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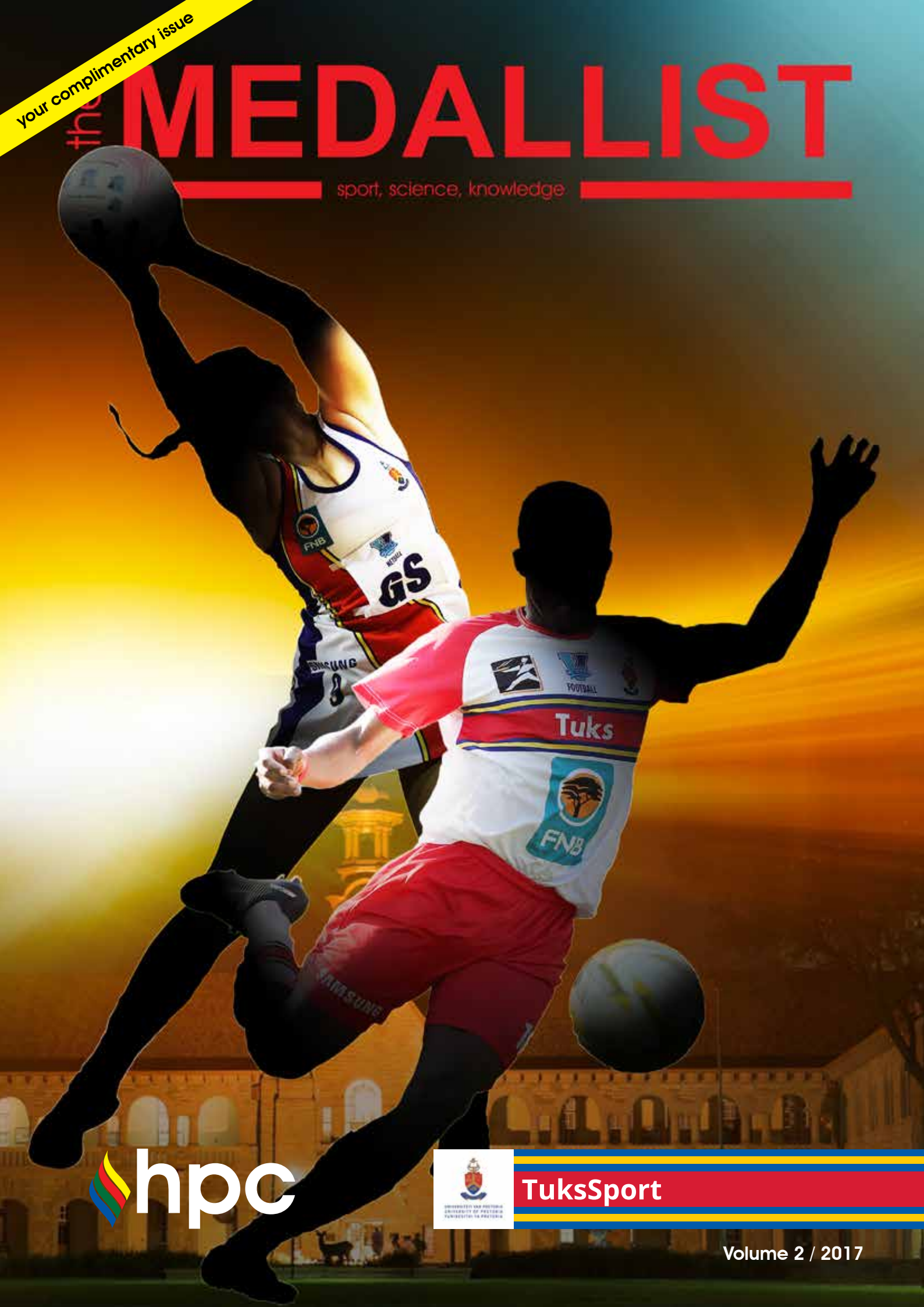

hpc

TuksSport

Volume 2 / 2017

UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksSport

elevate2greatness

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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from the CEO

Tuks/hpc are at the forefront of sporting excellence

2017 has been an exceptional year for sport at the University of Pretoria and with the hpc and TuksSport becoming one entity it has certainly been a bumper year with a number of our athletes and teams making TuksSport, the hpc and the University of Pretoria proud.

In terms of team sports this year, UP-Tuks has successfully clinched nine USSA titles in the following sport codes namely golf, rowing, beach volleyball, chess, cross-country, swimming, judo, hockey (women) and just recently cricket. TuksNetball became the sixth University of Pretoria's teams to earn a Varsity-title this year with the others being Varsity Cup Rugby (Seniors and Young Guns), Varsity Athletics, Varsity Hockey (women) and Varsity Football.

To top it all two UP-Tuks athletes became world champions in their respective Olympic sports codes which proves that the coaches, athletes and administrators are at the forefront of sporting excellence and that the collaboration between the respective sporting codes and the hpc is bearing more and more fruit.

Approximately 30 athletes and support staff from TuksSport represented the South African National USSA teams at the 29th Summer Universiade in Chinese Taipei in August 2017. Tatjana Schoenmaker (TuksSwimming) came second in the 200m breaststroke in a new best time of 2:24.61 while Thando Roto (TuksAthletics) finished second in the men's 100m final in a time of 10.24 seconds with both athletes bringing home silver medals for Team South Africa.

Another definite highlight was Kirsten McCann winning the lightweight women's single sculls at the World Rowing Championships in Florida. She is the first South African female rower to win a gold medal at a senior world championship.

Luvo Manyonga became the first male athlete of TuksAthletics to win a world title when he won the long jump in London. His coach, Neil Cornelius, also made local athletics history because being only 29 years old means that he is the youngest South African coach to have coached a world champion.

Many wonder how TuksSport and the hpc get it right. The answer to that is quite simple; we leave no stone unturned when it comes to performance management in sport. We are conscious of the fact that talent is not enough unless it is driven with an unrelenting desire to be the best and this desire is further supported by an uncompromising commitment to excellence in all aspects of preparation and participation.

Everyone works together to ensure that we fulfil our mission which is to provide optimal and positive opportunities and experiences that promote and enhance participation from recreational participants, student-athletes and club members to elite performers and support staff/volunteers - all of this while marketing the University through exceptional club and athlete performances at all levels. Many stakeholders make a significant contribution to our complex system.

Being part of the stripe generation is more than just wearing a Tuks t-shirt. It is the embodiment of a culture that wants to make things better. We have a constant desire to be greater and to build a legacy that many can be proud of. Winning continues to be our passion while the stripe is a source of inspiration and a distinct threat to our competitors.

Toby Sutcliffe

#Elevate2Greatness and
#OnwardsandUPwards

The life of being a student-athlete: What am I sacrificing and why?

Text: Dr Monja Human

Introduction

The sport psychology article in the Medallist Volume 1 (2017) focused on *"Elevate to greatness": By balancing both your Sport and Academic careers***.** Athletes often have to balance dual careers; being the sport setting, where they are known as athletes as well as their academics, where they are known as students. These two spheres require time, energy, commitment and both have performance demands. However, it can easily happen that coaches, teachers, lecturers, sponsors and organisations neglect to see them as *people* first! This implies that role players, organisations and institutions need to take an interest in the whole person with her/ his life situation and not only what the athlete can offer to their sport or how the student can perform academically.

A developmental psychology perspective

As young people, these student-athletes also face everyday transitions linked to their age. Developmental psychology draws our attention to the developmental phases of early, middle and late adolescence transitioning into being young adults.

Student-athletes in these developmental phases are busy with the developmental task of searching for their identity, therefore engaging in a process trying to discover who they are as people. They can have multiple identities by being a student, athlete, friend, brother, sister etc. Identity formation starts in secondary school but identity achievement rarely occur before they are 18 years old. Student-athletes in tertiary institutions are also still busy with this process. This process consists of trying out different behaviours and appearances in an attempt to get to know them self thus discover who they are. They start defining themselves based on their social relationships.

During this search for identity they often appear egocentric. This refers to a self-conscious desire to feel important in their peer groups and enjoy social interactions and acceptance from others. It is in fact this component that is a normal part of early, middle and late adolescence that most student-athletes need to sacrifice. Student-athletes cannot have "normal" social lives like their peers because of their commitment to sport. Here are some of their comments that are heard on a daily basis: "I dread every Friday evening because I know my friends are going to invite me to go out with them and every Friday night I have to decline their invitations. My usual reason is that I have training the next morning and have to make sure that I get enough sleep". Megan shared that "my friends rejected me and said I can contact them again when I have time for them. This hurt me because I really want to do everything that they are doing but I never have the time like they do".

Role players in the broader system

Adolescents and young adults need to explore different possibilities and integrate different parts of themselves. The environment of the student-athlete plays a huge role in their identity development. Different role players seem to contribute to the development of their identity formation:

Family

Student-athletes try to balance being more independent whilst still preserving the caring relationships of their family, especially their parents. Parents can often be the athlete's biggest supporter or sometimes their biggest enemy due to the amount of pressure that they put on their child. Jackson, a 18 year old athlete shared the following: "I am always looking forward to go home for my one week holiday. During that time I want to spend time with my family and friends because I don't see them often. However, when I am home things get complicated. My family complains and say I don't do things with them because I also want to see my friends. I wish I could split myself in two and keep everyone happy." Furthermore, student-athletes often sacrifice family time, dinners, family weddings and so on for training and competitions.

Peers

Peer groups are essential to identity, social and general development of student-athletes. Here they also develop skills such as empathy, sharing, communication and leadership. Peers can influence student-athletes in a positive manner such as academic motivation or healthy habits. However they can also have negative influence by encouraging unhealthy behaviour such as drinking or undisciplined behaviour**.**

This aspect of identity development and social development is often neglected due to the demands of sport. This is also most probably the biggest area where student-athletes feel deprived of. They feel that they are always sacrificing going out because they need to sleep early or recover properly. They can't join parties, eat unhealthy food or drink alcohol because they are training the next day.

