinetic chain movement. Research has shown the importance and contribution of core stability in everyday human movements, while producing efficient trunk and limb actions for the generation, transfer and control of forces or energy during integrated kinetic chain activities.

It has been hypothesised that optimal sports performance (or we can say elevating to greatness) is closely related to the athlete's core strength, endurance, coordination, flexibility, balance and is an ongoing area of research. The medical literature supports the importance of a strong, balanced core in the prevention of injury. Thus, targeted exercises to promote neuromuscular re-education in athletes with evidence of core dysfunction are crucial to preventing and treating injury, optimizing functionality, and promoting athletic longevity.

Cross-sectional study done by Prieske *et al.* (2016) revealed that inclusion of unstable elements in core-strengthening exercises produced increases in trunk muscle activity and thus potential extra stimuli to induce more pronounced performance enhancements in youth athletes.



A progressive programme that begins with neuromuscular control of the local stabilizers, moves to stabilization exercises to promote co-contraction of local and global stabilizers, and then progresses to dynamic functional activities that require and challenge core stability may be the most effective. The difference between having the edge in your chosen sport will time and time again come down to your ability to maintain the most efficient functioning of your core muscles, hence the reason why people call it the **Powerhouse of an Athlete**

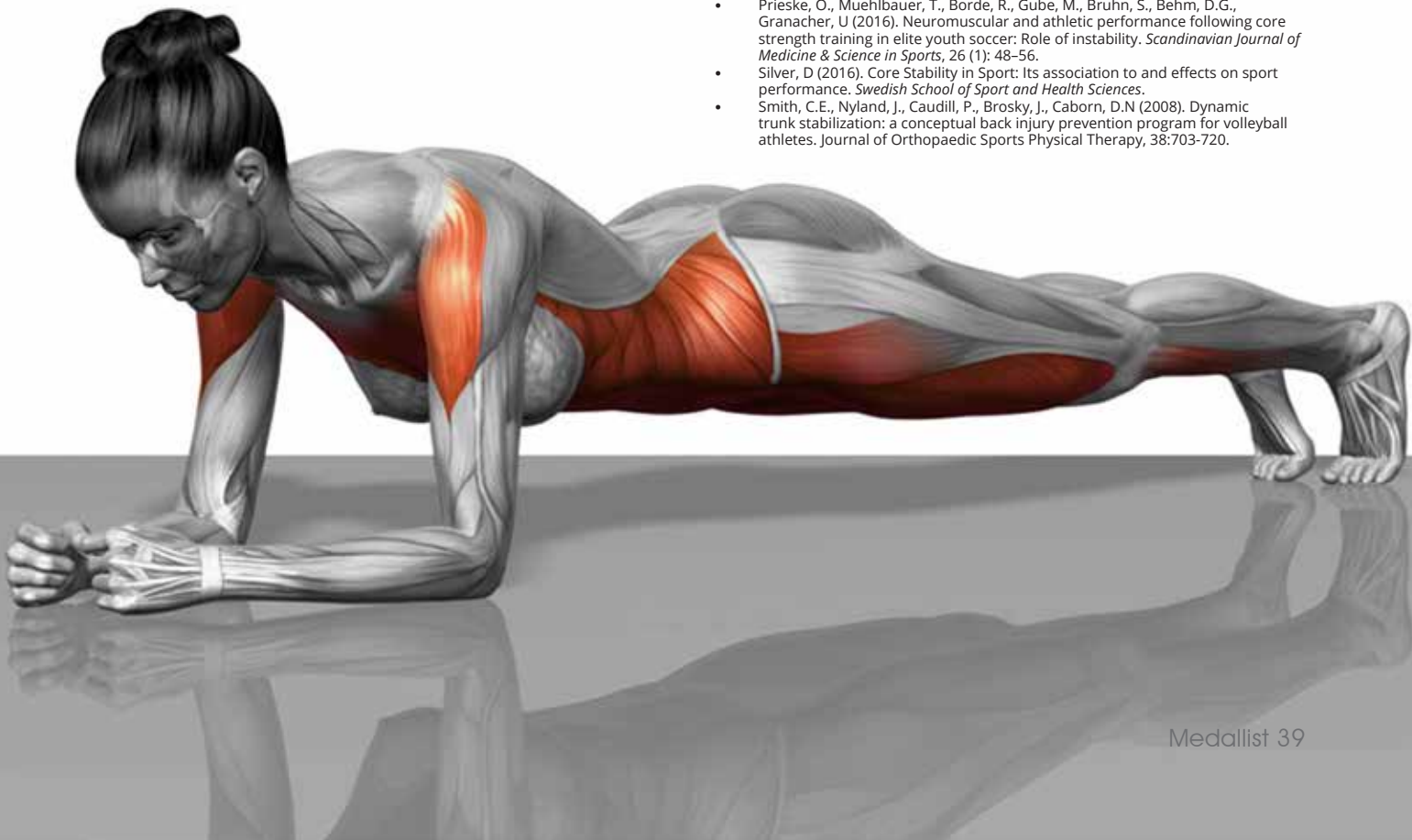
Therefore your core plays a very important role in linking your upper body to your lower body. When your core stability is weak, your ability to efficiently transfer force through the torso to the

