

# the Medalist

a gold medal lifestyle

**Accolades 2006**

**UP Colours  
Awards**



December 2006

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# from the CEO'S OFFICE

In the words of the famous Mickey Rooney:  
“You always pass failure on the way to success”  
Failure plays an enormous role in the road to success and paves the way for the future, and sends a successful person in a new direction towards his or her next success. Little is as important in any endeavour as learning how to handle failure and disappointment. Nobody wins all the time: even the best professional athletes have days, months and seasons where their performances take a dive. One just has to look at the World's number 1 golfer Tiger Woods and then you understand that overcoming adversity and failure is certainly not insurmountable.

Wanting to be the best at what you do is possibly the most important psychological motivation and source of motivation that any athlete has. Success is personal – it's how you overcome your own shortcomings, and how you develop your own talent and skills by channelling your energy constructively. What is most important to understand is that the road to success is a bumpy one with its ups and downs, triumphs and setbacks and good fortune and adversity.

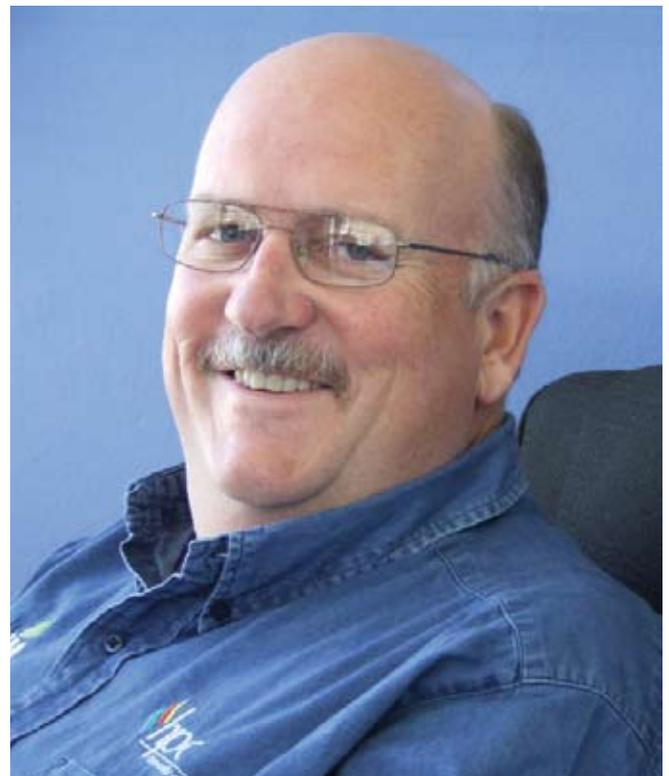
There is a lot in life that you have no control over but if you just learn to control what you can control then you will know how to succeed and knowing you can handle the problems gives you the confidence to set your goals and keep them set to allow you to achieve your ultimate dream. Good athletes learn from the past, focus on the present and prepare for the future.

Stuart B Johnson said: “Our business in life is not to get ahead of others, but to get ahead of ourselves - to break our own records, to outstrip our yesterday by our today.”

Furthermore the hpc was successful in being awarded the tender to prepare athletes for International competition and in particular the All Africa Games and the Olympic Games in Beijing and has been recognised by the IOC as an accredited facility to which they will send Olympic Solidarity athletes.

I trust that your best days of 2006 will become merely the building blocks on which you build your platform for 2007 and beyond and that your personal aims and objectives will be achieved in 2007.

*Toby Sutcliffe*



# Accolades 2006

# Just Rewards

*Text: Hettie de Villiers, Principal TuksSport Combined School*

*Images: Jerry le Roux*

It was an almost tangible feeling of excitement that greeted one upon entering the foyer of the Groenkloof Auditorium. While parents enjoyed a sherry and exchanged warm greetings and tales that only other swimming, gymnastics or soccer parents would appreciate, the learners, looking almost unfamiliar in their smart clothes, scurried about in search of lost or late classmates before being ushered into the Auditorium by their teachers.

Once inside, it was clear why everyone was so excited. The generous display of candles and spiralling ivy leaves reminiscent of ancient Greece, home of the Olympic Games, created an appropriate atmosphere for the annual Accolades awards evening of TuksSport Combined School and the hpc Academies.

One could be forgiven for momentarily forgetting that it was an awards evening at a sport school when one of the grade eight learners, Ruan Eksteen took the microphone in his hand and captivated the audience with his sweet voice, or when Conré Bergsma's fingers deftly ran over the keys of the baby grand piano, keeping the audience spellbound during his piano recital. It was patently clear that although the Accolades provided the opportunity to honour the learners for their achievements on the sports field and in the classroom, their talents extended far beyond that.

This school, which started out five years ago with 27 learners in a single classroom, has progressed to such an extent that today it has a total of 155 learners ranging from Grade 5 to Grade 12. Ms Hettie de Villiers, principal of the school quoted the words of Henry Ford – *to come together is a beginning, to keep together is progress and to work together is success* - as illustrative

of the growth and success of the school and the hpc academies.

In her address, she emphasised that the passion and commitment with which all the role players - the teachers, the parents, the coaches as well as the learners - embraced their responsibilities ultimately determined the level of success achieved.

Addressing the learners, she underlined the fact that they should never underestimate their responsibility as role models and leaders, and that they should not only aim to be recognised for their sporting achievements, but also for the values to which they subscribe as members of TuksSport Combined School.

Prof Denver Hendricks, former Head of Sport and Recreation South Africa, who has been appointed as a consultant for sport at a strategic level at the University of Pretoria, was the guest speaker at the awards ceremony. He congratulated the award winners on their achievements both academically and in sport. "It is significant that academic achievements are just as important as sporting achievements," he said, and emphasised that despite the important role that sport plays in the psyche of South Africans, "sport should not take preference over an academic career."

The presentation of the academic awards which followed Prof Hendricks' address, bore testimony to the fact that learners of TuksSport are as disciplined in their school work as they are in their training. The top academic achievers in each grade received awards for outstanding performance in each individual subject.

The special awards that were presented attested to



Suzaan van Biljon



Mr Nakedi Maputla



Jeanri de Swart



Ruan Eksteen



Nicole Smith



Kieron Wright



Conré Bergsma



Strike Nkuna



Micaela Markides



Vidette Coetzee



Kylie-Ann Louw



Prof Denver Hendricks



A classical trio setting the tone



Sean Wright



SRC 2007



Mr Toby Sutcliffe



Ms Hettie de Villiers



the fact that values such as perseverance, discipline and respect are encouraged and acknowledged in the school. Micaela Markides and Vidette Coetzee received the awards for being the most courteous learners in the primary and secondary schools respectively. The Vasbyt award, given to the learner who shows dedication and grit in his / her school work, was awarded to Strike Nkuna.

Suzaan van Biljon, a Gr 12 learner and one of the country's most promising swimmers, was the recipient of the most prestigious award of the evening – the Academy Director's trophy for outstanding achievement in academics and in sport. Suzaan's medal success at the Commonwealth Games (bronze), the Ring Short Course in Germany (silver), the Canada Pan Pacific Championship (gold) and excellent school results made her a worthy recipient of this trophy. With an A and two Bs already in her pocket, she is hoping to pass the rest of her matric subjects with equally good symbols.

The sports awards which were presented to learners who had achieved provincial, as well as national colours in the various sport codes, had the members of the audience sit up and take notice. It became abundantly clear why the school is called Tuks**Sport** School, as learners that excelled in squash, athletics, tennis, table tennis, golf, rowing, gymnastics and football came to the stage to collect their awards for exceptional performances.

According to Danie du Toit, Academy manager, the **hpc** is very proud of its members and their achievements. In 2006, 4 learners obtained junior provincial colours, and 29 senior provincial colours. 17 learners qualified for their junior national colours, and 16 for senior national colours.

He also commented on the growth of the academies, not only in size, but also in the number of academies that now form part of the **hpc**. The academies have grown from an initial three to the current eight, with a strong possibility of adding squash and athletics in 2007.

Another highlight of the evening was the acknowledgement of those athletes who had received their Protea colours blazers for the first time in 2006. It was a proud moment when Prof Hendricks congratulated the nine athletes. Jeanri de Swart and Chantel Swan received their colours for gymnastics and Offering Tlaka, Siphwiwe Mosoang, Nicholaas

Manyike, and Karabo Mothulwe proudly accepted their blazers for their performances in rowing, and Mr Nakedi Maputla, a teacher at the school, received his colours for basketball. The thunderous applause and eager high-fives that were exchanged as Mr Maputla made his way to and from the stage, left no-one in doubt as to the respect the learners have for this formidably tall Science teacher.

The evening was concluded with the announcement of the Student Representative Council (SRC), as well as the head and deputy-head prefects for 2007. Ms de Villiers emphasised the important role that members of the SRC play in the school, and stated that the elected members have distinguished themselves as boys and girls who lead by example, who honour the rules and regulations of the school, and who value their school work and their sport.

Kieron Wright and Nicole Smith were voted as head boy and girl for 2007, and Marco Caldeira and Vidette Coetzee as their deputies. Other members of the SRC include Isabella Mamabolo, Keri-Leigh Shaw, Larelle Wagner, Martina Vituli, Claudio Barreiro, Offering Tlaka, Rudi van Niekerk and Katlego Shoro.