Social media

Learning to communicate with others is an important social skill learned whilst being a student-athlete. Social media is a form of communication that is very popular be it email, text messages, phone or other. Student-athletes are heavy users of the newer forms of communication especially social network platforms such as Facebook etc. They are also using online technology to experiment with emerging identities and to broaden their peer groups. Some student-athletes often prefer this way of communicating because they often can not physically attend functions or parties due to heavy training loads or being overseas. This can lead to them spending hours until late in the night communicating with friends hence not getting enough sleep and rest to attend to their recovery needs. Because their identities and self-esteem can be fragile at times it might happen that random comments on social media get interpreted as negative. This influence and can be detrimental to their self-believe in both sport and academics.

Some ideas.....

Being aware of these challenges discussed so far can lead all role players (institutions, coaches, teachers, lecturers, managers, professionals) and the sporting system as a whole to pro-actively assist student-athletes with their developmental tasks. Here are some ideas:

- Teach psycho-social skills like self-awareness, managing performance processes, goalsetting, general social skills, coping with adversity in sport and life, coping with and managing injuries, handling transitions from secondary education to tertiary education, time management, how to use social networks as a resource (Hendriksen, Larsen, Storm, & Ryom, 2014).
- Activate all support systems by identifying the key figures in the athlete's life.
- Move away from only an individual approach to a holistic approach by involving all role players like coaches, sport science and medical unit personal, parents and broader organisational structures.
- Acknowledge and enhance the high performance culture in which they are operating.
- Make interventions specific to the need of each sport by paying attention to detail.
- Provide education and guidance on the use of social media especially in their competition season.

Conclusion

A very famous South African Olympian athlete shared the following: "My friends always invite me to their functions and parties and I always say no. They get angry with me and say that one day I will be old, alone and due to my own doing never had experienced a student's care free social life. My reply is always to say that I am fine with that because one day they will be old and then they never had the opportunity to experience the feeling of standing on a podium with a gold medal around your neck. There is no party in the world that can comes close to giving you that experience."

Balancing sport, academics and life can be challenging. However, student-athletes have the choice where they want to spend their time, energy and commitment. This is a choice that no one can make for them. However, guidance and advice can provide the necessary direction. It is all about priorities and seeking support where needed because "where there is a will, there is way!"

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Ntswane

is truly one of the greats of UP-TuksFootball

Text: Wilhelm de Swardt | Image: Reg Caldecott

If ever there was a TuksFootball player who indeed can lay claim to having been there, done that and got the T-shirt to prove it, it is Lawrence Ntswane the UP-Tuks Football captain.

He is arguably as far as winning football trophies for UP-Tuks one of the most successful players. He played in all three games for the UP-Tuks team that won the Varsity Tournament and was on four occasions victorious playing for UP-Tuks in the USSA-final.

But as they say, all good things eventually do come to an end. After captaining UP-Tuks to their third Varsity-title Ntswane is contemplating retirement. He might if needed play for UP-Tuks in next year's USSA Tournament, but that will be it.

Ntswane's decision has been made easier by the fact that he has turned 25 and is not eligible to any longer play Varsity Football.

For this reason, it was extra special for Ntswane to have captained UP-Tuks to a 2-0 victory over TUT in the final.

It means UP-Tuks is the most successful team in the history of the Varsity Football Tournament, winning it three times since the competition's inception five years ago. They were also victorious in 2013 and 2014.

Tlisane Motaung (head coach) said before the final that he wanted his players to "suffocate" TUT. They did more than that. The UP-Tuks players entertained the crowd with an amazing tactical skills display in the final.

Apart from maybe the first five or so minutes, the visitors were in complete control setting up one attacking move after the other. There was a definite plan with every kick.

The mutual respect Motaung and Ntswane have for each other's abilities was a keystone to the team's success.

Motaung makes no secret of the fact that he values Ntswane's abilities as a player and captain.

"We missed Lawrence last year when he could not play for us in the Varsity Tournament. He is an outstanding captain who leads from the front. More importantly is the fact that he takes control on the field.

Being very vocal, helps his teammates to know what to do at any given moment.

"The fact that he is a tall player is also a definite asset. Our first goal against TUT in the final proved it. Three players chose to just concentrate on what he was doing. That opened the play and enabled Simbongile Njokwe to score. "

Ntswane credits the team's success to being adaptable.

"What sets us apart from other teams is the type of football we play. I don't want to boast, but there are very few teams that can match our type of football. Our coaching staff made it clear that we must be able to adjust to all kinds of playing styles. So on any given day, we can play a different style of football which makes us very unpredictable."

He was still young when Ntswane's mom taught him something he never forgot.

"Her philosophy is whenever an opportunity should arise you should embrace it to the best of your ability as you never know what might happen tomorrow. So every time I take to the field I try and seize the moment. It is not difficult to do if you love football.

"For me, it will never just be a sport; football is a way for me to express myself. It makes me happy and the happier I am, the better I play."

Asked why he considers Motaung to be a good coach Ntswane answered by saying: "Apart from his tactical savviness I would say his honesty. He will call a spade a spade no matter what happens. If you play a good game, he will be the first to congratulate you, but the opposite is also true.

"He won't hesitate to criticise lousy play. I have learned to listen when the "Coach" speaks because even if he sounds mad, he is just trying to help us become better players.

Motaung makes no secret about his vast affinity for TuksFootball. "I am who I am today due to the support and guidance I have received from the decision makers of TuksFootball.

"I started playing for them in 2004. From 2005 to 2009 I was captain of the team. Definite highlights were winning the USSA Football Tournament on two occasions.

"The big turnaround in my football career happened in 2010. Somehow I got poisoned ending up spending two weeks in a hospital intensive care unit. I thought I was going to die. TuksFootball supported me through this whole ordeal, and I am forever grateful for it.

"I tried to make a comeback, but it was to no avail. My mind was willing but not the body. Still, TuksFootball was not prepared to give up on me. They encouraged me to stay involved as an assistant team manager. The biggest surprise came about when they asked me to consider coaching one of the club's teams. I was reluctant at first because I never considered becoming a football coach, but I have no regrets."

Even though he is contemplating going into semi-retirement Ntswane has no plans to turn his back on the sport that brought him so many memorable moments.

"Football is in my 'blood'. I will always be in some way involved in the game. As for the immediate future, I am thinking of becoming a football analyst."

Although the likes of Ntswane, Simbongile Njokwe (UP-Tuks top goal scorer) and Dylan Patterson (goalkeeper) are all not eligible to play Varsity Football next year Motaung is far from despondent.

"Thanks to the TuksSport Football structures I have already started to identify their replacements."

Van Dyk and Van der Merwe

steers Tuks to a historic Varsity Netball victory

Text: Wilhelm de Swardt | Image: Reg Caldecott

There will be obstacles; there will be doubters; there will be mistakes, but with hard work, there are no limits.

This quote summarises the UP-Tuks Netball story for the last five years. Try as they may the team just seemed to stumble in the Varsity Tournaments when it mattered most. In the previous four years, the team has twice been beaten in the final and twice lost out in the semi-final.

A lesser team might have started to think they don't have what it takes to be the best but for Jenny van Dyk (UP-Tuks head coach) and her players that was never an option.

In October's Varsity-final the team's never say die attitude finally paid off when they beat Northwest Pukke in the final (43-41).

Being Varsity champions meant that Van Dyk and Shadine van der Merwe (UP-Tuks) captain both reached unique milestones in South African netball.

Van Dyk became the first coach to win the Brutal Fruit Netball Premier League (BFNPL), National Championship and Varsity Netball in the same year. Van der Merwe is the 11th player in South Africa to win all four major titles – BFNPL, the SPAR National Championship, Varsity Netball and the USSA tournament.

The coach and captain were instrumental in the UP-Tuks success story. One has just to talk to the players and other coaches to realise it. Their relationship goes back quite a few years.

The UP-Tuks head coach is on a forever quest to find ways to ensure the teams she coaches perform better on the court. One of the ways doing so is to scout quite extensively. That means going to watch players of less known schools when they play.

It led to her seeing Van der Merwe play for Hoërskool Akasia. Van Dyk was impressed.

"While I was watching Shadine play I got the feeling of something special happening on the court. I immediately realised that she has what we liked to call the X-factor as well as a 'netball brain'. She truly understood the game and had the knack of being at the right place at the right time during a game."

Afterwards, Van Dyk had no hesitation in offering Van der Merwe a bursary that led to their unique relation starting in 2012.

Van der Merwe did not disappoint. She represented the SPAR Proteas (in four tests in 2015), the SA Fast5 team (2013 and 2014), the SPAR Baby Proteas (in 2012 and 2013), SA Invitational side (2013), SA under-23 Invitational side (2014) as well as the SA Students in 2014. In between, she kept on excelling for UP-Tuks every time she donned the coveted "Striped-uniform".

Her playing career got derailed by an anterior cruciate ligament injury two years ago, but there was no way that she was going to stop playing. The moment she got the "green light" she was back on the court.

During the last five years, Shadine van der Merwe's name was one of the first the selectors wrote down when they selected an UP-Tuks Netball team and with good reason.

Van der Merwe is a pure class act when it comes to disrupting an opposition team's well-planned attacks. At times it seems as if she knows what the opposition is going to do even before they decided to pass the ball.

The one big gap on her playing CV was not winning a Varsity Netball Tournament as part of the UP-Tuks team. Time was running out as she turned 25 which means that she is not eligible to play in next year's tournament.

"We as a team had a mission, and that was to win. We owed it to our captain, Shadine van der Merwe, as it was her last Varsity Tournament Game. We wanted to give her something she will remember," said Lungile Mthembu whose brilliant play in the final led to her getting the Player of the Match-reward.

"Shadine leads by example on and off the court. There are no half-measures when she plays. She always gives a 100%. On the court, you know that she has got your back if you should make a mistake. There is no place in her vocabulary for giving up."

Mthembu was equally full of praise for the role Van Dyk (head coach) played in the team's victory.

"As a coach, Jenny leaves absolutely nothing to chance. When it comes to analysing the opposition's strengths and weaknesses, she is a class of her own. We knew what to do the moment we stepped onto the court. The only challenge that remained was to stick to our game plan."

Van Dyk ascribed her success as a coach to a mind-set change she had made three years ago.

"I had the privilege to work as the video-analyst for the Proteas which is coached by Norma Plummer, the coach from Australia. After one of the games during the team discussion: "I expected Norma to tell each player exactly what they did right and wrong, but she hardly spoke. The only thing she did was to ask questions which the players had to answer. None of the coaches was allowed to say anything.