upper body or lower body will be reduced, losing force generated during movements utilising your entire kinetic chain. This energy loss compromises the efficiency during competitive sports. This reason alone indicates the importance of core stability for athletic conditioning. So whether you a recreational runner or cyclist, or whether you're an elite sports person, core stability should be the foundation of your initial training regime.

For more information contact us at:  
(t) 012 420 6033 / (f) 012 420 6099 / [www.isr.up.ac.za](http://www.isr.up.ac.za)

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# Break the laws of gravity and definition of disabled with these adaptive sports

*Text: Emily Gray:  
Amputee Reintegration and Motivation Specialist.  
Former TuksSwimming and hpc Sponsored Athlete*

Emily Gray was diagnosed with an osteosarcoma at 11 years old which resulted in her having her left leg amputated through the hip. She then went on to represent South Africa at 3 Paralympic Games. She now helps amputees and cancer patients reintegrate back into society by looking at their physical and mental wellbeing



Adaptive Action Athletes are innovative, courageous athletes who are constantly reforming and changing perceptions around disabilities. By finding different ways to adapt to their circumstances they are able to redefine the word impossible. Action sports require balance, coordination, and movement as key components for performance. These key components are particularly challenging for people with disabilities in their everyday life let alone within the sport. The following four sports have shown great growth over the recent year in the adaptive arena and may become contenders at the 2024 or 2028 Paralympics.

## Surfing

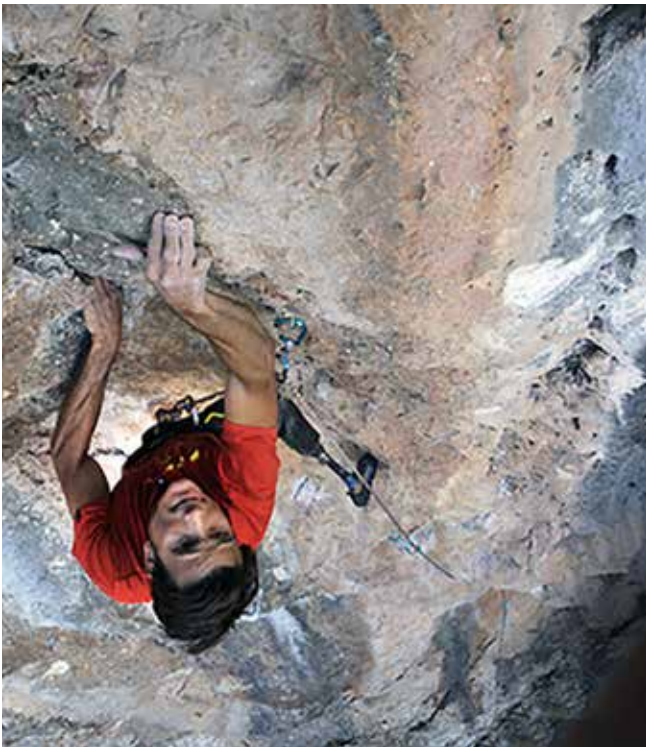
Last year 77 athletes competed in the first ever 2016 Stance ISA World Adaptive Surfing Championship held in the City of San Diego. This was a monumental moment for adaptive surfing as it finally opened up the opportunity for disabled surfers to eventually go pro. There are six categories depending on the athlete's ability to stand, sit, lie down, muscular strength and visual impairments. Team South Africa finished with a very respectable 6th position with a total of 3618 points. Brazil took