*We are Tuks, Tuks, Tuks Centre  
Writing down our names in history.  
We will strive, grow, improve eternally  
Hand in hand to God, committed are we,  
And this is why we are here, our sport to us is dear,  
Our future is made here*

With the words of the school song still ringing in one's ears, one could not help but feel that that these learners are destined to reach great heights, not just as future sports stars, but also as future leaders and role models. 

# The world's original Energy Bar.

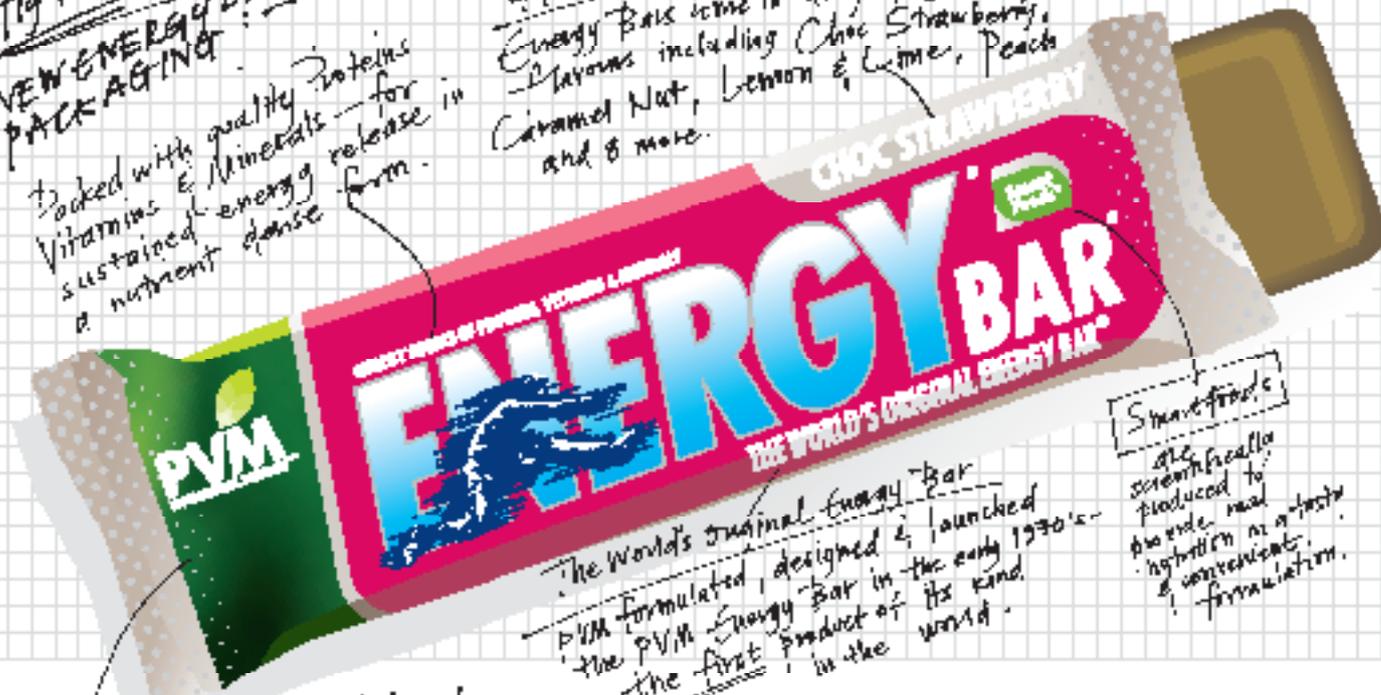
**Fig 1:**  
**NEW ENERGY BAR PACKAGING:**  
 Packed with quality Proteins, Vitamins & Minerals - for sustained energy release in a nutrient dense form.

**Flavours:**  
 Energy Bars come in delightfully tasty Flavours including Chic Strawberry, Caramel Nut, Lemon & Lime, Peach and 8 more.

**SmartFood's**  
 The scientifically produced to provide real hydration as a tasty formulation.

**The world's original Energy Bar**  
 PVM formulated, designed & launched the PVM Energy Bar in the early 1990's - the first product of its kind in the world.

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**Nutrition feeds our lives and gives us the energy to actualise and fulfil our potential as human beings.**

**1981's PVM Food supplements:** World's first oral water soluble product developed to combat malnutrition.



**The early 90's PVM Energy Bar:** First energy bar developed in accordance with the prudent Dietary Guidelines. Remains brand leader to date.

**1991 PVM Metabolic Meals:** World's first fortified pre-cooked metabolic meal was developed. It became the benchmark for pre-cooked meal mix specifications used by the Department of Health.

**1993 Transferrin Range:** Energy became the world's first hydration and electrolyte replacement drink containing protein to increase blood sugar control. Enerlead became the world's first carb-leader containing protein to increase carbohydrate (CHO) storage.

**1995 Energy Dynamics:** Cutting-edge scientific product range focused on individualised nutritional intake. This range of products became the first version-cooked supplements independent of any specific dietary regime. Some version 3 products are currently available.

**1999 Thermogenolite:** PVM made the decision not to develop and market any thermogenic weight loss formula due to health concerns and the fact that weight loss achieved by the use of thermogenics is of a temporary nature and can lead to permanent, medium- to long-term weight loss.

**1999 OctaGel:** Includes protein that has, to date, never been used in gel form.

Intensive scientific research undertaken by the National Institute of Food Research in the 1960's, led to the establishment of PVM (which stands for Proteins, Vitamins and Minerals). Subsequently, PVM became the first company to manufacture products to combat malnutrition. We have since produced a wide range of food and energy supplements in various nutritional fields.

We believe that nutritional supplements are complementary to your lifestyle and should therefore be used as part of a balanced diet, thus promoting sensible eating habits.

Our passion is nutritional science. Our mission is to understand the complex biological processes of the human body. It is for this reason that the company that produced the world's original Energy Bar is still the market leader after 35 years.



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GOOD



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Here's how to qualify for entry into the Let The Good Times Roll competition: Make sure that your Jet account is up to date and that you are a Jet Club member!

The winners' names will be drawn electronically in December 2006.

So don't delay! You could soon be driving around in a brand new Tata Indica!



Promotion ends 14 Dec 2006



GOOD FOR LIFE



# JET AMATUKS SOCCER CLINIC

*Text: Karabo Molokoane, University of Pretoria FC (Team Manager)*

**T**he University of Pretoria Football Club hosted the first Jet AmaTuks coaching clinic for the 2006/07 season in Hammanskraal on the 2nd of September 2006. The day was a success even with a few glitches the overall outcome was impressive.

On arrival in Hammanskraal we were disappointed to find that the venue we booked was no longer available. Thanks to Alec we were able to move to a nearby Primary school (Kudube) to continue with the clinics.

The turnout from the schools in the area was very good. We were even surprised by a few unexpected attendees. Though there were no teachers available for the clinics it was good to see a member of the community Alec involved in co-ordinating the event. A total number of 90 learners from the following schools attended the clinic:

Osiyah Kekana (4), Madisong Middle (19), Mokonyama Primary (1), Rifithlile Primary (3), Marokolong Primary (3), Kudube Primary (12), PHL Moraka (4), Boitshepo (19), Tsebe Ntlha (2), Mmakgetse (3), Ratshepo (10), Hans Kekana (1), Kgetsi Ya Tsie (9).

The clinics were conducted by Karabo Molokoane (Team Manager), Lawrence Mabona (Coach) Edmund Lefutswane (Kit & Equipment Manager) and the following players Brian Ncala, Sifiso Sithole, Goodman Sauhatsi, Xolani Dlamini, Dominic Sithole and David Mkandawire.

After the hard work of playing each of the learners were given a Jet t-shirt, Jet cap and a lunch pack. In the post clinic chat the learners were given valuable advice by the players and Jet AmaTuks Staff. The learners posed some questions regarding football, studying at the university as well as life in general.

We managed to get a hold of one of the teachers before the clinic was over. All the equipment (Soccer balls, cones, whistles and stop watches) was given to the teacher to distribute among the schools from which the learners came.

The Jet AmaTuks players expressed their gratitude for being able to help in the development of the youngsters from Hammanskraal 🇿🇦

# Long Term Athlete Development (LTAD) Part II

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

**L**TAD is a sports development framework that is based on human growth and development. All young individuals follow a very similar pattern of growth from infancy through adolescence, but there are some significant individual differences in both timing and magnitude of the changes that take place.

What is important to remember is that the critical periods in the life of a young person needs to be maximized through the type of training performed and in

so doing optimize the athletic development of this individual. This has led to the notion that young people should be exposed to specific types of training stimulus at specific times within the growth pattern of normal human development. This article is a follow-up on the previous edition of 'the Medalist'. Outlined below are the proposed stages that have been internationally recognized and adopted.