"That got me thinking. I realised that I was over coaching. I tried to impress the players with my knowledge about the game and expected them to trust me fully.

"According to Norma one of the most significant problems in South African netball is that our players are 'spoon-fed', thus not learning to think for themselves on the court.

"That led to me changing my whole coaching strategy. Over the last three years, I have also expected from my players to talk to me about what happened on the court and as to what they think they can do to make it right where they erred.

"Our team talks before games also changed. Whereas in the past I told them what I expected them to do, they now decide for themselves on a game plan.

"But during the week we as coaches try and subtly guide them during training as to what should be done by focussing on particular possible scenarios that might happen during a game.

"This year it got to a stage where I hardly spoke before a game and let the players decide. I was just there to motivate and let them feel good about themselves."

2017 was the coming of age of women's sport at the University of Pretoria with the hockey and netball teams both winning their respective Varsity Tournaments for the first time.

The TuksHockey Women's Team earned the bragging rights to becoming the first female team in the history of the sport of the University of Pretoria to win a Varsity Tournament when they beat Maties 1-0 in the final.

Moments after the historic moment professor Cheryl de la Rey, Vice-Chancellor and Principal at the University of Pretoria, proclaimed to be over the moon.

"I so wanted one of our women's team to succeed, and now the hockey team has done so. Their performance is something everyone involved at Tuks justly could feel proud about."

The women's hockey team captained by Natalie Esteves and coached by Inky Zondi went on to also win the USSA Tournament a few weeks later. It is a feat not often achieved.

Esteves who studies BA Law has no hesitation in crediting Zondi for their success.

"I cannot explain what Inky has as a coach, but he can get people to believe in him and to play for him and the style he wants us to play. It is just the way he is with his charisma. He is also very innovative as a coach who is always looking to bring something new to the game.

"Inky is not one to panic as a coach. At times when the things were not going our way on the field, he knew what to say and how to say it.

"He is also passionate and loyal. When you have a conversation with Inky, you will quickly realise there is something about Tuks that makes him tick. To summarise Inky is just a great coach and mentor."

As to her role as captain Esteves said that Zondi often gives her articles on leadership to read.

"It made me realise that leadership is not about being militant; it is getting people to believe. In a way, I am an old school captain who believes in leading by example.

"I am not one to make fiery speeches, but before the Varsity-final I asked my teammates what they want their legacy to be. I did not need to ask actually as in the back of our minds we knew we would be the first women's team to win for Tuks.

"After our victory having half the Tuks Hockey Club on the astroturf celebrating with us was just incredible. It made me realise that it is never just about an A-team winning, our victory belonged to everyone at the club and for that matter at the university."

Esteves matriculated St Johns Diocesan School for Girls in Pietermaritzburg.

"As it is quite a small school we had the opportunity to play most sports. It stood me in good stead as a hockey player because mastering the various skills led to me becoming a better player.

"I decided to come to Tuks because I am serious about getting a degree. To be able to play hockey is incredible but you cannot make a living from it, and it is a reality that any sports career can end at any time. A degree is something you will have forever.

"My first game for Tuks was against Wits. I don't remember the score. All I remember is being nervous beforehand. It is quite daunting as a first-year student when you get to wear the coveted Tuks "Stripe" for the first time. You suddenly become aware of the proud tradition set by all the players who played for Tuks before you. It makes you feel small and insignificant."

Why hockey?

"Apart from the camaraderie, I enjoy when we spend hours working on some aspect of the game and eventually get to reap the rewards.

"People who are not doing sport cannot understand how addictive winning can be. That is why we punish our bodies getting up at 05:00 to go to the gym to work towards a specific goal. That feeling of satisfaction, once you have achieved it, is indescribable. Addictive!

"It has been said to me that we are crazy. Why don't we just settle for being ordinary students but they don't understand it is like who we are. As athletes, we want to do more."

To relax Esteves likes to read. One of her all-time favourite books is Harper Lee's *To Kill a Mockingbird*.

“Sisters” are starting to do it for themselves at TuksSport

Text: Wilhelm de Swardt | Image: Reg Caldecott

Wicksell was a true trailblazer for SA women's middle distance running

Text: Wilhelm de Swardt | Images: Reg Caldecott, Ilze's own collection

Ilze Wicksell's competitive running days are long past, but still, her legacy lives on.

A quick glance at the South African Track field records is proving it. On 7 February 1983 in Bloemfontein Wicksell won the 1000 metres and set a new South African record by winning in a time of 2:37.2.

The record is still standing 34 years and nine months later, making it the oldest senior record in South African women's athletics. The current Olympic and world champion over 800 metres, Caster Semenya, has threatened to set a new record earlier this year but has not yet found time to do so.

Wicksell so nearly did not race on 7 February as her dad passed away. He was one of her most loyal supporters always believing in her abilities no matter what happened out on the track.

"Emotionally I was not up to racing, but a week before the race I realised that my father would have wanted me to run. The idea of running 1000 metres was to level the playing field between Zola Budd and me. I was a good 800m runner while she was competitive over 1500m."

As expected it was a tightly contested race with Wicksell beating Budd by a mere 0.7 seconds. It was the only time the two of them officially raced each other. In later races, Wicksell acted as a pacemaker for Budd.

But Wicksell is not remembered for her fleetfooted performance in the 1000m. After the race in Bloemfontein, the best was yet to come.

At the end of 1982 local athletics fans started to speculate as to not whether it will be possible for a South African female athlete to dip under two minutes in the 800 metres but when they will do so and who it is going to be.

LEGEND

Ilze Wicksell

By March 1983 it became clear that Wicksell and Eranee van Zyl were the two chief protagonists to do so. In the space of three days, they managed to break the South African 800m record twice. Van Zyl was the first to do. Two days later Wicksell did so.

"I am not sure what the exact times were that we ran. I think Eranee ran 2:00.9 something and then I ran 2:00.7."

Wicksell remembers Van Zyl as being the stronger and more powerful athlete of the two of them.

"My advantage was that I was faster than Eranee." 25 March 1983 was far from being an ideal day to make athletics history. It was so windy that Wicksell decided beforehand that she was not going to go for the record.

"But unbeknownst to me Eranee had arranged for a pacemaker which was not entirely legal at the time. Those days things were different. The pacemaker needed to finish the race.

"I did not have the best of starts. At the 300m marker, I stumbled slightly losing my rhythm. Eranee was first to pass 400 metres.

"I was seriously not thinking about running a fast time. I just wanted to win. I caught up and passed Eranee with 200 metres to go. It was only afterwards that I realised I had run a sub-two-minute race.

The one thing Wicksell vividly still remembers after the 800m race was how she wanted to phone her dad to tell him what happened, but then realised that she would never be able to speak to him.

"I then just burst into tears."

"It will always be one of the unique memories of my athletics career. I owe a lot to De Villiers Lampbrecht because as my coach he was the first to encourage me to go for a time faster than two minutes."

Wicksell won in 1:59.39 in doing so she became the first athlete from Africa to dip under two minutes. She is still officially the third fastest South African athlete over 800 metres. Only Semenya (1:55.16) and Zelda Pretorius (`1:58.85) can boast with faster times.

In April 1983 Van Zyl had her breakthrough race running 1:59.70 in Stellenbosch. Up to 2017 the four of them are still the only local athletes to dip under two minutes.

Wicksell is of the opinion that she could have run a faster time but a freak accident the next year brought her athletics career at a crucial time temporarily to an abrupt halt. While out training on the track at Bloemfontein she was hit by discus on her Achilles. She only started running again six years later after the birth of her eldest daughter, Eugenie.

In 1993 she won her fifth and last South African title in the 800m. She was also selected to compete at the African Champs in Mauritius where she had won a bronze medal. Afterwards, she competed in a few races in Europe.

After the birth of her youngest daughter Stephanie, Ilze start training again winning a Gold medal in the 800m at the World veteran championships in 1997.

Wicksell's coach Div de Villiers was of the opinion that if it was not for the freak accident, she could have been capable of running at least a time of 1:57.00 which she considers would have been the ultimate for her.

Asked if she has any regrets, Wicksell said: "I think everyone who thinks back will always wonder what could or might have happened if things turned out a bit different. I am not just talking about sport, but life in general.

"Up to now, I have never been to an Olympic Games not even as a spectator.

"To be honest, I would not mind being 20 years old again and running. The athletes nowadays have so much more opportunities, and now you can earn a bit of money as well."

"There are many afternoons when I leave my office as a sports manager at TuksSport that I feel privilege to work with young sport men and women on a daily basis."

"Coaching is my other joy. One of the biggest lessons Wicksell tries to bring across to the youngsters is that they are a champion if they set their own goals and achieve it. A champion is not always the one who receive the medals"

"You must run because you want to run and set your own goals. Don't be disheartened at first when you don't succeed. While I was at school, I never won any major titles, but I kept on training and I enjoyed what I did and eventually I did reap the rewards."

"Looking back on my life there have been many sacrifices but my journey has been worth it"

If setting firsts are what sport is all about then Tshenolo Lemao (TuksSport High School) has undoubtedly been a trailblazer on the athletics track this season.

He won the 100 metres at the IAAF Youth World Championships in Nairobi becoming South Africa's first ever world champion in the short sprint.

The only other South African sprinter to win a medal in the 100 metres at a World Championships is Wilhelm van der Vyver who won silver at the 2008 Junior World Championships.

Lemao is also one of only four South African athletes to win two medals in individual events at the same World Championships. He raced to a second place finish in the 200m.

The other athletes to have achieved the unique double is Wayde van Niekerk (200m and 400m in 2017 Senior World Championships), Caster Semenya (800m and 1500m in 2017 Senior World Championships) and Retshidisitswe Mlenga (100m and 200m at the 2017 Youth World Championships).

If Lemao has a choice of whether to talk about his speedy exploits or to instead race again, he will choose the latter.

Thabo Mathebedi (coach) describes his protege as a reserved young man who best expresses himself when racing on the track.

Lemao ascribes his success in winning the 100m in a time of 10.57s and setting a personal best time of 21.12s in the 200m to the long hard hours of training on the track paying dividends.