the gold with USA, and Chile trailing closely behind. "The event has built upon the platform created in 2015 to launch the sport towards Paralympic inclusion" said the ISA President, Fernando Aguerre. "However, the Paralympics are not the final goal, they are the ultimate achievement. The final goal is to spread the joy of Adaptive Surfing around the globe" The next ISA World Adaptive Surfing Championships will be taking place in La Jolla, California, USA 2017.



## Sport Climbing

Adaptive climbing clubs have been gaining lots of interest in recent years. Disciplines are broken down into divisions for lower- and upper-extremity amputees, those with neurological/physical disabilities, seated climbers and visually impaired climbers. Athletes with spinal cord injuries or loss of trunk stability have variations on a harness system. It will depend on your level of injury which you will use. It is possible to utilize a standard harness in conjunction with a chest harness. This allows the climber to remain in an upright posture while climbing. Seated harness systems are also available, with bigger waist belts and leg loops to help prevent pressure sores. As the Olympic Committee has officially included sport climbing as an event for Tokyo 2020 we hope that Paraclimbing will be added to the list of Paralympic sporting codes for the 2024 Games.



## Kitesurfing

This fast pace low impact sport shows no signs of slowing down. Kitesurfing is especially great for spinal cord injuries or CP as it activates core strength while working neurological pathways needed for coordination. As it is a relatively low impact but fast paced exciting sport it will soon capture interest around the world. Markus Pfisterer, a kite surfer from Switzerland displays brilliant balance and skills as he rides waves and catches air with his makeshift chair-board.



## Skateboarding

Guys like Oscar Loreto are really inspiring the future generation of adaptive skateboarders as they constantly redefine and push their boundaries of possibilities and potential. Organizations such as Adaptive Action Sports help give the sport exposure, support and momentum hopefully more and more talented athletes will unlock their talent with their skateboards. Another influential pro-adaptive skateboarder is Jo Comer, a below knee amputee. He advises anyone who is unsure about beginning skateboarding should simply go for it. "You don't know until you try," Comer says. "For me it was awesome. The advantage is you can do it by yourself, and it is what you make of it. You can use your own creativity."



These sports will continue to grow in participants thanks to the influencers and organizations taking the first step in setting up adaptive clubs and competitions. If you don't live near any adaptive clubs but are interested in joining one, go out and start your own group or club. It is up to you to use your creativity in finding a way, take the first step in your community!





## Nothing is impossible in sport

Nothing, but absolutely nothing is impossible in sport if you are prepared to put your mind to a specific goal and seriously work towards it.

Wayne Coldman, strength and conditioning coach at the Hpc, really believes it. Actually, he makes no secret as to what motivates him and the team that works with athletes helping them to fulfil their dreams.

"There is nothing nicer than achieving something people believed cannot be done. Five years ago there were those who said South African athletes will never be able to dip under ten seconds in the 100 metres. They got proven wrong. In the last three years, it has been done more than 14 times.

"For years everybody has been singing the praises of the American, Australian and European long jumpers but this season it has been Luvo Manyonga that has been pushing the boundaries becoming the first athlete in eight years to jump 8.60m and further. He has already done so on four occasions. His exploits prove that success is not limited to certain countries, in the end, everything boils down to how much an athlete and his support team is prepared to sacrifice in order to succeed."

To describe Coldman as passionate about what he does will be an understatement.

He absolutely lives for his job. Asked what motivates him he quotes the legendary Vince Lombardi.