In a nutshell, LTAD can be seen as a step-by-step, systematic, process of developing our young

FUNDamental	Learn to Train	Train to Train
Basic Movement literacy	Building technique	Building the engine
FUN & participation	Young individuals should learn how to train	Sport Specific skill development
General, Overall Development	Overall sport skills development	Emphasis on aerobic conditioning
ABC's of Athleticism – Agility, Balance, Coordination & Speed	Major skill learning stage: all basic sport skills should be learnt before entering the next stage	During this stage there should be tion of fitness & technical training
RJT – Running, Jumping & throwing	Encourage participation in complementary sports i.e. those with similar energy systems & movement patterns	Focus on training rather than
KGBs – Kinesthetics, Gliding, Buoyancy, Striking with the body	Learn the Basic technical / tactical skills & ancillary capacities. These include: Warm up, Cool Down & Stretching	Training predominantly of high workloads.
CKs – Catching, Kicking & Striking with an implement	Stage co-incides with peak motor co-ordination, thus emphasis on skill development	Time commitment to training should
No periodisation, but well structured programs	Training should include the use of 'own Body weight' exercises, medicine ball & swiss ball exercises	Major fitness development stage:
Speed, Power & Endurance should be developed using FUN & games	Single or double periodisation	Single or double periodisation
Daily Physical activity	Sport specific training – 3 x per week & other sports 3 x per week.	Sport specific training 6-9 times per plimentary sports.
Introduced to simple rules & ethics of sports.	Focus on training but competition should be used to test & refine skills	Specific targets for each competition learning basic tactics & mental
	If you miss this stage the athlete may never reach their full potential	Training should continue to develop include the use of own body weight ball and swiss ball exercises.

## “At the University of Pretoria’s High Performance Centre (hpc) we are moving into a very exciting time as we are busy establishing our own LTAD plan...”

talent to become internationally competitive through appropriate training at the applicable time in human development to promote high level sporting participation and for a sustained period of time.

At the University of Pretoria’s High Performance Centre (hpc) we are moving into a very exciting time as we are busy establishing our own LTAD plan where

all the sport science and medical practitioners are providing the blueprint for athletic development within our academy system 

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2. Gordon R, British Swimming Association Long Term Athlete Development Guide.
3. England Hockey, Long Term Athlete Development, A consultation document for Hockey.
4. Canadian Sport Centers, Canadian Sport For Life, Long Term Athlete Development, Resource Paper V2

For more information contact: Steven Ball, at balls@hpc.co.za

	<b>Train to Compete</b>	<b>Train to Win</b>
	Optimising the engine	Maximising the engine
	Sport, event, position specific physical conditioning	Final stage of athletic preparation
	Sport, event, position specific technical tactical preparation	Emphasis on specialization & performance enhancement
greater individualiza-	Sport, event position specific technical & playing skills under competitive conditions	All physical, technical, tactical & mental capacities should now be fully established with the focus shifting to optimization of performance
Competition	Specialisation	Ages & sport specific based on international normative data
volume, low intensity	Continued emphasis on physical conditioning with the focus on maintaining high volume workloads but with increasing intensity.	High Performances
increase significantly.	Training should focus on developing maximum strength gain through the use of weights	Athlete trained to peak for specific competitions & major events.
aerobic & strength.	Coupled with continued work on core body strength & maintaining suppleness.	All aspects individualized.
	Single, double or triple periodisation	Double, triple or multiple periodisation
week including com-	Sport specific technical, tactical & fitness training 9-12 times per week.	Sport specific technical, tactical, and fitness training 9-15 times per week.
with the view of preparation		
suppleness and exercises, medicine		

# “Life Skills Through Sport”

*Text: Dr Lourens Human*

In 2006 four MA (Counselling Psychology/Sport Psychology) students of the University of Pretoria (UP) ran a Street Kids Project (SKP) under the supervision of Dr. Lourens Human. This project was done in conjunction with the Tshwane Alliance for Street Children (TASC) and TuksSport (Pty) Ltd.

The goal of the project was to teach life skills through the medium of sport (e.g. soccer, cricket, rugby) to the Street Kids. This was done every Friday morning during 2006 (10h30-11h30) on the premises of Jopie Fourie Primary School, Salvokop. The Street Kids (15-30 children) that participated in this project were boys, who were between 5 to 18 years old, and mainly came from two Street Kids Shelters, namely, Child Soul Care and Crossroad Shelter for Street Children, which are both situated in Salvokop. A briefing - activity - debriefing model was followed within this project. The briefing phase (10 min) entailed choosing a sport to play, discussing the rules of the game and warming up; the activity phase (30 min) was spent on the play the game while during the debriefing phase (20 min) the Street kids were divided into four groups which were facilitated by the MA (Counselling Psychology/Sport Psychology) students. The topic of the debriefing sessions was: “What did you learn about yourself and others while

playing sport?” This was then also made applicable to everyday life during the debriefing phase. For example, during the debriefing sessions the Street Kids were taught that when you want to speak you need to be in possession of the soccer ball. Only the person who has the soccer ball is allowed to speak while the other kids in the group need to listen. This was then made applicable to their living together in the shelters - only one person can speak and the others must listen.

In 2007 the project is going to be expanded to once again include the MA (Counselling Psychology/Sport Psychology) students from the Department of Psychology, as well as third year Sport Science students from the Department of Biokinetics, Sport and Leisure Sciences. The role of the Psychology students will be to use the medium of sport to teach life skills, while the role of the Sport Science students will be to enhance the sporting skills of the Street Kids. The project will also be expanded to include girls and will be run on the grounds of the University of Pretoria.

Street Kids are a commentary on “Adult Life” in society. Until our cities are home to many Street Kids, they will continuously remind us of our incompetence’s and inadequacies as adults to take care of children in a manner that is empowering to them 🌍





## Changing our children's future

*Text: Waldo van Heerden*

**P**lay4Sport is an initiative from hpc to provide core and sports specific long term development for athletes of all levels. With the large scale abandonment of in and after school physical education programs students/athletes are being denied the opportunity to learn the basic motor and sports specific skills essential to physical development and sporting excellence. Furthermore, the more immediate and diverse benefits of physical activity - improved general health and the development of social skills through team and physical interaction - are also forfeited. Children today are less fit and more stressed than they were 10 or 15 years ago. If this generation is to attain the self-belief required for future successes, it is imperative that athletic development becomes part of their schooling.

**Play4Sport** provides the tools to address this problem. Long term athletic development is planned and managed through a system of programs and evaluations tailored to age and abilities.

The foundation of the program consists of the following aspects that are important for the school setting:

- Motor development for students
- Must be aligned with the life orientation curriculum
- All groups should be able to participate
- Must be computer based
- Should have a long term development plan
- Easy for students to grasp concepts

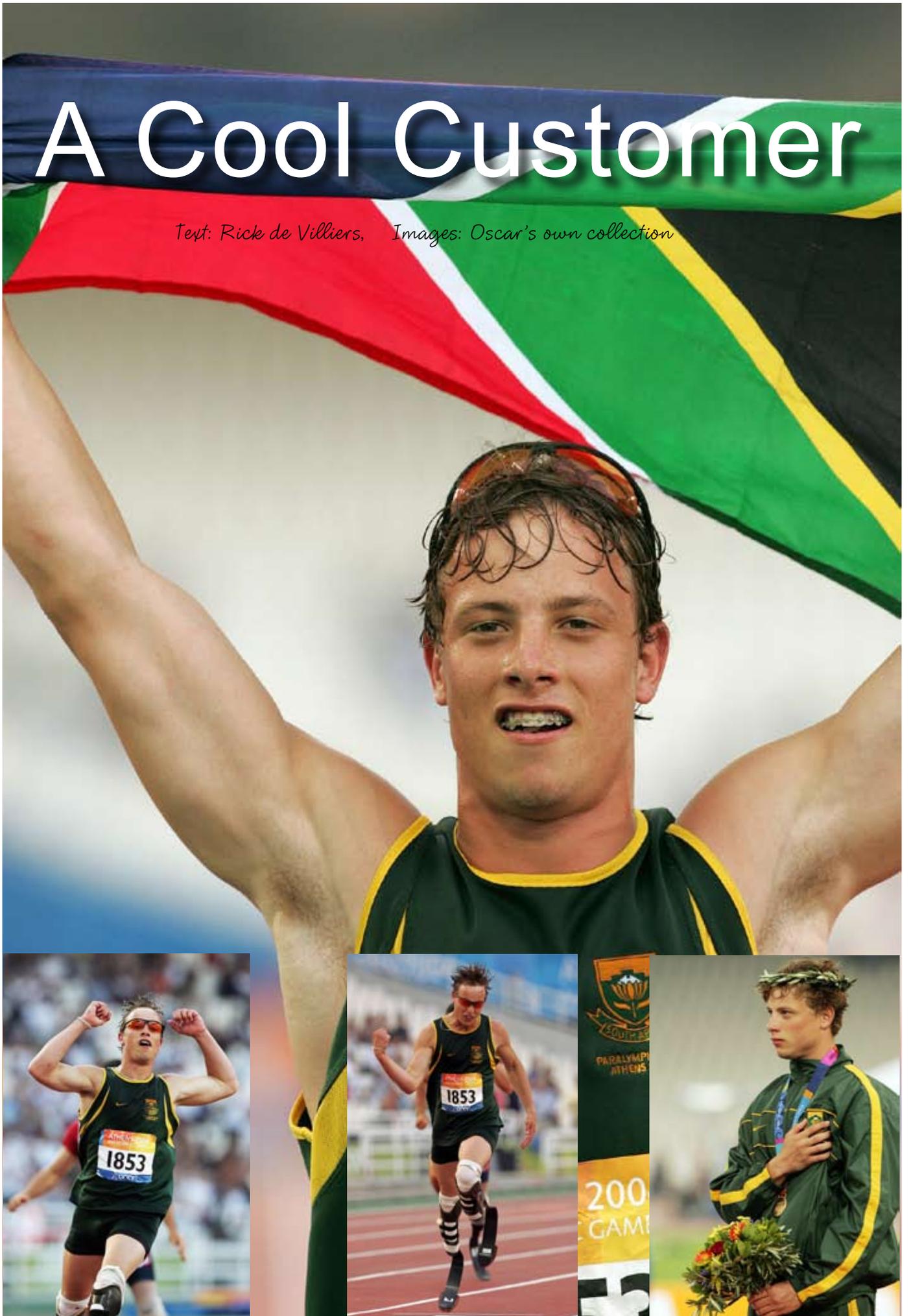
The Vice-Principle of Laerskool Monumentpark had the following to say about the program: "With the implementation of the program we observed immediate change". The following are some of the results that were observed: "The daring attitude of the students improved, a growth in self-confidence, and an improvement in the level of students' fitness".