It was a one-two for South Africa in the 100m final as Retshidisitswe Mlenga was second in 10.61s with the pre-race favourite, Tyreke Wilson (Jamaica) third in 10.65s.

"I was definitely over the moon. It was a great race to win."

The conditions were far from ideal as it started to rain just before the final. However, I was never going to allow that to get to me as I am a firm believer in controlling the controllable.

"I was excited when I started to settle down in my starting blocks. The adrenaline was pumping and I could not wait to start racing. I knew the conditions would be tough, but I told my myself to stay calm and focused. The only thing that mattered was to win a medal for South Africa."

Lemoa entered the 200m final with a hamstring niggle, but there was no way that he was not going to run.

"I wanted to double up with the two golds, so I tried to forget about the pain and just focussed on running to the best of my ability. In the end, I was happy with my effort because I set a personal best time, but I was looking for a little bit more. A sub-21 would have been perfect."

Mlenga won the 200m in 21.03s.

Testing himself against the stopwatch was not always Lemao's first passion. At first, he was an avid hockey and cricket player. At primary school, he earned his provincial colours in hockey. He continued to play up to under-15. He also used to be a handy, fast bowler.

"What I love about sprinting is that you get to test yourself all the time. There is always the question as to fast you can run," said the TuksSport High School Learner.

If he had to choose which would it be 100m or 200m?

"I want to try and be competitive in both sprints for as long as possible, but if need to make a decision, I will stick to the 200m. The longer race suits me better as you can break it down into individual phases. There is no room for error in the 100m."

Lemao's big goal for next year is the IAAF Junior World Championships in Finland. If he can medal, it will mean that is continuing to be a trailblazer. Very few South African athletes have to go on from medalling at a Youth World Championships to a Junior Championships.

"I fully realise that I will have my work cut out next year, but my performance in Nairobi proves that anything is possible if you believe and are prepared to do the hard work. I will be happy with whatever result if I know that on the day I gave it my all."

The Canadian sprinter, Andre de Grasse, who won a bronze medal at the 2015 Senior World Championships in Beijing is Lemao's role model.

"Andre proved to our young sprinters that age is irrelevant in international athletics. It does not matter how old you are. If you believe and race to the best of your ability you can compete against the best. "

Mathebedi is confident that it won't be difficult for Lemao to refocus for his next big goal.

"Tshenolo tends to rise with the competition, meaning that he relishes a good duel on the track. The faster the other athletes run, the quicker he will be. But the opposite is unfortunately also true. If not pushed he tends to get into a comfort zone.

"Another thing we work on is how he performs in the semi-final. Somehow he will do well in the heats, but at times during the semifinal, it is as if he misfires which lead to him not qualifying for the final. The semifinal is perhaps the most critical race because once an athlete has qualified anything can happen in the final.

"The one thing that makes Tshenolo a good sprinter is his hunger to succeed. Once he set himself a goal, he goes for it."

To relax Tshenolo loves to play on his playstation. FIFA is one of his favourite games. Barcelona tend to win more than they lose when he is in charge of them.

Lemao is SA's first 100m world champion

Text: Wilhelm de Swardt | Image: Reg Caldecott

Équilibre....getting the BALANCE right!

Text: Lydia "Skillz" Monyepao | Image: Sydney Mahlangu & Reg Caldecott

Balancing academics and participation in sport, especially at an elite level, is not easy! Many student athletes are struggling to achieve this balance between playing sport at the highest level whilst studying towards their undergraduate, post graduate or masters degrees. I am not an expert in getting the balance between sport participation and academics right, but at least I write from a point of privilege....that of experience. Sometimes I hear of students who drop out of teams so as to focus purely on their studies. They blame it on too much schoolwork and not being able to cope with sport participation at the same time. Some have failed to find that balance and ended up abandoning their schooling completely to play sport at an international level. Big mistake! These two types of athletes end up with regrets later on in life. The first group often ends up wondering what it would have been like representing their countries at the All Africa, Commonwealth or Olympic Games, the World Championships or the World Student Games only if....? The one group normally regrets dropping out of university when they attain a career-ending injury that puts them out of sport for the rest of their lives.

Comforting is the fact that it is not rare to come across a student athlete who has represented their national team at various international mega events with medals around their necks and gone on to walk across the podium in the Rembrandt Hall during the April and September graduation seasons. The reality is that this can be done and it's achievable. It does however take a lot of planning, hard work and sacrifices. Support from one's coaches, managers, sports and academic administrators and peers alike, family and friends also plays a vital part in this journey. When the tough gets going, often one has to go back to the drawing board and remember the real reason why they are at university, especially when choosing whether to take part in a high profile competition or go off and write that crucial exam that will help them graduate the following year.

Whilst studying for my Bachelor of Commerce at Wits, I was playing first team Basketball and Football and often representing the province and USSA at South African national tournaments. It did take a huge toll on my social life as I had to find the balance between playing two sports that I was highly passionate about yet ensuring that I worked hard enough in the classroom to make my family proud of me through achieving my degree. When studying a BCom Honours in Accounting at UKZN, I was now a regular in the Banyana Banyana team (South African women's national football team). I had to take a small step back from Basketball as a postgraduate degree came with its own demands and playing for a national football team was also no child's play. It required that I escalate my training frequencies and effort which often left me too exhausted at the end of the day to even lift a book. That was when 4am became my best friend! When in Banyana Banyana camps, I did not have the luxury of many rest hours between training sessions and I was the first player to be up early in the morning yet the last one to go to bed. This was ensuring that I catch up with my studies as failing my Honours degree to me was not an option. And when we travelled out of the country, my books had to be distributed amongst players as my bag always exceeded the weight limits. Thanks to all my determination I'm now a graduate with a BCom (Wits), BCom Honours in Accounting (UKZN) and a Masters in Sport Management (Loughborough, UK). I also have 20 Banyana Banyana caps with 4 goals. I had the pleasure of representing my country at the Women's AFCON (2002 & 2004) and the World Student Games (1999 – Basketball; 2001 & 2003 – Football) amongst others.

My advice for those wishing to emulate the likes of Akani Simbine who recently graduated with a Bachelor of Information Science and has done us proud at various international events the following:

- Plan well in advance
- Manage your time well
- Do not procrastinate – avoid last minute things
- Stay up to date with your school work
- Take your books everywhere you go
- Keep friends with positive influences close
- Study first thing in the morning when you're fresh
- Prioritise!
- Make small time for yourself
- Always remember why you're doing this

PERCEPTION ≠ REALITY

Consider these statements:

- "Thando is the best soccer player in our club because he scores the most goals."
- "Michelle is the best tennis player in our academy because she is ranked highest in the national rankings."
- "Sizwe is the fittest rugby player in his division and is never far from the action."
- "Ashleigh bowled poorly in the cricket finals and her figures for the game were disappointing."
- "Coach Lydia was a successful athlete so she will definitely be a great coach."
- "Coach Angus is a terrible coach because he doesn't motivate his athletes."

What do you think is the common thread across all the statements above? They are certainly positives, but they all only show one part of the full picture:

- Thando may score the most goals, but that may be because another player sets him up with the best assists.
- Michelle may be ranked highest but she is lazy and does not respond to coaching.
- Sizwe may run the 12km to rugby practice every day and be the fittest out of no choice of his own, but have a high injury profile and poor athletic control.
- Ashleigh may have bowled really well but not had the support in the field when opportunities were created or been on the receiving end of some exceptional batting.
- Coach Lydia may have the experience of being a good athlete, but may find it very difficult to teach others or build relationships.
- Motivating his athletes may be something that Coach Angus does not do because he believes in developing a culture where the athletes are self-motivated and driven, and not dependent on him for their performance.

If you take a more holistic view toward the analysis and measurement of performance, it is easy to see that there are many factors to consider when vetting the accuracy of conclusion. Is the perceived conclusion an accurate conclusion? Has all the information available been used to draw this conclusion?

You don't know what you don't know...

Ever heard that expression? It confused me when I first heard it, but then it fascinated me! So you know that you don't know how to cure hiccups or why moths are attracted to lights or if animals think consciously like we do. Those are things you know that you don't know. It is information that you know exists outside your own realm of knowledge.

But then there are things that you don't even know. Those are what we call blind spots, and blind spots are notorious. Imagine a problem you don't even know you had, yet having it hurts you, or your sporting performance.

Think about this example. A swimmer who worked tirelessly and endlessly for years to achieve their goal of qualifying for the Olympic team, had no idea that they were already swimming more than fast enough to achieve this and more until they underwent an in-depth performance analysis. This analysis highlighted the blind spot that was limiting the swimmer's performance: not the swimming speed but rather the turns performed during the race. He had no idea that his turns were below

Cover all bases to confirm assumptions…

Amy Bathgate: Biomechanical & Video Analyst

par, but rather believed they were his strength. On the flip side, he always believed his swimming speed was below par, and realistically it was his strength. As a result, he was able to better focus his attention on his weaknesses and improve his overall performance.

You see, the right coach and support team is able to identify your blind spots, and point them out to you, and with that awareness, you work together on a solution that makes sense for you. Without this insight, you remain ignorant about your blind spots, and thus could miss out on huge opportunities in your performance.

Science does not belong to scientists…

In elite sport today, being the most talented is no longer enough. Top athletes also have to ensure they are the better prepared. The technology used by performance analysts provides the opportunity to measure every force, dissect every movement and time every action with absolute precision. Despite this, not everything that is measurable should be measured. And not all information that can be collected should be collected. Careful assessment of the data and what is essentially important prevents "paralysis by analysis" which occurs when abundant information is confusing or overwhelming. This is the true skill behind the science – deciding what is important and what feedback is valuable. Good feedback allows coaches and athletes to find areas for improvement and aids the learning of new skills, and the mastery of basic skills.

With that being said, despite the responsibility of filtering through the data to provide valuable feedback being firmly on the shoulders of the performance analyst, the drive for this data should start with the coaches and athletes. Getting a performance analyst excited about new data is easy. Collecting data and finding new ways to improve sporting performance is what they do and essentially what they are passionate about. But the real key to the system is getting the coach and athlete to ask questions and use the analysis provided constructively to aid the performance pathway. It takes time to break through this mindset and build the type of relationship whereby a performance analyst can be an invaluable piece in the puzzle that is the coaching support staff instead of just an interesting provider of ad hoc information. Coaches need to want the data, use the data, draw conclusions from the data and make certain decisions based on the data. They then need to provide valuable and understandable feedback to their athletes, from which they too can learn and improve. This feedback is the preparation that trumps talent in most cases.