"I firmly believe that any man's finest hour, the greatest fulfilment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious. In practical terms it means working as a team for up to 11 months with Akani Simbine preparing to execute in mere 10 seconds that absolutely perfect race in the 100 metres."

Coldman compares what he and his Hpc colleagues do as being the "pit crew" whose job is to ensure marginal gains for athletes that could lead to a big breakthrough for South African sport. Simbine and Manyonga are just two of the athletes who have been benefitting from his passion. It is certainly not just a case of athletes rocking up and being helped at the Hpc.

"It is important for us to get a feel for an athlete when we start to work with them. In other words we want to know what makes them tick. As I spent so much time with specific athletes I try to adapt to their personalities. When I am with Akani I need to be like Akani in other words you need to gain his trust. I need to understand what prevents an athlete from having a perfect training week. It could be something emotional or mental, it might even be physical injury an athlete does not want to talk about. The closer I get to them the more I am able to walk in their shoes. Eventually, I know who they really are and what they are striving to achieve.



That is when you can just be yourself because of the understanding that has developed between you and the athletes.

According to Coldman it is important for him to be able to differentiate between needs of the different athletes he is working with.



"Akani's programme is more strength-based while Luvo's more speed-based. This is the simplest way I can describe it. The problem is that we work with human beings which means what works for one athlete won't necessarily work for another. It should also be



remembered that if something worked once there is no guarantee it will work a second time. So every three to four months we have to re-plan.

"For Luvo the most important thing is to get him to jump. I view him as a brittle machine which needs to be fine-tuned to do one thing incredibly well. The big buzz words that everybody wants to know about nowadays is injury prevention. Any injury is an athlete's biggest loss of time so we really need to

understand what might break and find a balance in his training programme. No athlete can ever be overloaded during training.

"I always try and establish a definite routine and discipline when working with athletes which mean that an athlete like Luvo should realise that when we agreed that our training starts at nine it is nine, not ten past nine. During a training session, it is also important to realise what my responsibilities are and what his are and that we get to do everything that we planned on doing. When he leaves the gym he should understand that there is still more work to be done so he should never use all his energy in one session.

"When working with Akani it is all about ensuring that he has the perfect training week. So I see it as my job to find out when he wants to eat, what time he wants to start his first training session, when he wants to go for a massage and whether he wants to see a physiotherapist."

In the end to Coldman it is all about being able to say at least once a year: "I love it when a plan comes together. The ultimate high is when everything pays off leading to that one perfect moment. No money in the world can buy that moment."



*Text: Wilhelm de Swardt  
Images: Reg Caldecott*

# Zazini and Munyai got something in common with Wayde van Niekerk

*Text: Wilhelm de Swardt | Image: Reg Caldecott*

Sokwakhana Zazini and Clarence Munyai (TuksSport High School learners) are the only two South African junior athletes who can currently boast with having something in common with the legendary Wayde van Niekerk. That is to run world records.

The 17-year-old Zazini set a new world youth record in the 400m-hurdles running 48.84s at the Gauteng North Championships at Tuks. His time is 0.17s faster than the time ran by William Wynne (USA) in 2007. The American clocked 49.01s.

What made this performance remarkable is that even before Zazini had settled down in his starting blocks it was predicted that the record was going to go. The youngster was never going to allow the expectations to get to him. The moment the starter's gun was fired he set out to challenge the stopwatch with the greatest of confidence.

An ecstatic Zazini was at first speechless by his own performance but when he realised what he had achieved, a big grin appeared on his face.

"We have really been working towards breaking the record. To do so is an amazing experience."

He even impressed the former Commonwealth Champion, Cornel Fredericks.

"My advice to Sokwakhana is to remember that any athlete is only as good as his last race. It would be unfair to him if there is too big a fuss made about his achievement. He should always remain hungry to run a faster time."

Munyai along with Van Niekerk made athletics history at the Golden Spike Meeting in Ostrava by becoming the first athletes of the same country to set new world bests in different categories but in the same race.

Van Niekerk "blitzed" to victory over the rarely-run 300m distance in a time of 30.81s that took down not only Michael Johnson's world best of 30.85 which had stood since 2000. Isaac Makwala of Botswana was second in 31.44s with Munyai third in 31.61s.