**Play4Sport** aims to achieve these results in more than just one or two schools, and to expand this opportunity nationwide. We believe that all students should have the right to participate in a scientific program that develops all-round fitness and motor skills 🏆

Contact: Waldo van Heerden, project manager at  
e-mail: [waldo.schools@hpc.co.za](mailto:waldo.schools@hpc.co.za)

# A Cool Customer

*Text: Rick de Villiers, Images: Oscar's own collection*



**H**is running is fast, furious and fiery. But no matter how hot it gets, Oscar Pistorius always keeps his cool.

An uncomfortable heat weaves its way through the deckchairs on the Time Out patio. The air is thick and dry, and under the sun's insistent rays all the world seems limp and listless – all except for one character.

Sitting in the shade of a big umbrella, Oscar Pistorius stares out over the rugby fields of L.C. de Villiers. He is clad in a washed-out purple gholf shirt and a pair of shorts, and appears to be unaffected by the temperature. On the table in front of him are two weapons against the heat – a pair of shades and a glass of ice-cold water – both untouched.

Oscar's cool and composed attitude, both on and off the field, has enabled him to reach the top ranks of his sport. In his career he has broken a total of 19 world records and this year alone the bilateral-amputee athlete has snatched up five gold medals at international events.

Date of Birth:	22 November, 1986
Main Events:	100m, 200m, 400m
Favourite Food:	Jalapeño bread with lasagne.
Favourite Movie:	Napoleon Dynamite
Favourite Book:	Scar Tissue by Anthony Kiedis

### So how does Oscar explain his explosive success?

"I like competition – especially when I'm winning," he says with a smile. "Running a good time is all that really matters, even though I might not win a particular race."

That the 19 year-old speedster might not win a race seems a distinct unlikelihood. For the past year athletics has been Oscar's main focus, and he has chosen the High Performance Centre (hpc), University of Pretoria as his home.

"The hpc is first class," he explains. "It has the best equipment, a great vibe and promotes a healthy lifestyle. With facilities like these it's easy to accomplish what you wish to do. Everyone I need is right here – my coach, my physiotherapist and the trainers. The hpc really sets you up for success."

While the hpc makes up one ingredient of Oscar's success, another is made up by his determination. An average day in this athlete's life is a jam-packed as its pace is relentless and calls testimony to his resolute discipline. His morning kicks off at 7am with

an hour and a half in the gym. After breakfast at Time Out, his muscles are relieved of all their stress during a physiotherapy session. He attends a spinning class at three and after a gruelling hour of cardiovascular training, he is off to the track to do what he does best. Oscar completes his last lap at 17:30 and can finally head home to regroup for the demands of the next day.

In addition to a hectic training schedule, he has to adhere to a strict protein and carbohydrate-based diet. Fatty foods and starches are kept at bay while he loads up high energy meals. Luckily Oscar is allowed one day of released inhibition. "I get one day per week on which I can eat anything I like. On that day I try and catch up on my pudding intake! My favourite recipe is a toffee custard malva pudding sprinkled with Astros."

The sultriness of the day is momentarily lifted by a cool breeze moving over the patio. "Ah! That's refreshing." So, Oscar Pistorius too is capable of feeling the heat. For the first time he takes a steady sip of water. "I hate the bit just before a race – I get really nervous. But I guess stressing helps in pumping me up, because once the shot goes off I am released."

Another sound that gets Oscar's blood flowing is grinding roar of an off-road dirt bike. The athlete often punctuates a few weeks' training with a scramble on the dirt, somewhere outside the reach of civilisation. "I love motor engines," he says. "When I need to take a break, there's nothing like an open piece of land to ride on. It really gets my adrenaline going."

Between athletics and studying for a BCom Business Management degree, Oscar's time runs as thin as his fat-intake. International competitions mean time away from home and time away from a normal way of friends and family. Yet, all isn't gloomy. In fact, Oscar finds travelling the grandest perk of his professional career. "I love visiting new places. You meet interesting people and you get to do interesting stuff." While saying this, he takes something from his wallet. It's a soccer ticket: Manchester United vs. Chelsea – concrete evidence of eventful touring.

"But no matter how much fun I have overseas, I always love coming home," Oscar continues. "When you're away from South Africa for long, you even start missing taxis cutting you off. I belong here" 🇿🇦

# In The Presence Of Greatness

*Text: Sam Weber, Images: Prof Hendrick's own collection*

There are few people who achieve as much during their careers as Denver Hendricks has. His success is both intimidating and inspirational. Upon meeting this living legend, one is struck by his humility, his energy, and his continued dedication to sport as a vehicle for the greater good of our nation.

Denver Hendricks was born in the Western Cape and started his primary school education in Paarl before moving to Uitenhage in the Eastern Cape, where his father had been offered a principalship. It was here that Denver's sports career as a swimmer started. "I am in the fortunate position that both my mum and dad were sports orientated. My mum was a tennis and hockey player, and my dad was an athlete and a rugby player. That is where the encouragement came from," says Denver.

Swimming might not have been exactly what his parents had had in mind for him though. "Uitenhage was one of the few Black areas that had a municipal pool, but it wasn't the cleanest of pools," he remembers wryly. "My parents were very reluctant for me to go there." The young Denver was, however, determined. When his dad got an opportunity to study overseas for a while, Denver made good use of his paternal absence and by the time Dad came back, it was too late. Denver was in the pool and swimming. In fact he had already made the provincial U10 team. He soon distinguished himself even further and went on to hold several records of the non-racial South African Swimming Federation.

"I was also fortunate enough to have access to people who were in the sport of swimming then and who acted as role models for me," Denver is quick to acknowledge. He continued swimming all through high school and, at the end of his matric year, the sport took him all the way to the United Kingdom. A good all-rounder, Denver was also captain of his school's first tennis team and this talent later developed into a passion for squash. Here too, he soon distinguished himself, earning Western Province colours and playing in the semi-finals of the South African Open championships. "That was a sport I really enjoyed," he says with satisfaction. "Swimming is a tough, high-discipline sport and there was more enjoyment

for me in squash."

By this time Denver had completed his schooling and was enrolled at Wits University for an Engineering degree. The world of sport was, however, a greater draw card than lectures in Engineering. Denver quickly realised that his future lay elsewhere. He changed course to Rhodes University in Grahamstown, where he earned an Honours degree in Physical Education and, with that, Denver Hendricks had found his niche.

In 1981 he was awarded a Fulbright scholarship and completed his Master's Degree at the University of California, Berkley. Upon his return to the country, Denver embarked on a lecturing career, starting at the Dower College in Port Elizabeth before moving on to Athlone College back in Paarl, and eventually to the University of the Western Cape, where he was appointed Senior Lecturer, Professor, and eventually head of the Department of Physical Education.

Denver Hendrick's career went from strength to strength. In 1993 he was appointed as Deputy Dean in the Faculty of Arts at the university. By 1997 his career had moved beyond the confines of the campus and he was appointed Chief Director in the National Department of Sport and, soon after the new millennium dawned, he was appointed Head of Sport and Recreation South Africa.

Throughout his career, Denver Hendricks strived to employ sport as a tool in the struggle towards freedom and justice. "Sport had a particularly political flavour at that time," he remembers. "It was unavoidable. During tournaments one was always being reminded of the inequities that existed in the system then. Furthermore, it was an overt mechanism of the struggle. It brought people together in an area that was not readily challenged by the government at that time." Sport also provided the international community with leverage in putting pressure on the old South African government.

"I was always interested in society, in ameliorating the kinds of experiences that we were having, and in how sport could contribute to bringing people together and to nation building," Denver explains.

# LEGEND: Denver Hendricks

Today, Denver Hendricks enjoys international acclaim in the field of Sociology of Sport and has been widely published on the subject.

While his contract with the government ended recently, the hpc and UP have benefited from the opportunity to retain Denver's skills and experience as Project Manager. He has specifically been tasked with three projects. First on the agenda is the strategic planning of transformation at the university. In the second place, Denver is assessing how the university, by channelling students into areas of skills shortage, can play a part in government's shared growth initiative. With 2010 around the corner, there is considerable emphasis on sport as an economic driver. Third, but certainly not least, Denver is assisting in positioning the university to contribute and benefit

from the 2010 Soccer World Cup. He is also involved in developing employee wellness programs.

Denver Hendricks continues to strive towards making it possible for each and everyone in this country to succeed. He has dedicated his life to creating opportunities for the rich talent that still lies dormant in South Africa to be unlocked. Any country would be proud to count Denver Hendricks as one of her sons. We are blessed in his passion, his dedication and his talent.