If the data starts with the analyst, and ends with the analyst it is a waste of time. If data is interesting to a coach but not used constructively in any way to influence decisions, then why bother? Providing answers to questions which the coach has already answered and moved on from helps nobody. And lastly, if the data is provided to all the intended parties, but not understood, we again have a dead-end. Data collected is only valuable if it is used and used well.

The goal of good science is to assist athletes to gain a competitive edge, correct faults and maximize their strengths and skills!

Nutrition Education: What, by whom, for whom?

Text: Nicki de Villiers, Registered Dietitian

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs and habits. Education frequently takes place under the guidance of educators, but learners may also educate themselves. Education can take place in formal or informal settings and any experience that has formative effect on the way one thinks, feels, or acts may be considered educational.

Dewey, John (1944) [1916]. Democracy and Education. The Free Press. pp. 1–4.

We live in a world of plenty, with more than enough food to choose from. What influences which foods you decide to buy and eat? We choose foods for many reasons besides hunger. Personal taste, family preferences, cultural influences, emotional reasons, health concerns, societal pressures, conveniences, cost, variety and quantity all influence what we choose to eat. Although people are more interested in diet and health than ever before, health statistics tell a different story. We live in a complex food choice environment where we are faced with numerous daily choices of what to eat based on a complex information environment often supporting consumer bewilderment and concern.[1]

Nutrition education would therefore need to use of a combination of educational strategies and learning experiences appropriate for multiple influences on, or determinants of food choice and dietary behaviour to facilitate change. Knowledge is not good enough. Communication of food and nutrition information would need to enhance motivation and facilitate the adoption or maintenance of behaviours. Our predicament is that **people** want tasty food that are familiar, easy to prepare, good value for money and healthy. **Educators** supports an increased intake of fruits and vegetables, more whole and less processed grains, inclusion of a variety of food, eating less fat, sugar and sodium and balance food intake with physical activity. **Food systems** although supply basic foods in abundance, fast food high in fat, sugar and salt, sweetened beverages, large portions and low prices.[1]

Food Choice in Athletes

The role of nutrition in sport has been well established and athletes are often educated on specific recommendations to improve performance. However, in spite of education attempts, athletes still lack knowledge, and eat inadequate diets that could be detrimental to performance.[2] Nutrition knowledge and attitudes would be expected to relate to overall dietary intake, but seems not to exclusively influence dietary behaviour. Various factors contribute to the complexity of eating behaviour and adherence or lack thereof to principles, including athletes' anthropometric and performance needs.[3] Through various nutrition education attempts, athletes are required to deal with contradicting opinions from different information sources and a common desire to achieve quick results, rather than committing to long-term dietary changes. This could contribute to misconceptions about optimal nutrition.[4]

Athletes experience several barriers to optimal food choice, typical to their environment, namely a lack of time and a hectic schedule,[5-8] financial constraints,[5,7,8] unfamiliar food options whilst in foreign countries,[5] the lack of skills associated with making better food choices whilst eating out during travelling,[7] the lack of cooking and shopping skills,[6] poor nutrition knowledge and practical skills,[5,7] reduced food availability,[5,7,8] and appetite.[8] Motivators to dietary behavioural change include wanting to be thin,[9] the need to increase muscle mass, health, physical wellbeing and sport performance. Athletes also live in a unique relationship dynamic with parents, coaches and team mates that influences eating behaviours.[10]

Role of Nutrition Education[11]

The role of the sport dietitian as part of the interdisciplinary team includes the provision of evidenced-based nutrition education. True to athletes' nature of being high-energy individuals preferring competitions and physical tasks, education should encompass hands-on or visual activities, such as hands-on cooking classes, recipe discussions, menu analysis, etc. Social media engagement can further enhance athlete contact and maintain day-to-day awareness of eating behaviours. Apart from athletes, coaches and sports medicine staff, in their role as important nutrition resources, should also engage in nutrition education.

Nutrition education interventions for athletes would include:

1 Basic Nutrition Concepts

Athletes looking for a quick fix towards the competitive edge may be susceptible to nutrition fads and supplement marketing. They use a variety of nutrition information resources and may find it difficult to discern credibility. Education efforts should teach athletes to:

- Evaluate and utilize nutrition information
- Eat at regular intervals
- Monitor and maintain adequate hydration levels
- Have a healthy body image

Coaches should receive guidance on acceptable ways to discuss body weight with athletes and how to identify and refer at-risk individuals.

2 Basic Food Skills

Athletes should be able to fulfill basic food skills to support their dietary goals. They should be educated regarding:

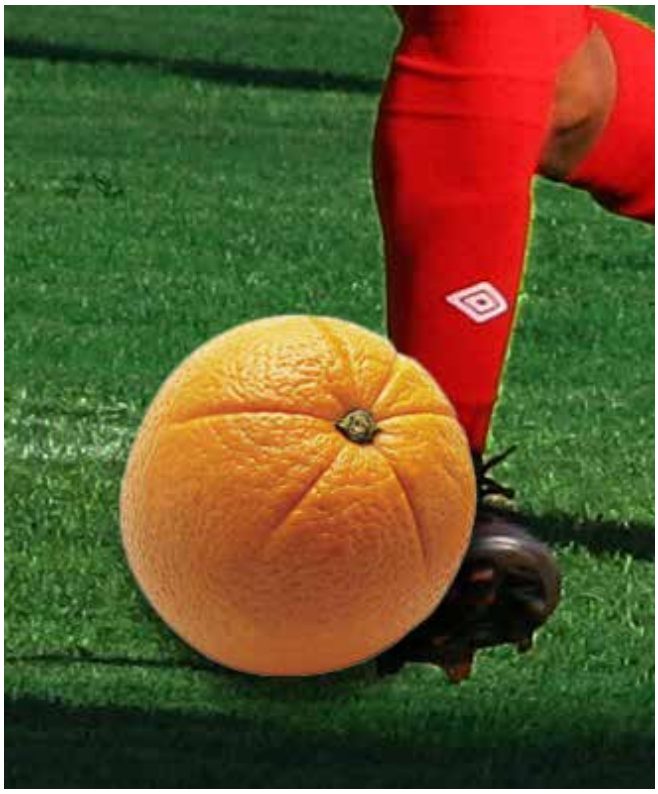
- Meal planning and grocery shopping
- Purchasing and preparing food in bulk to overcome the obstacle of time limitations
- Developing basic cooking skills to increase confidence in food preparation
- Increasing the nutrient content of meals
- Food safety to handle and store food safely

3 Performance Nutrition

Athletes do not need to be experts in food chemistry, but understanding basic nutrient functions is advantageous for performance nutrition. Teaching athletes how to plan ahead, pack their own snacks, and choose wisely at team meals whilst travelling can help maximize athletic performance on the road. Education should equip athletes to:

- Fuel before practice or competition
- Fuel during practice or competition
- Fuel recovery
- Understand nutrient interactions and functions
- Eat for performance while travelling

Staff members responsible for packing foods for practices or games should know how to ensure availability and timing of optimal food choices.



4 Performance Enhancement

An effective sports nutrition education program will discourage food fear, crash dieting, or other unsustainable eating behaviors, and foster gradual behaviour change throughout an athlete's career and beyond. Athletes should know how to:

- Optimize body weight and body composition
- Continue making gradual improvements in eating habits
- Use supplements safely
- Encourage younger teammates to fuel for performance
- Adjust nutrition for off-season or post-career

Coaches may require education about realistic body composition goals in relation to an athlete's position or event, frame size or genetics, physical maturation, time in the season, and semesters of eligibility remaining to make changes.

Who Should Educate about Food?

Athletes seek nutritional information from athletic trainers, strength and conditioning staff, coaches and fellow athletes. They further use the internet, commercials, magazines, parents and friends as nutrition information resources. A registered dietitian although have the skill to an individualized approach to aid in personalised nutrition goals. The approach would allow for culturally appropriate programs to assist athletes to build a healthy relationship with food and facilitate nutrition education programs that can be implemented into sport programmes.

Implementing science-based quality programmes can increase awareness and

reduce nutritional confusion for athletes, especially concerning skills, such as grocery shopping on a limited budget, basic cooking skills, nutrition time management, and healthy snacks.[12]

A dietitian will work as a member of the interdisciplinary team within sports settings to integrate nutrition effectively into the athlete's annual training and competition plan.[12]

Dietitians are charged with the task of contributing to their specific knowledge, but in a harmoniously integrated manner and in cooperation with other disciplines.[13]

Identifying Education Opportunities

NUTRITION AREA FOR EVALUATION	NUTRITION INTERVENTION TO CONSIDER WITH DIETITIAN
Basic cooking, shopping and planning skills	Grocery shopping tour including label reading skills Basic meal preparation and planning workshop
Optimizing daily training and recovery	Athlete nutrition and hydration protocol for before, during and after training and recovery after training Regular hydration testing in different temperatures and environments Food and fluid station at training and competition venue
Supplements	Athlete supplement inventory to assess team use On-going evaluation, communication and education about supplements
High nutrition risk travelling	Evaluate potential risks and nutrition issues Work out meal planning and logistics ahead of time Consider taking a sport nutrition professional with the team on long haul or high nutrition risk trips
Individuals with specific physique goals	Athlete will work individually with nutrition professional Coach to communicate the desired outcomes and allow a healthy and realistic time frame for these changes

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Monitoring and Managing **Athlete Preparation**

Dr Helen Bayne Sport, Exercise Medicine and Lifestyle Institute (SEMLI), University of Pretoria

Effective physical preparation of an athlete requires the application of a stressful training load that leads to physiological adaptations and improved performance. However, this needs to be balanced because excessive overload with insufficient recovery can lead to performance decline, illness or injury. Monitoring training loads and the athlete's response to them is therefore a fundamental role of the coach, and high performance sports programmes that do not conduct some form of systematic athlete monitoring are rare[1].