Munyai's time is the fastest ever by a junior athlete. The previous world best time over 300 metres was held by Mark Richardson who clocked 32.53s in 1991.

Munyai ascribed his success to getting the opportunity to race against his role model Van Niekerk.

"Settling in the starting blocks in the same race as Wayde inspired me. Everyone knew he was going to run a world record and I wanted to be part of the history with him. It was one of my best races I had ever run.

"My aim was to run a sub 32 seconds race and a 'world

record'. I realised that I had to come out really fast and run my own race. What gave me confidence was the fact I knew if I used my 200m speed it would be in my advantage."

The common denominator in these success stories is Hennie Kriel's role as a coach. Both athletes credit him as the one who made them believe in their abilities and they are full of praise about the way he gets them to constantly push the boundaries.

Kriel's is hesitant to claim any of his athletes' success as his own. He is constantly emphasising that he is only trying to guide them. According to him in the end everything boils down to how hungry they are to make their dreams become a reality.

"I would say I am one of the luckiest men in South Africa because I get to work with young people and help them to fulfil their goals. There is nothing more rewarding than to see an athlete's reaction when they get to achieve what they set out to do because I know how much they sacrifice to do so."





# Changing the lives of youngsters through tennis

*Text: Wilhelm de Swardt | Image: Reg Caldecott*



Tennis is a wonderful sport which can open a whole new world to youngsters.

This is one of the main reasons why Prince Madema, TuksTennis Academy-coach, spends hours each day trying to help future champions master the finer intricacies of the sport.

He dreams of one day maybe watching on television how one of his protégés plays in a Grand Slam Tournament. The ultimate will be to coach a player at a major tournament. However Madema is a realist. He realises that a lot need to change in South African tennis for any of this to happen but still he remains passionate about what he does.

To be a tennis coach is to him not just doing some job. It is a calling. It all started when he was growing up in Bulawayo.

"I was privileged in that we lived close to a sports club. Every afternoon we rushed off to play sport. Obviously I started off playing soccer but when you are young you are inquisitive which led me trying out various other sports. That is how I got started in tennis. At first I was not any good but all of that changed when our primary school headmaster asked around for training partners. Needless to say I became totally hooked on tennis."

Madema had a stint playing professional tennis, winning the Lesotho Open was a definite highlight.



A lack of money is the reason why he decided to quit and to rather focus on becoming a tennis coach. That led to him working for the International Tennis Federation travelling all over Africa doing a lot of good to create a passion amongst young players.

A definite highlight was helping Burundi's Hassan Ndayishimiye became the first player from his country to not only play in a Grand Slam, but win a match, defeating Chile's Matias Sborowitz in the junior boys event at Wimbledon. There has been a lot of other success stories.

Madema joined the High Performance Centre coaching staff in 2012 when the travelling all over Africa to coach started to catch up with him.

"My wife works for the African Union which meant we basically just touched base at various airports."

As a coach Madema believes it is all about what is best for the players.

"My role is to try and come as close as possible in trying to help them to fulfil their dreams but before I can commit to it I need to know why any youngster wants to play tennis. They need to want to play because they love the sport and for no other reason.

"Tennis is as far I am concerned the most fantastic sport. As a coach it will never just be about winning. I see tennis as an instrument with which to help youngsters' master skills they will be able to use on and of court.

"I love it if a player is somewhat cocky. It is important to believe in your own abilities when playing a match, if you don't it can be difficult to win. But it is important to always realize that there is fine balance. If a player gets over confident it could lead to them falling into a comfort zone and get lazy.

"What is also important is that any player should always realise that they are only as good as the last game they played, even if you are a national champion.

"Something else I keep on emphasising when I coach is that it all about first things first. Any player has to master all the intricacies of his/her shot making. Once they have mastered that, the next focus will be to get them to be more tactical savvy."





**TuksSport**

# Inside News

## Assupol TuksCricket is the club where it happens



Another season has come to an end but the net result for Assupol TuksCricket remained the same. It is the club where things happen.