I leave our meeting knowing that I have barely scratched the surface of who this complex man really is. Nevertheless, I leave knowing that I have stood in the presence of greatness 🌈



# Here To Stay

*Text: Sam Weber, Image: Tag Heuer Shoot*

**F**HM voted him the hottest South African male heartthrob. Heat magazine cannot get enough of him. Dan Nicholl, editor at *iafrica*, refers to him as 'The Chiselled One'. Girls put pictures of him on their bedroom walls. Boys want to be him. He is at the top of his game and among the very best in the world. How does Ryk Neethling feel about all the clamour and commotion?

"I just want to swim," he says with a wry smile and a resigned shrug. Ryk Neethling does not particularly enjoy the celebrity lifestyle that has been thrust upon him. He really is not too fussed about the appearances, the photo shoots, the magazine articles, and the gloss and glamour that have become such a big part of being a top sportsman.

Instead, Ryk Neethling is intent on world domination. He is in first class physical form, his mind is finely focussed, records are shattering one after the other and Mr Neethling is by no means done yet. With his home base now in Pretoria, Ryk trains at the hpc every day and is highly complimentary about the facilities. Beijing is coming and Ryk Neethling has taken aim, a gold medal firmly fixed in the crosshairs.

"I come alive on the starting blocks," he says. "Lining up with the eight fastest guys in the world, trying to figure out a way to beat them, that is when I feel most alive." For Ryk it is all about pushing the envelope, testing the limits of his body and his mind. He even prefers to swim in front of a crowd that has come out in support of a competitor. The higher the odds are stacked against him, the more determined and resourceful he becomes and the more likely to secure victory.

This is the way it has always been for Ryk. He remembers playing rugby on the big front lawn of his parents' house, growing up in Bloemfontein – a huddle of little boys for whom the expansive Neethling front lawn had become Loftus Versfeld. The inevitable scuffle ensued around the ball. Ryk got hurt and suddenly, there it was – that core of iron, that desire to overcome, that quiet and unshakeable will to succeed in spite of any and all obstacles. Once that feeling had taken hold no shrub was safe. Ryk got his hands on the ball and, still hurting like the blazes, ran like the devil himself was giving chase. Herbaceous borders and sundry bushes gave way before the single-minded little boy. With a last dive over the

shrubbery he scored his try. Right there he tasted it – victory against the odds – and he has never lost his taste for it.

Through all the trials and triumphs, however, at heart Ryk is still just the boykie from Bloem. While he enjoyed his time in the United States of America, he simply cannot conceive of ever being anything other than South African. The Free State is still where he feels most at home and the wide open vlaktes where he breathes easiest. There he relaxes. There the demands of being a world-class athlete roll away and concentration gives way to the warm embrace of family and friends.

Ryk Neethling keeps it real – that much is soon evident. While he is not entirely at ease with the idea of being a South African idol and a celebrity, he treasures moments of sincere interaction with his multitude of fans, especially the young ones. Ryk takes pride in making a difference and knows the impact that a word of encouragement from an icon can have in a child's life. After all, as a boy he attended every rugby game played in the Free State Stadium. Afterwards he would line up outside the change rooms with other boys, waiting for the heroes to make an appearance. In this way he built up quite a collection of rugby players' socks – wet and probably smelly but, to Ryk, a treasure beyond measure and a source of inspiration.

For all his success, Ryk still has his feet firmly on the ground and does not discriminate based on star status. He lives by the words Rudyard Kipling wrote in his famous poem, *If*. "If you can talk with crowds and keep your virtue; or walk with kings – nor lose the common touch; If neither foes nor loving friends can hurt you; If all men count with you, but none too much... yours is the Earth and everything that's in it; and – which is more – you'll be a Man, my son."

Upon meeting Ryk Neethling one is left with the impression of contained energy – coiled, controlled, just waiting to be released. He has a natural charm that, combined with his good looks and his prowess in swimming pools the world over, make for a forceful combination. Ryk Neethling stands tall – both physically and in spirit – a true South African ambassador. In short, Ryk Neethling rules! 🌈



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**H**er face has been splashed in newspapers around the world, but who is Suzaan van Biljon really?

When Suzaan van Biljon sits down for our interview, she is probably expecting the usual line of swimming-centred questions. The 18 year-old seems quite used to the interrogation setup and doesn't show the least bit of unease. I tell her that my focus is not swimming but on who Suzaan van Biljon really is – her expression doesn't change.

"If that's the angle, I don't know how much I can help you," she says with just the faintest smile. "I don't talk about myself easily."

Perhaps a bit like a chocolate éclair toffee?

"So you've heard? At the TuksSport matric farewell our principal, Ms. Hettie, compared me to a toffee: tough on the outside but soft on the inside – and also capable of pulling out a filling! It's a perfect description of me." Suzaan's smile broadens and we get onto the relatively familiar ground of her strong points.

Goal-orientated, disciplined and determined – adjectives every champion swimmer needs in their summarized fact-file. But what would the in-depth, no-holds-barred biography of the 18 year-old reveal? "I guess one of my weak points is my impatience. If don't get the results I work towards I can get pretty upset." Steadily the ice thaws. "I think I intimidate people quite easily because I speak my mind, which isn't always a bad thing, but I could probably chill out a bit more."

Suzaan's serious nature shouldn't, however, be labelled as a flaw too hastily. It is exactly because of her intense approach to life that the swimmer has managed to excel in her sport. This year alone, the matric pupil has snapped up three medals on the international stage – bronze at the Melbourne Commonwealth Games, silver at the Ring Short Course in Germany and gold at the Canada Pan Pacific Championships. A tough toffee indeed.

"Like every individual sport, swimming requires a lot of hard work," Suzaan says as she explains the demands of being on top. "It's like a full-time job because I train for nearly six hours every day. But I don't mind – I get out what I put in."

We dry ourselves of the swim talk and get back on track with Suzaan's behind-the-scenes life. "There's much more to do in Pretoria and it's more exciting." She explains the effect big city-life can have on a girl from Bloem. "When my dad and I came to check out the hpc (High Performance Centre) three years ago, I told him this is where I need to be. Since coming here in 2004, I've met many people and I've learnt a lot." She pauses for a while before speaking again. "You might not believe this, but I'm a lot less reserved now than before I came."

So what does the future hold? Apart from dominating the women's breaststroke event, Suzaan would like to study Hotel Management at the University of Pretoria next year.

"I can bake but I can't cook, that's why I'd like to study in this direction," she says. "One of my dreams is to one day be a good wife and mother." She laughs and I begin to see the soft interior of the toffee.

After cooking we move on to a passion Suzaan actually has experience with – animals. She joyfully recounts how her hamsters had destroyed the newly-laid wooden floor of her Bloemfontein home when she was small and also informs me of her love for meerkats. As the word 'love' escapes her lips, I notice a twinkle in her eye and ask her if the word can be used in connection with a two-legged animal as well.

"Yes, I have a boyfriend. He studies at Tuks and we train together." She blushes slightly, but says no more. The enigmatic Suzaan courteously thanks me for the interview, gets up and disappears round the corner 🌈



# OUT OF THE WATER

*Text: Rick de Villiers Images: Susan du Toit & Anelda Smalberger*

Date of Birth:	26 April, 1988
Stroke:	Breaststroke
Favourite Food:	Peppermint-Crisp tart
Favourite Movie:	Over the Hedge
Favourite Music:	Mellow rock (like Goo- Goo Dolls and Collective Soul)

# DYNAMITE IN TWO TINY PACKAGES

*Text: Rick de Villiers Image: Susan du Toit*

**T**hey might be young, they might be small, but don't be fooled – Morris and Micaela are about to blast the world of gymnastics out of its orbit.

The first thing you notice as you enter Ms Switala's class is not the poster of Mr Bean as the Mona Lisa. You are neither grabbed by the South African flag draped on the wall nor the lush scene of trees beyond the window. What does strike you, however, are twelve benches and two pupils.

Morris Sibanda and Micaela Markides are the only two Grade 5s at TuksSport School.

With ten minutes left of their English class, the two are spared some time to decorate the pages of their workbooks. Micaela exchanges a red colour pen for a green one as Morris' hand also dips into the pencil case. They both take great care in underlining each heading with a different colour. When the bell sounds the end of the period, the books are packed away and two gigantic backpacks are slung over two pairs of miniscule shoulders.

Our interview is held in the principal's office during class time – something about which Micaela and Morris are very happy.

"We have Life Orientation now," Micaela explains. "I like the subject but the Grade 6 boys in that class are terrible! They are so rowdy!" Morris nods in agreement. Despite the questionable amiability of the Grade 6 boys, these two gymnasts are very happy at the school. They both enrolled last year and have seamlessly slipped into the TuksSport way of things. The switch from their old schools to this one did not, however, come without sacrifice.

"I like it better at TuksSport, but my friends are all at the old school. There aren't any girls of the same age here," says Micaela. "Sometimes it's difficult without friends, but I did so well at the SA's that it's worth staying. I also love my teachers."

Micaela's performance at the South African Championships in September can more aptly be described as superb. Not only did the artistic-gymnast clinch five medals, but she also secured an overall first





place - a due reward for 9 years of diligent dedication to her sport.