Monitoring training

The training dose is influenced by the volume, intensity and frequency of exercise. Volume can be measured in specific terms related to the activity – such as kilometres run, repetitions completed, kilograms lifted – or simply the duration of training in minutes or hours. Intensity can be quantified using physiological measures (e.g. heart rate or blood lactate concentration) or the athlete's perceived sensation of effort (known as the rating of perceived exertion – RPE).

Rating of Perceived Exertion (RPE)

How was your workout?

10	Maximal
9	Near maximal
8	Very, very hard
7	Very hard
6	
5	Hard
4	Sort of hard
3	Moderate
2	Easy
1	Very, very easy

Figure 1. Ten-point scale for the Rating of Perceived Exertion (RPE)

A simple, valid and reliable method for quantifying the load of a session is the session-RPE, which involves multiplying the athlete's overall RPE for the workout (on a scale of 1-10) by the duration of the session (in minutes)[2]. Using session-RPE, a total weekly load can be calculated and other useful information such as training monotony (the variability in training load, or lack thereof) and strain (high training load in combination with high monotony) can be gathered. The weekly load can also be examined in relation to the period leading up to that week – this is known as the acute:chronic ratio (usually calculated as the ratio between the current week's load and the average of the previous 4 weeks) and provides information about how well-prepared an athlete is for high workloads, and reveals excessive spikes in load that may increase the risk of injury[3].

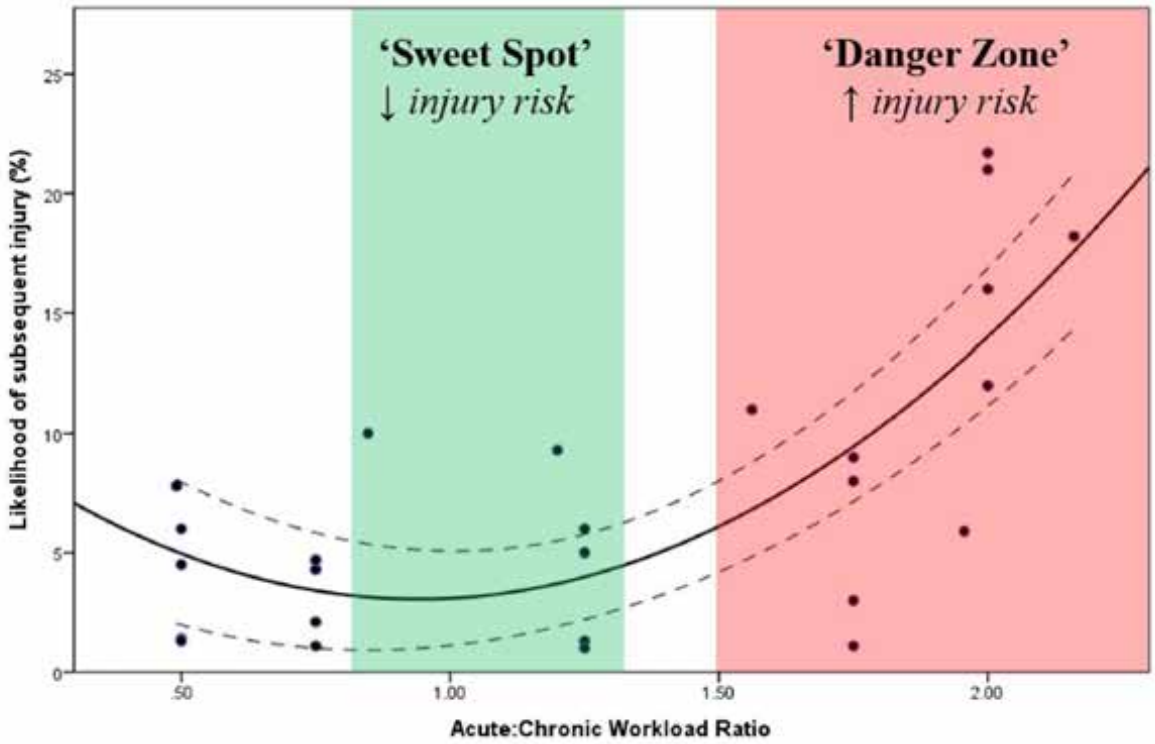

Figure 2. Guide to interpreting and applying acute:chronic workload ratio data. The green-shaded area ('sweet spot') represents acute:chronic workload ratios where injury risk is low. The red-shaded area ('danger zone') represents acute:chronic workload ratios where injury risk is high. To minimise injury risk, practitioners should aim to maintain the acute:chronic workload ratio within a range of approximately 0.8–1.3. (From Gabbett, BJSM, 2016)

Monitoring performance

Performance monitoring is important to help coaches assess adaptations to a training programme, and monitor for decreases in performance that might suggest that the athlete is not coping with the training load or ready for the intended session. It is vital that such monitoring assessments can be performed with the required regularity, without causing excessive interference in the athlete's training routine. For this reason, the most common tools used include neuromuscular function tests that are quick to administer and not fatiguing, and submaximal aerobic tests that form part of a training session.

A variety of vertical jump testing protocols can be used to assess neuromuscular function, and different metrics may be analysed depending on their practicality, and the needs of the coach and athlete. Jump height can be assessed with simple tools, but the addition of contact time and flight time measurements may be more sensitive to fatigue and should therefore be included if possible. The reactive strength index (ratio of jump height and contact time) provides information about the athlete's movement strategy during a reactive task (the drop jump), and the eccentric utilisation ratio (ratio between the height achieved in a countermovement jump and the height achieved during a static vertical jump) can indicate how well the athlete uses the stretch-shortening cycle. Changes in these variables may point to neuromuscular fatigue, and help guide training load modification.

Force plates are being used for jump testing in high performance sport programmes to evaluate vertical jump performance with the addition of force, impulse and power data, which can be very useful for monitoring neuromuscular adaptation to training. Dual force plate systems can offer extra information about asymmetries, which may be of value in injury prevention and rehabilitation programmes.

In endurance or intermittent sports, submaximal aerobic tests are frequently used to monitor athlete fitness. These could involve an interval shuttle run test for team sport athletes, or a cycling/running protocol for endurance-trained athletes. In both cases, a standard workload is set (e.g. running a specific distance at a specific pace) and the athlete response is assessed using heart rate and RPE measurements. A lower heart rate or RPE for a given workload indicates a positive adaptation, whereas an increased heart rate or RPE suggests the athlete may be fatigued.

Monitoring athlete wellbeing

Training stress not only affects the athlete's physical condition, but may impact their psychological state as well. Self-report questionnaires about mood disturbances, perceived stress, and behavioural symptoms can be used to monitor changes in each of these psychological parameters. In practice, it is recommended that self-report measures assess multiple dimensions to avoid emphasizing one aspect of training response over others[4]. Such questionnaires typically include questions about the athlete's energy levels, stress, fatigue, motivation, general soreness, and sleep quality. Each question is rated from "very low" to "very high" and the ratings assigned a score of 1-5. The interpretation of these scores should be individualised, by assessing the change in the wellness score and not just a once-off value. Simple statistical methods can be used to flag deviations from the athlete's "baseline", alerting the coach to meaningful changes in the athlete's wellness state.

Factors outside of sport also have an influence on athlete wellbeing. Life load – including study demands, work commitments, financial pressures, family, relationships, and general stresses of daily life – plays an important role in how an athlete responds to a training session, and how they will adapt to repeated training loads. When analysing physical and psychological monitoring measures, it is important to consider the contribution of both training load and life load[1].

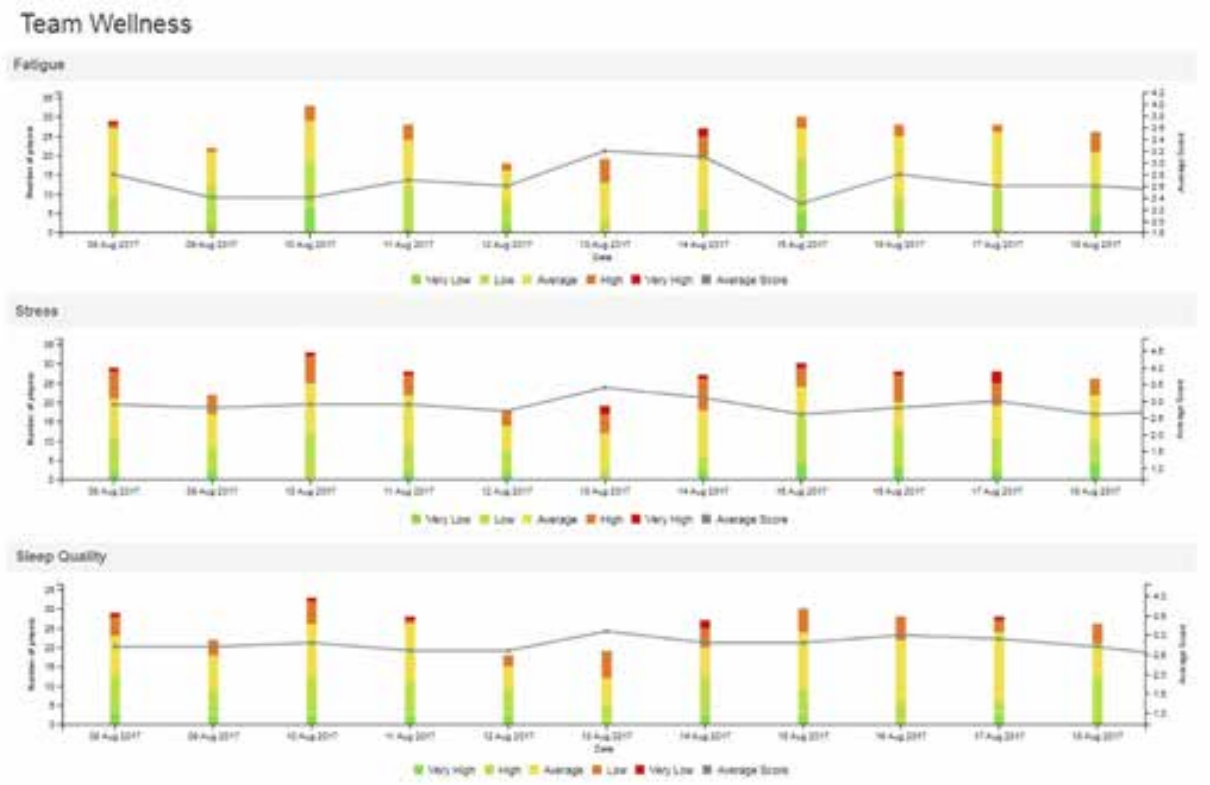

Figure 3. Example of a team overview of self-report athlete wellness data

Integrating monitoring with coaching

The monitoring tools described here can deliver a set of data related to athlete preparation and wellbeing. The interpretation of the data and decisions about how to utilise that information relies on the skills of the coach and their support team. Ideally, personal coaching expertise should be combined with solid scientific evidence to inform these decisions[1].