The 2016/2017 season will again be remembered as one in which the word success can be spelt in capital letters.

The Assupol TuksCricket team capped a brilliant season by winning the Momentum National Club Championships. This latest edition to their ever growing "trophy collection" undoubtedly prove that Assupol TuksCricket is one of the best club teams in South Africa.

It was the fourth tournament this season in which the Assupol Tuks team was victorious. They won Northern's Cricket Union (NCU) Premier League for the 7th year running, defended their title in the NCU T20-Tournament for the 5th year running as well as winning the inaugural NCU Time Cricket Tournament. They lost out to Pukke in the final of the Varsity Cricket Tournament.

The Cricket South African Awards was another definite highlight for Assupol Tuks as Aiden Markram received the Domestic Newcomer of the Year Award while Sune Luus was the women's player of the year.

At the CSA Breakfast Awards Ruan de Swardt received the Coca-Cola Khaya Majola Cricket Week Player of the Tournament award; Lungi Ngidi the Student Cricketer of Year Award and Heinrich Klaasen the Momentum National Club Championships Player of the Tournament Award.

Klaasen was also part of the Proteas squad that toured New Zealand while Ngidi starred in the T20-series against Sri Lanka.

But it was not just on field where things were happening for Assupol Tuks. The club now boast with a state of the art new HQ.

It is a dream come true for everybody involved with Assupol Tuks. The process between the University of Pretoria and Neo

Dimensions started in February 2013. After many meetings, design changes, location changes and budget changes, ground was eventually broken in May 2016. Thanks to the University of Pretoria and Assupol, who funded the project, the building is now complete and ready for use.

Assupol who sponsored the club for the last 16 years has funded half of the project costs while still continuing their yearly sponsorship. This collaboration must be one of the biggest of its kind in amateur sport in South Africa





# elevate<sup>2</sup>greatness

## USSA HIGHLIGHTS



**TuksBadminton:** Bongani Von Bodenstein took 3 gold medals at USSA tournament. He took the men's single and mixed doubles against team mate Anoop Nair. Bongani and Anoop then won the men's doubles.



**TuksChess** Overall team results – 1st position.  
Women – 1st & Men – 3rd



**TuksTennis:** The first team won Silver at the USSA Tournament. The first time in 12 years that they played in a final!



Andre de Beer (coach), Amy Olivier, Lionel Jarrad, Kobus Botha - 2 students included in SA students team



**TuksGolf:** 2017 USSA Champs





2017 USSA **TuksNetball** and **TuksTennis** Teams



**TuksNetball** at USSA Tournament

**TuksSquash:** Women's Squash team won Gold at the USSA 2017 Tournament.  
Cuan Verhage: Winner of the USSA Squash Individuals B section.  
Juniors Blaine Verhage and Helena Coetzee are on their way to the World Juniors in New Zealand.



**TuksCycling:** Overall team results – 2nd position.  
Women – 2nd & Men – 2nd



**TuksBeachVolleyball:** Group photo from LtR:  
Women A team - 1st: Jaime-Lee Wentzel & Vanessa Sardinha da Silva

Women B team - 2nd: Shannon de Vries and Dominique Gachet



## OTHER HIGHLIGHTS



**TuksFootball:** USSA Final:  
Unfortunately the men lost  
in the penalty shoot-out 4-5.  
They win the Silver medal and  
come second in the USSA 2017  
Tournament.  
The women's won the bronze  
medal.  
Goal Keeper of the Tournament:  
Dylan Paterson



**TuksKarate:** Left to right:  
Minet Tuys: 2nd in the female  
team Kumite and 2nd in the  
u/55kg female Kumite.  
Mark Coetzer: 5th in the u/65 kg  
male Kumite.  
Wennette Jordaan: 2nd in the  
female team Kumite and 3rd in  
the female kata  
Silvio Biagioni: 1st in the Male  
Kata.  
Babalwa Njomi: 3rd in the female  
development Kata.  
Silvio and Minét were also chosen  
for team that will represent USSA  
at the world championships



TuksSport High School learners,  
Sokwakhana Zazini took gold in  
the 400m-hurdles and Tshenolo  
Lemao a gold in the 100m and  
a silver in the 200m at the IAAF  
Youth World Championships in  
Nairobi, Kenya.