As the focus shifts to Morris's latest achievement, his eyes expand in anticipation. "It was very nice," Morris says. "I liked the food a lot. We ate macaroni and lasagne, and we also had a party!"

In July this year, the tiny, yet muscular acrogymnast crossed to the shores of Portugal to represent his country at the World Games where he finished in fourth place. What makes this feat even more impressive is the fact that Morris had only been discovered a year and a half prior to this competition.

While doing acrobatic stunts in the Menlyn shopping mall to earn some spare change, Morris was spotted by Louis Fourie. The head of the Tuks gymnastics program immediately realised that the youngster was but a few buffs away from being a sparkling diamond and didn't lose any time in roping the new talent in.

Morris started training at the university and eventually received a sponsorship which still sees him happily seated at the hpc's dining table – with a big smile. The only thing the 11 year-old regrets is being away from home for long. "I see my family maybe once or twice a month," he says.

"It depends how strict his coach is", Micaela interjects. "And he is very strict!" Again Morris gives a quiet nod of assent and listens to Micaela's next comment. "My coach isn't as strict, but if we complain or say 'I can't', we have to do strength!"

Morris explains that 'strength' equals 100 push-ups – without rest. But, judging by the size of this Grade 5's biceps, you would think not even 200 would be a problem.

The conversation gradually slides beyond talk of flick-flacks and fly-aways (gymnastics lingo) as Micaela and Morris get into their favourite pastimes. "I like painting and drawing, but don't always have time to do it. But nothing beats gymnastics, that's why I came to this school." Micaela pauses, looks at her collection of colour pens and smiles. "I also like stationery."

As she continues on Barbies and quad bikes, Morris slips out a Play Station Portable. "Can I play a bit?" he asks. With expert precision his fingers navigate the controls and he gets his Need For Speed car over the finish line in first place.

After all the questions on my list have been answered and the interview is concluded, Micaela and Morris simultaneously put forward a request. "Can we stay here till school comes out, we don't want to have class with those boys now" 🌈

# A “WICKET” PARTNERSHIP

*Text: Anton Ferreira, Manager: Coaching, Cricket South Africa Image: Touchline*

**T**he sporting world is known to dish up clichés almost on a daily basis and when reflecting on results or performances, and generally surprise or poor ones at that, captains and coaches alike are quick to remind anyone lending them an ear that “hindsight is an exact science”.

It would thus be all too easy to now claim that the strategic decision taken by Cricket South Africa (formerly the United Cricket Board of South Africa) at the start of 2003 to nominate the High Performance Centre (hpc) at the University of Pretoria as its Centre of Specialisation was the correct one. We at CSA were convinced from the outset that this comprehensive world-class sports facility was the ideal venue of choice for cricket’s various Elite Player Development programmes as well as a training base to prepare our respective national men’s and women’s squads for international competition.

A major consideration at the time of concluding the initial three-year contract was the relocation of the existing National Academy from Johannesburg to the Hatfield premises of the hpc. In the pursuit of excellence and holistic skills development of our elite players, this magnificent facility provides the very best training and playing facilities and has without any doubt, helped us to raise the bar and enhance the overall performances of our future stars as we prepare them in the technical, mental and physical aspects of the game.

Focus, commitment and a professional lifestyle are key words commonly used in the training of young cricketers, and the hpc offers exactly that! This one-stop shop with its secure, comfortable accommodation, extensive sports science and medical services together with the unrivalled hospitality, offers the budding professionals the opportunity to focus fully on the tasks at hand and commit themselves totally to their personal growth and technical development.

Apart from the obvious benefits and the value of the hpc to the players, there are numerous other advantages that one can not always quantify. Rubbing shoulders with the many world record holders, spending time in the company of gold medallists and exposure to the dedication and professional attitude

of other international sporting icons who regularly visit this centre, are additional spin-offs that have a profound and positive impact on impressionable minds.

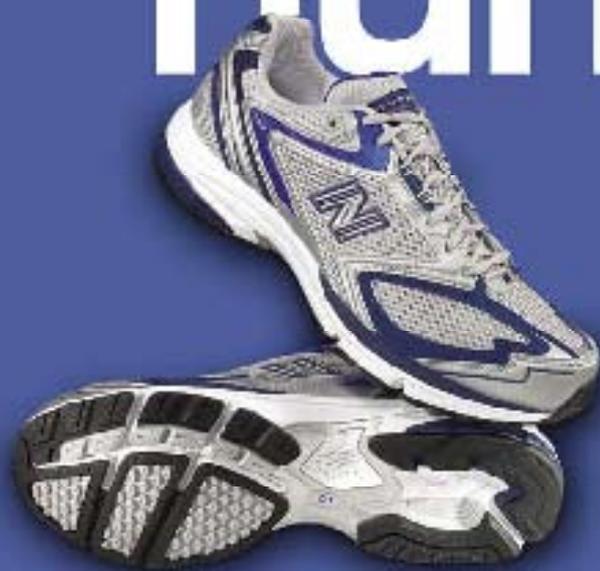
Since the relocation, three intakes totalling 52 candidates from all corners of the country have already graduated from our adopted home, during which time the hpc and CSA have played hosts to our Pakistan and Australian counterparts. The management and players of both these touring squads were extremely impressed with and complimentary of the comforts and range of facilities this particular facility has to offer. Like the Pakistan group a couple of years back, the Aussies checked-in to Rugby House for the duration of their stay here.

They combined a schedule of 4-day and limited overs matches against our boys with some final pre-season training sessions and during their time here, made extensive use of the gymnasium, the swimming pool, ice drums and the wonderful hospitality of the Time Out Café!! The only ‘negative’ the Commonwealth Bank Centre of Excellence squad encountered on their tour in August was an incredibly well-prepared, determined and proud South African Academy squad.

Playing in their own back yard and familiar surrounds, our youngsters took up the toughest of challenges and remained unbeaten by winning the one-day series two-nil and managing a creditable draw in the four-day match against formidable, seasoned opposition. Notwithstanding the losses on the playing field, it is no small wonder that the Aussies have indicated an intention to make this an annual event.

The role of the hpc in this recent success can not be underestimated. It has become our ‘patch’ and the professional environment the youngsters work in on a daily basis allows a single-minded focus and concentration on specific goals. There can be no excuses for anyone serious about making it to the top, not giving themselves every opportunity to succeed and climb their personal mountains 🏏

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ACHIEVE

# Critical elements of speed training

*Text: Adèle du Toit, Biomechanical analyst*

## Understanding the progress of locomotion

**Lo-co-mo-tion.** The act or capability of moving from place to place.

When we consider locomotion most of us think of the human ability to walk on two feet, also known as upright bipedal locomotion. Other forms of locomotion are running, galloping, skipping and crawling.

In order to move effectively the following aspects need to be in place during our development as children:

- During early infancy spontaneous leg movements take place that closely resemble the adult pattern of walking
- Reflexive stepping actions are in place
- Particular motor milestones occur at specific time periods that lead to the skill of upright bipedal locomotion.

After the infant is able to walk effectively, they start to explore the phenomena of running. Although different in some aspects, running has many similar components to walking. The most distinct difference is in the flight phase that exists during running. A child normally starts running 6 to 7 months after starting to walk.

The initial stages of learning to run is essentially only a fast walk. And they will show the characteristics they adopted during early walking, namely:

- Wide base of support
- Flat-footed landing
- Leg extension at mid support
- High-guard arm position (elbows bent and arms held at approximately shoulder level).

Although this may seem like a regression it is done to simplify the task at hand. To understand what effective running is, we will briefly discuss the characteristics of early and proficient running:

## Linear and maximum speed

Optimal sport performances demand a high level of development in speed across the range of speed abilities namely:

- Linear speed (forward and backward)
- Lateral speed (left and right)
- Change of direction.

In this article we will consider linear speed (as this forms the basis for further development). In linear speed the following speed components are important to consider when coaching speed (whether in team sports or track and field events).

- 1 Reaction time and first step quickness

In working with first step quickness it is important to always remember that first step quickness sets an athlete up to accelerate effectively. Another aspect is to consider the specific requirements of the sport in terms of the reaction to the stimulus (track and field it is the starter's gun, in ball sports it is the opponent and ball movements).

- 2 Acceleration

The second component of speed is acceleration. The largest amount of change normally happens during the first 6-8 steps. During a track and field event of 100m, acceleration normally occurs over the first 60m and maintenance of the speed

	Early running	Proficient running
Leg action	<ul style="list-style-type: none"> <li>Brief flight phase</li> <li>Broad base (toe out position)</li> <li>Limited rang of motion</li> <li>Rear leg does not extend fully</li> <li>Recovering thigh has enough momentum to bend the knee but not enough to carry it to parallel with the ground</li> <li>Overall range of motion is limited</li> <li>Stride length is short</li> </ul>	<ul style="list-style-type: none"> <li>Stride length increases, indicating greater application of forces</li> <li>Base decreases and toe out positioning is brought in</li> <li>Rear leg is fully extended</li> <li>Recovering thigh swings through to parallel position with the ground</li> <li>Heel is tucked close to the buttocks</li> </ul>
Arm swing	<ul style="list-style-type: none"> <li>Arm action assists the trunk rotation, not assisting in driving forward and backward</li> <li>Elbows swing sideways</li> <li>Arms are often moved horizontally across the body, to aid the unsteady balance</li> </ul>	<ul style="list-style-type: none"> <li>Lateral arm patterning is eliminated, arms move forward and backward</li> <li>Elbows reach right angle, moves in opposition to the legs</li> <li>Arm movement contributes to the power of the run</li> </ul>
Trunk	<ul style="list-style-type: none"> <li>Trunk is held upright</li> </ul>	<ul style="list-style-type: none"> <li>More trunk rotation takes place</li> <li>Trunk leans slightly forward</li> </ul>

Table 1: Early and proficient running

during the remaining 40m. The conditioning elements that contribute the largest amount to acceleration is maximum and explosive strength.