The strength of evidence for different monitoring and athlete management practices varies widely. Where there is good evidence available, this information should guide methods and decisions. Unfortunately, many aspects have not been researched extensively. In this case, coaches may need to develop their own systematic decision-making approach so that they can objectively evaluate the usefulness of the methods. It is also possible to develop an in-house project to answer questions that have not been thoroughly researched yet.

An electronic athlete management system is currently being trialled by a number of TuksSport clubs with the support of the Sport, Exercise Medicine and Lifestyle Institute (SEMLI). This programme aims to provide coaches with the tools to implement evidence-based athlete monitoring and management, and start to answer the many questions that we still have about monitoring to optimise performance and reduce injury and illness risk.

Conclusion

Athlete monitoring can provide the coach with information about the response and adaptation to training, and may be useful in enhancing performance gains and reducing the risk of injury or illness. A wide variety of monitoring tools are available, including simple, low-cost tools that are valid and reliable if administered properly. Decisions on how to act on this information should be based on a combination of scientific evidence and coaching expertise. Over time, a systematic monitoring programme can contribute to institutional knowledge, supporting future success.

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PREHABILITATION

Text: Mr F.C. du Toit, Senior Biokineticist. UP Biokinetics. University of Pretoria

'Prehabilitation (also known as prehab)' is an attractive word often used in sport, exercise and rehabilitation spheres. However, is it a concept that is truly understood or better yet utilized? Broadly, prehab can be applied in a sporting capacity or pre-operatively. From a sporting perspective, prehabilitation aims to prevent a problem before it occurs, whereas preoperatively it is used with the goal of reducing impairment after an operation as well as expediting the recovery process.

Prehabilitation applied in a sporting capacity:

As mentioned prior, prehab as applied to sports and strength and condition is used in aims to prevent an injury – injury prevention. There are a few prerequisites necessary for this to be executed effectively, namely:

1. It is imperative that the practitioner / strength and conditioning specialist is aware of the demands and risks of the sport in question.
2. Determine and identify common injuries and joints most vulnerable to injury due to the aforementioned demands of the sport (knee injuries in soccer i.e. Anterior Cruciate Ligament (ACL) injury).
3. Determine effective screening tools, such as the Functional Movement Analysis (FMA), that provides a reliable and valid identification of weaknesses or predisposing factors that put the athlete at risk of injury. These tools will need to effectively assess factors such as biomechanics, flexibility, strength, proprioception etc.
4. Understand other factors within the sport such as the rules of the sport, the player's position, equipment used etc. that also may predispose the athletes to injury.

Once the above has been determined and considered, the practitioner can then accurately prescribe exercises aimed at correcting weakness and fortifying the predisposed joints in aims to prevent injury. It is also important for the practitioner to understand the self-regulatory processes that may take place throughout prehabilitation and be able to apply psychological principles in natural and subtle ways to aid athletes' self-regulatory abilities.

Prehabilitaion applied preoperatively:

Despite the numerous advances in surgical techniques, anesthesia and perioperative care, major surgery remains morbid with a lot of patients not recovering to their previous capabilities. Indeed surgery is a physiological stress and decreases functional capacity in the postoperative period. A prehabilitation programme should increase functional capacity in anticipation of an upcoming stress.

The aims of prehabilitation are to improve both nutritional status and pre- and postoperative fitness, and to reduce postoperative complications:

1. Prehab has a multidisciplinary approach and it should occur after the surgical consultation and before surgery, and is based on three components: physical care (i.e. biokineticists, physiotherapists), nutritional support (i.e. nutritionists) and psychological support (i.e. sport psychologist), during 6 to 8 weeks.
2. Prehab occurs before rehabilitation and is done in preparation for the surgery.
3. The goal is to increase cardiovascular fitness and muscular strength and endurance prior to the operation, with the aim of reducing the recovery time after surgery.
4. Prehab is not only effective on orthopaedic operations (ACL reconstruction in the knee), but even effective in cancer patients (preoperative exercise, anxiety-reducing strategies, and protein supplementation may facilitate postoperative recovery).

The Role of the Biokineticist in Prehabilitation:

Before we can understand where the Biokineticist fits in the prehabilitation process, we need to understand of what a Biokineticist is. The word Biokinetics is taken from the Greek word “BIOS” which means “life” and “KINESIS” which means “movement”. Biokinetics refers to the maintenance of quality of life through the use of physical activity. A Biokineticist is a trained professional who specialises in prehabilitaion and rehabilitation for a variety of conditions. These conditions include prehabilitaion and rehabilitation for:

- Injuries
- Surgeries
- Special populations with special needs such as diabetes, cancers, cerebral palsy etc.

For comprehensive prehabilitation, your biokineticists will do a full evaluation and injury risk assessments. This screening will consider things such as:

- The general risks of your sport or training and how to avoid them
- Risks that are specific to your training sessions or your position on field
- Your individual posture, flexibility, strength and core stability

After the screening, they will create a customised training program with the aim of preventing injury. This is achieved by means of a scientifically based physical activity programme to condition individuals according to the demands placed on them during their specific sporting codes or activities of daily living.

However, Biokinetics is not limited to the list above, it is also concerned with promoting health both in work environments and at home, as well as the maintenance of physical abilities.

Several researchers have suggested that sports medicine professionals (SMPs; i.e., biokineticists, physiotherapists, sport psychologist), who are in regular contact with athletes during treatment, are in an ideal position to inform, educate, and assist with both the psychosocial and physical processes of injury.

An individual may see a Biokineticist either for an injury prevention role (i.e. addressing the muscular imbalances) or before they go in for an operation to condition their muscles in order to decrease the time required for rehabilitation after the operation.

By seeking professional guidance, you’ll benefit from:

- Improved posture
- Better flexibility
- Correct muscle length imbalance
- Correct joint alignment
- Better core stability
- Strength gains
- Enhanced muscle endurance and power

For more information contact Mr F.C. du Toit: fc.dutoit@up.ac.za

Munyai

is TuksSport High School's Sportsman of the Year

Text: Wilhelm de Swardt | Image: Reg Caldecott

The 2017 TuksSport High School Awards saw Clarence Munyai winning the Sportsman of the Year Award while Nathania van Heerden received the award as the Top Achiever (sport and study).

Peta-Leigh Venter received the award as the school's Dux Learner. As a student, she boasts an 83% average.

A total of 116 learners from ten different sporting codes were honoured during the evening.

Munyai along with Wayde van Niekerk made athletics history at the Golden Spike Meeting in Ost/rava 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. Munyai was third running 31.61s. The previous world best time over 300 metres held by Mark Richardson who clocked 32.53s in 1991.

Another highlight was Munyai representing South Africa at the IAAF World Championships in London. He also set a new South African junior 200m record running 20.10s and won gold at the African Junior Championships in Algeria.

Nathania van Niekerk received the award as the one the school's top female swimmers, but she makes no secret of the fact that this year it was not just about being a champion in the pool.

"I think education is the most important thing a young person has to go through. Not qualifying for Olympics last year made me realise that swimming is not going to be around forever and I need to make sure that I have a life to go back to and a plan B in a sense for the day I retire," said the school's head girl.

In any given year it would be unfair to single out individual performances at TuksSport High School as there are just too many but Sokwakhana Zazini deserves a special mention.

Not only did he win the 400m-hurdles at the IAAF Youth Championships in Nairobi he also set a youth world record at 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.

Another outstanding performance was Tshenolo Lemao winning the 100m at the Youth World Championships. He is the first South African sprinter to win a world title (youth, junior and senior). He also won a silver medal in the 200m.

When scrolling down the list of the school's highlights, it can't be helped to notice that the learners playing for the South African women's under-20 Football team were instrumental in the World Cup Qualifier victory against Namibia.

Linda Motlhalo was one of the stars of the national under-20 scoring four goals in international friendly against Swaziland and one against Namibia. She also played in an international against France.

Donne Breytenbach is proving to be one for the big moment when she won a silver medal at the African Cadet Championships in Egypt. Her twin brother, Thomas, was fifth in his weight category.

Hettie de Villiers, the school principal, thanked every learner in her speech for their positive attitude throughout the year.

"At TuksSport High School it will never just be about winning gold medals or setting world records or for that matter being the head boy or the head girl and getting a lot of distinctions.

"What makes me proud as principal is the respect you as learners show towards the teachers and visitors and the spirit of camaraderie that is amongst you.

"As learners, you are always supporting and encouraging each other. Any success by one is a victory for all. The example you are setting daily is giving me hope for the future of South Africa."








naked
no clothes on
my fate
the gate
like a cold day







2017 TuksSport Colours and Awards

Text: Wilhelm de Swardt | Image: Reg Caldecott

The 2017 TuksSport Awards saw Akani Simbine, and Kirsten McCann took top honours by winning the Sportsman and Sportswomen of the Year respectively. The prestigious event took place in Pretoria on Wednesday, 18th October 2017 where a total of 368 athletes and officials were honoured.

McCann made South African rowing history by winning the lightweight women's single sculls at the World Rowing Championships in Florida. She is the first South African female rower to win a gold medal at a senior world championship.

Earlier this year McCann set another benchmark when she won the lightweight single sculls-race in Lucerne. It was the first time a South African female rower won a World Cup-race.

Akani Simbine confirmed his status as one of the world's best sprinters with his fifth-place finish at the World Championships in London. In last year's Olympic final he was also fifth.

His best time of 9.92s in the 100 metres is the fourth fastest internationally for 2017 while the 19.95s he ran in the 200m ranks him fifth on the IAAF-list.