Clarence Munyai set a world best  
time when he finished 3rd in  
31.61s in the 300m at the Golden  
Spike Meeting in Ostrava.



Kirsten McCann took gold at the  
Rowing World Cup III, Lucerne  
Switzerland



Varsity Football National Launch  
& Jersey handover



Vice Captain Khumblani Siluma &  
Head Coach Tlisane Motaung



Varsity Football teams having a bit  
of fun during the Varsity Football  
launch



DJ le Grange won SA title, 66kg, at  
SA Championships

# HPC Hotel, Conference & Events Centre



1

Spacious rooms with en-suite bathrooms

2

Access to gym, conference centre, meeting rooms & Free WiFi

3

Can take a casual run in a safe environment around the sport facilities

4

Transport can be arranged for individuals or groups

5

TimeOut Café for buffet meals or à la carte



Contact details:  
[reservations@hpc.co.za](mailto:reservations@hpc.co.za)



## 'We cater to your needs'

At the Time Out Cafe we strive to leave a lasting impression by creating delicious sandwiches, breakfast platters, assorted platters & buffet catering for you whenever you require it.

Our elegant style of catering can be tailored to events or themes of any size or budget. All our servings are a blend of nutritious, exciting and healthy food and our fillings are just that - filling!

Our Philosophy is to strive to create quality food with fresh ingredients at the most affordable rate to our clients. We partner well with clients who understand the importance of providing quality, delicious and healthy food for their guests, friends or clients.







# hpc Conference Centre

## Conferencing in a true sporting environment

The hpc conference centre offers two state-of-the art conference venues and a meeting room that can accommodate various seating styles and delegations. Whether you require an intimate atmosphere or an expansive conference setup, our packages are tailor-made to meet your specific needs and budgets.

**Contact:** [banqueting@hpc.co.za](mailto:banqueting@hpc.co.za)

Half-Day Package  
(07:00 – 14:00)

**R300**

Includes:

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

Full-Day Package  
(07:00 – 17:00)

**R350**

Includes:

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

Venue Hire (per hour)

**R300**



## What's in it for you?

State of the art training equipment.

Assessment & personal training programme with biokineticist/sport scientist.

Client monitoring system to help you keep track of your own progress.

Personalized training programme to fit your needs.

## Various packages are available:

### Commercial / General Public: (6, 12 months contract)

R355.00 p/m  
R650.00 joining fee (Including a bag of necessities to kick-start your fitness career)

### Family: (6, 12 months contract)

R500.00 p/m (Husband & Wife)  
R170.00 p/m per child under 18 years  
R650.00 joining fee (Including a bag of necessities to kick-start your fitness career)

### Pensioners: (6, 12 months contract)

R220.00 p/m  
No joining fee

### UP Staff / Students: (6, 12 months contract)

R285.00 p/m  
R650.00 joining fee (Including a bag of necessities to kick-start your fitness career)

### Copies required:

- Drivers licence/ ID book
- Student card
- UP staff card
- Proof of bank account

♦ Terms and conditions apply

### Operational hours:

Monday - Friday: 05:30 - 20:30

Saturday: 07:00 - 13:00

Sunday: 07:00 - 12:00

Public holidays: 07:00 - 12:00

# SPORTSCIENCE GYM

### Contact:

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# SPORT PSYCHOLOGY

## Department

### ADVENTURE-BASED LEARNING AND DEVELOPMENT PROGRAMMES

#### How does it work?

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

#### Adventure-based activities:

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

#### What is adventure-based learning?

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

#### What are the benefits?

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

#### Description of Shadowmatch:

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

For information contact: [karla.brown@hpc.co.za](mailto:karla.brown@hpc.co.za)





speedo

# Biofuse

MULTI - PURPOSE TRAINING GOGGLE

## FOR OPTIMUM COMFORT AND FIT

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



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