Linear acceleration consists of 3 phases, namely:

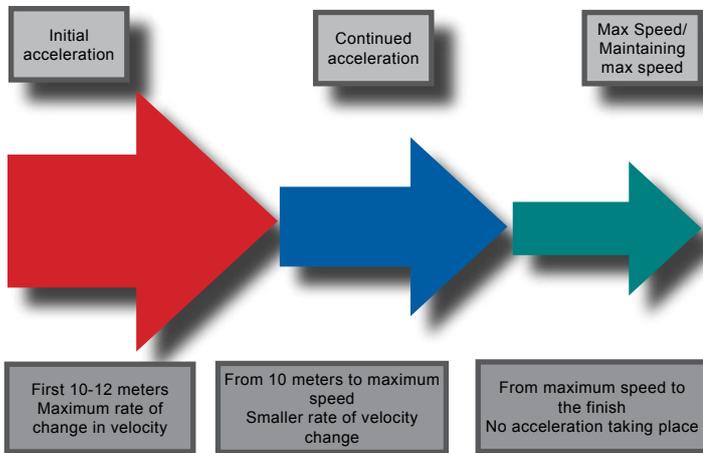


Figure 1: Phases of linear acceleration

When looking at the 100 meter race it can be visualized as follows:

Race phase	Percentage of race	For a 10.0 second 100 meters
Reaction time	1%	0.1 seconds
Block clearance	5%	0.5 seconds
Acceleration	64%	6.4 seconds
Maintenance	18%	1.8 seconds
Deceleration	12%	1.2 seconds

Table 2: Phases during a 100m sprint event (track and field)

### 3 Maximum speed

Most team sports' participants never attain maximum speed, but rely heavily on acceleration, change of direction and first step quickness. The component of maximum speed represents the highest level of neuromuscular control.

Two very important elements during maximum speed is short ground contact time and fast stride rates.

### 4 Speed endurance

Speed endurance ensures the ability to maintain a high percentage of maximum speed through good mechanics that ensures the optimal efficiency of running.

### 5 Deceleration

The component of deceleration is very important during directional changes but ideally must be kept to a minimum during linear speed application and speed endurance activities.

## Lateral speed and agility

Another component of speed that is of vital necessity for peak performance (especially during team events) is lateral speed and agility.

The following are critical elements when one is focused on optimal performance and improvement in lateral speed and agility:

- Single leg strength is extremely important as this will limit agility by restricting the cuts at top speed that the athlete can make.
- Eccentric strength for the deceleration component of the turn / change of direction.
- Landing with stability requires optimal development of the Proprioceptive system.

## Unique opportunity at the hpc

In our endeavour to be at the forefront of sport performance and development, a course is run at the hpc to teach coaches and athletes alike the principles of correct speed training (drills and conditioning). This programme, XL8T (pronounced accelerate) was developed by Jamie Tout and Glenn Genkins. It is used by teams all over the world to develop their players, including the Canterbury Crusaders. The course also places very high emphasis on the correct application of training tools used during coaching sessions. If the correct technique is not used during drill sessions the opposite effect is achieved from the desired speed improvement, and athletes end up moving less efficient and incurring a lot more injuries.

For more information on this course, contact Waldo van Heerden (registered presenter of XL8T courses).

We have moved away from viewing speed as a "genetically given", and our athletes can make huge improvements using the correct technique and conditioning for speed development 🏃‍♂️

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# PHYSICAL ACTIVITY FOR YOUNG AND OLD

*Text: Jimmy Clark, BA (HONS) (HMS) (Biokinetics), CSCS (Certified Strength & Conditioning Specialist), BSc (HONS) (Human Physiology), ISR, University of Pretoria*

**A**s professionals in the greater sport science world, we promote the importance of optimal preparation on a daily basis to athletes and coaches. Very often this involves the use of advanced equipment, elite training methods, and a variety of sports medicine disciplines. But physical activity should not be limited to Academies and High Performance Centres. All individuals can reap the benefits of regular, appropriate exercise. In fact, those not engaged in competitive sport may have more to gain by being more physically active<sup>1</sup>.

It is essential that children and adolescents engage in regular physical activity<sup>1</sup>. This encourages normal growth and development of physical and physiological components such as cardiovascular fitness, muscle strength, flexibility, motor skills, and agility. Physical activity during the formative years strengthens the bones and connective tissues, and has a positive influence on metabolic rate. Also, physical activity seems to promote self-esteem in children and adolescents, and those children that are active seem to experience fewer mental health problems. There is also evidence that neglecting regular physical activity during adolescence cannot be fully compensated for later in life<sup>2</sup>.

For these reasons, children and the youth should be introduced to physical activity. They should be taught the importance of physical fitness in theory, and provided with skills to improve their condition practically. Good habits and motivation must be developed early in life. The time being set aside for physical education and development in schools is being reduced. It is a concern that the extra time for mathematics and physics is usually found at the expense of physical activity! In addition, physically active commuting to and from school has largely disappeared in the modern way of life. If this continues, the number of overweight and obese children, and those with chronic diseases of lifestyle later in life, is likely to increase<sup>1</sup>.

For the elderly, those that are inactive are at a higher risk for developing disease and functional disability. Regular physical activity is essential for quality of life in old age and reduces the need for assistance.

Even very old people can benefit from exercise. It can assist in improving both endurance and muscular

strength. Stronger muscles can mean a faster walking pace, better balance, improved ability to use stairs, and reduced risk of falling<sup>1</sup>. A major concern in the elderly is the risk of falling, since many suffer fractures when they fall. Many of the factors leading to falling are reversible by regular physical activity, improving limb strength, balance and overall fitness<sup>3</sup>.

Through physical exercise and training, the loss of muscle mass and bone mineral density with age can be slowed, while the increase in body fat can be limited. Other age-related ailments like diabetes, coronary heart disease, hypertension, osteoporosis, obesity, muscle and joint ailments, and some cancers may be prevented by adherence to a regular physical activity program<sup>4</sup>. In fact, there are few treatments that hold greater promise in improving health and promoting independence in the elderly than exercise.

So, if you know of other individuals, young or old, who may not be physically active, why not encourage them to start an exercise program? Maybe grandchildren or friends of yours could be helped to become more physically active.

## REPORTED BENEFITS OF REGULAR PHYSICAL ACTIVITY (EXERCISE TRAINING)<sup>1-4</sup>.

This may include resistance training (weight work, calisthenics) or cardio respiratory training (running, swimming, cycling) or flexibility training (stretching, Pilates).

## CARDIOVASCULAR

- Improved myocardial circulation & metabolism – protects the heart from hypoxic stress
- Enhances the mechanical (contractile) properties of the myocardium to enable improved contractility to a stress challenge
- Establishing more favorable clotting characteristics through influence on hemostatic factors
- Normalizing blood lipid profile
- Alters blood pressure and heart rate so that myocardial work is significantly reduced at rest and during exercise

- Increased blood volume, heart volume, and contractility, leading to increased maximal stroke volumes and cardiac outputs
- Reduced cost of ventilation at sub maximal stress and increased maximal ventilation
- Improved thermoregulatory ability

## NEUROMUSCULAR

- Increased muscular strength, power, and endurance, related to improved motor unit recruitment, and coordination
- Muscle fibre hypertrophy and increased contractile potential
- Increased storage of intramuscular fuels (ATP, PC, glycogen, triglyceride)
- Improved oxygen extraction through increased capillary and mitochondrial density
- Increased aerobic capacity of tissues, resulting in improved lipid oxidation and exercise tolerance
- Improved ligament, tendon, and other extra cellular matrix connective tissue strength

## GENERAL

- Improved body composition through reduced adiposity, body fat redistribution, and increased muscle mass
- Provide a favorable outlet and response to psychological stress and tension
- Improved mood state
- Improved neural-hormonal response to stress and exercise
- Improved metabolic control, glucose tolerance, and insulin sensitivity
- Increased bone mineral density due to stress loading
- Improved joint health through cartilage lubrication and improved dynamic joint stability
- Increased high intensity exercise stress tolerance
- Increase longevity with less co-morbidity

Through these and other benefits, exercise training can have a positive effect on the treatment or prevention of a variety of disorders, including:

Obesity  
 Hyperlipidemia  
 Diabetes  
 Coronary artery disease  
 Osteoporosis & osteopenia  
 Osteoarthritis 

## REFERENCES

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# Parental involvement

and the effect thereof on a child's performance

*Text: Monja Muller*

## Case study: Johnny the swimmer

I watched Johnny, a very talented 14 year old swimmer at a competition. Before Johnny competed I saw him going to the toilet at least 4 times. After his race I congratulated him but commented that I saw him going to the toilet a couple of times. He laughed and admitted that before every meet he feels sick and throws up. It wasn't what Johnny said that struck me but how he said it. He described his behaviour as something quite normal, almost a natural part of swimming.