Beating the Olympic champion, Justin Gatlin (USA) at the Doha Diamond League Meeting in the 100m was a definite highlight. Simbine is the first South African sprinter to win the 100m at a Diamond League Meeting. He f/inished third in two other Diamond League races and currently can boast with 15 sub-ten seconds races to his name.

Mr Toby Sutcliffe, Acting Director of TuksSport, believes that 2017 has been an exceptional year for TuksSport due to a culture that embodies excellence.

"At TuksSport we are conscious of the fact that talent is not enough unless it is driven by an unrelenting desire to be the best and this desire is further supported by an uncompromising commitment to excellence in all aspects of your preparation and participation."

TuksSport's successful year in numbers:

- 7 National Coaches and Managers.
- 9 USSA gold medals for athletics cross country, beach volleyball, chess, cricket, golf, hockey (women), judo, swimming and rowing.
- 44 University of Pretoria students were selected to be part of USSA National teams.
- 70 National Federation and Age Group representatives.
- 84 Senior National Protea representatives.
- 163 Senior Provincial representatives.

2017 TuksSport Colours and Awards:

Student Sports Administrator of the Year:
Boyani Mphasha (SSC).

Administrator of the Year Award:
Paul de Beer (Aikido).

Student Sportswoman of the Year:
Nicole van Wyk (Rowing).

Student Sportsman of the Year:
Thando Roto (Athletics).

Coach of the Year – Team sport:
Inky Zondi (Hockey).

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

Sports Team of the Year:
TuksRowing USSA Team (Rowing).

Student Sports Club of the Year:
TuksRowing.

Sports Club of the Year:
TuksCricket.

Principal's Award for Exceptional Performance in both Academics and Sport:
Izelle Verster (Hockey).

Principal's Award for Outstanding Performance by a Team Representing the University in Inter University Competitions:
TuksHockey.

Sportswoman of the Year:
Kirsten McCann (Rowing).

Sportsman of the Year:
Akani Simbine (Athletics).

Student Sports Administrator of the Year: **Boyani Mphasha (SSC)**

Prof Cheryl de la Rey, Prof Niek Grové and Toby Sutcliffe

Coach of the Year – Team sport: **Inky Zondi (Hockey)**

Administrator of the Year Award: **Paul de Beer (Aikido)**

Student Sportswoman of the Year: **Nicole van Wyk (Rowing)**

Sport Club of the Year: **TuksCricket**

Student Sportsman of the Year: **Thando Roto (Athletics)**

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

Sports Team of the Year: **TuksRowing USSA Team (Rowing)**

Student Sport Club of the Year: **TuksRowing**

Principal's Award for Exceptional Performance in both Academics and Sport: **Izelle Verster (Hockey)**

Principal's Award for Outstanding Performance by a Team: **TuksHockey**

Sportsman of the Year:
Akani Simbine (Athletics)

Sportswoman of the Year:
Kirsten McCann (Rowing)

TuksSport

Inside News

USSA 2017 Winners

TuksAthletics: Tuks ladies Cross Country team

TuksJudo

Assupol TuksCricket

TuksSwimming

TuksRowing

TuksHockey

Varsity Football Winners

UP-Tuks ensured winning a third Varsity Football by totally outplaying TUT to win 2-0 in the final played at TUT. This victory means UP-Tuks is, without doubt, the most successful team in the history of the Varsity Tournament, winning it three out of the five years. They were also victorious in 2013 and 2014. Tlisane Motaung (head coach) said before the game he wanted his players to "suffocate" TUT. They did more than that. The UP-Tuks players entertained the crowd by an amazing tactical display. Apart from maybe the first five or so minutes, the visitors were in complete control setting up one attacking move after the other. There was a definite plan with every kick. For Motaung it was a case of mission accomplished. Odwa Makha and Simbongile Njokwe scored the goals for UP-Tuks.

"The University deserved the Varsity-trophy and we delivered. That is what makes my job as a coach rewarding," said Motaung afterwards.

Varsity Netball Winners

Mission accomplished was the first thought that must have crossed everybody involved with UP-Tuks Netball's minds the moment the final whistle blew, and the officially became the Varsity Netball champions for the first time. There was a good reason for it. In the past five years, it was a case of UP-Tuks Netball not being able to finish what they started. UP-Tuks beat Northwest Pukke by 43-41. The outcome of the game was in the balance up until the final minutes. When Ine-Mari Venter sunk UP-Tuks second last goal to give her team a one-minute goal advantage an excited crowd started to count down the final seconds. The clincher came when Venter scored again a few seconds later to ensure a fairytale finish for the home team. Lungile Mthembu who played a brilliant game at wing-defence justly received the player of the match-award.

29th Summer Universiade, Tapei

TuksSwimming: Tatjana Schoenmaker, Silver in women's 200m Breaststroke

TuksAthletics: Thando Roto, Silver in men's 100m

TuksRowing

World Junior Champs in Lithuania

Thabelo Masuthu, Bronze

World U23 Champs in Bulgaria

Kyle Schoonbee, Silver

Nicole v Wyk, Bronze

World Senior Champs in Sarasoto, Florida (USA)

Kirsten McCann, Gold

TuksAthletics

2017 IAAF Youth Champs in Nairobi.

TuksSport High School learner, Tshenolo Lemao, Gold in 100m & Silver in 200m

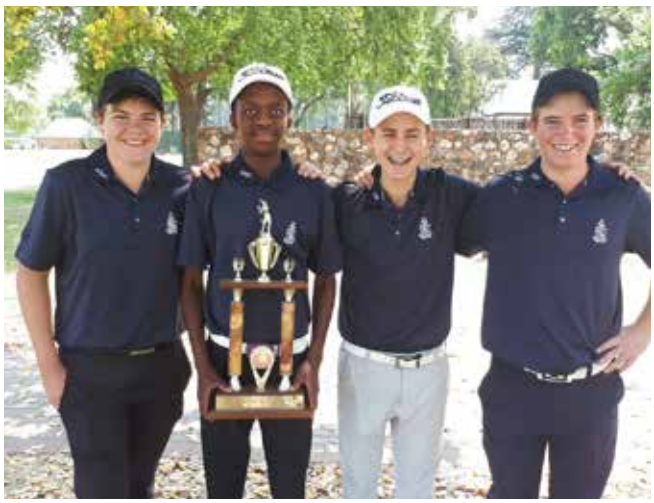
TuksSport High School learner, Sokwakhana Zazini, Gold in 400m Hurdles.

Lebogang Shange 2nd in the '2017 Around-Taihu Multi-day International Race Walking Competition' in China.

TuksCycling

2017 Varsity Sports MTB Champs - Tuks men's team Silver & ladies team Bronze.

TuksGolf



TuksSport High School team 2017 Gauteng North Regional Champs, 2nd year in a row.

TuksRugby

UP-Tuks women's 7s winners of the Oktoberfest Tournament in München, Germany

TuksSwimming

Tuks overall winners at SA National Short Course Champs in Pietermaritzburg

TuksTennis

Mehluli Sibanda snatched ITF (singles & doubles) titles in Zimbabwe

Armscor getting behind the TuksTennis Development Programme

TuksTriathlon

Wian Sullwald improved his World Series-Ranking by 16 positions with his 10th place in Stockholm.

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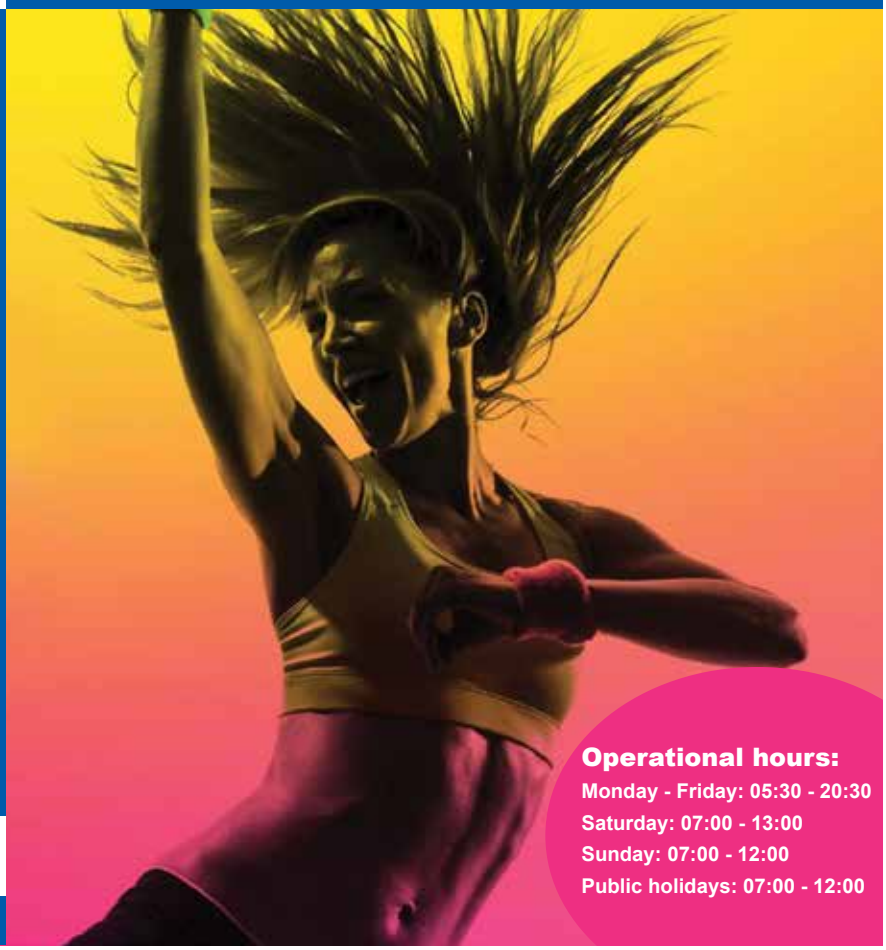
TuksSport



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TuksSoftball
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TuksTriathlon
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TuksArchery
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TuksChess
012 420 6061

TuksFootball
012 420 6001

TuksMindSport
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TuksSquash
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TuksUltimate
012 420 6103

TuksAthletics
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Assupol
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