I then asked Johnny whether his parents were interested in his swimming. He replied that his dad was. I spotted a man sitting in the stand staring at us and Johnny mentioned that the man with the 2 stop-watches hanging around his neck and the clipboard on his lap is his dad. His dad attended all his galas and training.

I asked him if he was concerned that his dad might be disappointed if he didn't do well. He said he guesses so. Then I asked if he thought his dad might stop loving him if he didn't continue to improve. He looked at me for the longest time, then finally lowered his head and said in a very soft voice "I don't know". "It must be very scary not knowing if your dad will still love you if you don't swim fast enough" I said gently, perhaps scary enough to make you feel so much pressure that you feel sick to your stomach before every big race. He just stared at the ground and did not reply.

## The impact of Johnny's father on his performance

This raises the question: how many Johnny's are in today's sport, which experience similar symptoms and concerns in their sport? There are many parents who participate in their children's sport to this degree without ever realizing the impact they are having on their children. Johnny's father became so focused on his son's performance that he failed to even notice how terrified his son had become of disappointing him – to a point that he was physically sick to this stomach.

"It must be very scary not knowing if your dad will still love you if you don't swim fast enough"

However I am convinced that Johnny's father had good intentions thus supporting his child's swimming career. But Johnny's perception of the support was very different than his father's intention. Johnny perceived his father, the clipboard and the stopwatch as anything but support. The so called "support" frightened him and introduced fear. All the pent-up fear became so great that it crippled his confidence and enjoyment.

### Emotional education

Considering that fear and emotions are such a great part of competitive sport for most athletes, one would assume that learning how to deal with it will be a natural part of their training and preparation. Yet in reality it is not. In fact there is very little time if any spent on a young athlete's emotional education. Think about it, in comparison with emotional education, how many hours do athletes spend on physical training in a week? 20 – 25 hours?? How much are parents spending on their children's emotional education?

Another interesting point to consider is that parents and coaches need to be aware and comfortable with their own emotions before they could help or teach a young athlete (like Johnny) how to respond to his feelings. If these adults (parents and coaches) are for example very uncomfortable with their own fears and uncertainties there is no way how they would ask young swimmers about theirs, because what will they do with all the information and emotions?

People such as Johnny's father were perhaps more comfortable with giving Johnny answers such as "things will get better" or "think positive" or "try your harder" or "there is always another day" or "you did your best". These are supportive suggestions but none of them helps a child like Johnny to deal with his feelings, his fears or other complicated emotions. So there are two options for someone like Johnny. Firstly, he needs to listen to statements such as the ones above or be left to deal with emotions on their own. Otherwise, young athletes like Johnny are left with an emotional dilemma. They are continuously confronted with stressful, emotional situations that produce fear and the risk of disappointment. But because there is little emotional education they have no way of effectively dealing with what they are feeling.

Emotional awareness  
Considering Johnny's story what can be done to re-

solve this dilemma for parents? The most important gesture is emotional awareness. This means that parents need to be aware of their own emotions and attitudes because at the end of the day they have the biggest influence on children's emotional education.

Johnny's father can therefore start with the process of awareness by asking himself the following questions:

- How comfortable am I with intense feelings such as pain, anger, fear and hurt?
- What is the emotional impact that I have upon other?
- Can I talk to Johnny about these things, openly and honestly?
- How often do I deny my feelings because it's easier than dealing with them?

Being emotionally aware is often a challenging process that takes courage, commitment and openness on the parents' part to change, as well as the willingness to continually learn about and explore his feelings.

### Honesty in the parent-child relationship

Johnny's father like many other parents often might pose the question "how do you tell your child what you are feeling? He might say that he is the adult, the strong one, the expert, the one who knows or is suppose to know. How do I tell my child that I also get scared or worst that I don't know what to do now? They will never respect me again or think that I am soft. The paradox is that by being open and sharing some of these feelings Johnny's dad will actually create respect and admiration. And more it might help Johnny to admit and be aware of his own fears and hopefully contribute to his emotional education. It might even help him to deal with emotions such as fear, uncertainty or hurt.

How much of Johnny's father does each of us live out? Denying that you are in some way like Johnny's father is already part of the problem and stress that you might put on your child?

To conclude, remember if we expose our young children to the stress of competitive sport it is our (parents, coaches, support teams members) responsibility to always equip them with the resources of dealing and handling these emotions 🌈

# YOGA FOR DANCERS

*Text: Corli vd Watt*

The Juliu Horvath Method™ is fast growing in popularity in rehabilitation and sport centres around the world. This unique exercise method strives to improve the body by moving each joint and the body as a whole through all the spinal articulations (flexion, extension, lateral flexion, rotation and a combination of the above)

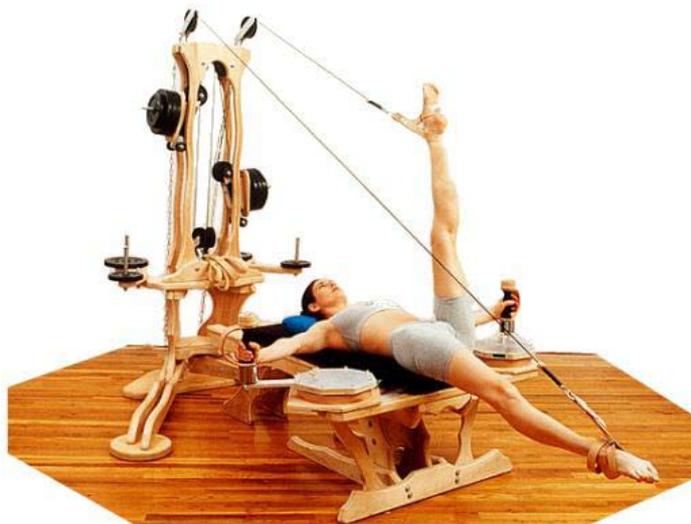
The Method can essentially be divided into Gyrokinesis® and the Gyrotonic Expansion system®. Gyrokinesis® are done on a low stool as well as on the floor and in standing. Many practitioners substitute a ball for the low stool in their classes. Gyrokinesis® borrows many elements from yoga, gymnastics and tai chi.

Classes start with breathing and pressure point stimulation called awakening of the senses (as in Yoga and Pilates breathing is emphasized through all exercises). The spine and pelvis is incorporated into the movement and lastly the extremities. As it was originally meant to be yoga for dancers, fluidity is key. Different to yoga one movement flows into the next and there is a constant undulating rhythm making it feel like a dance. A lot of emphasis is placed on elongating the body, even when flexing forward thinking of lengthening the back rather than shortening the front. This causes the body to be stretched and strengthened at the same time, resulting in lean strong coordinated muscles working from a stable core. Classes can be very basic, focusing on correct movement patterns in easy postures but later advanced to challenge even the most flexible and strong athletes.

The Gyrotonic Expansion system® is indeed an expansion on Gyrokinesis®. It includes several large pieces of equipment including the Pulley Tower and Spring Board. Unlike popular Pilates equipment, the Gyrotonic Expansion System works not just through

linear patterns of movement, but in rotation as well. Movements flow from a curl to a stretch through rotation of the joints. The big emphasis that is placed on rotation separates it from Pilates. Gyrotonic® uses Gyrokinesis® principles but adds uniform resistance through all ranges of motion. It is sometimes compared to the free movement of under-water exercises done with precision that is impossible in water.

Juliu Horvath's own struggle with injury led him to develop the system. He was born in Romania, but later moved to the United States after seeking political asylum. An excellent athlete since his youth, Juliu participated in among other swimming, gymnastics and rowing. He became a classical dancer in the Romanian State Opera. Juliu later became a principle dancer for the Houston Ballet Company. This is where his struggle with injury began, when he ruptured his Achilles Tendon ending his dancing career.



Picture: Gyrotonic Pulley Tower, [www.gyrotonic.com](http://www.gyrotonic.com)

Unlike Joseph Pilates, founder of the pilates method or Contrology, Juliu is still alive and this gives Gyrotonic® a vibrant quality as it is still changing and evolving. It is however heavily trademarked and prospective instructors sign contracts to only teach after a very intense and long training program. This limits Gyrotonics® market and may be the reason that it is not well known.

It is however an excellent rehabilitation tool and core strengthener adding the edge to any athlete's performance 🌈

# Heat Illness

*Text: Dr Merchen Naude, Sports Doctor, MenlynMed, Pretoria*

**A**ll will remember the dismal figure of gold medal favourite Paula Radcliff on the side-walk in the Olympic women's marathon, when the heat of Greece defeated the world's favourite runner. Heat illness is not only detrimental to sport performance; it can be life threatening as well.

Heat illness can be divided into 3 categories:

Mild heat illness:      Heat fatigue  
                                   Heat cramps  
                                   Heat syncope  
                                   (fainting due to  
                                   heat)

Moderate heat illness or heat exhaustion

Severe heat illness or heat stroke

The majority of athletes will experience mild to moderate heat illness. Severe heat illness or heat stroke is a medical emergency and must be attended to immediately.

Causes of heat illness:

Exercising in the heat especially when not used to the hot conditions, as well as not taking in enough fluids and electrolytes may lead to developing heat illness. Certain individuals are more prone to heat illness, including the obese, the elderly and unfit athletes. Dehydration and suffering from a viral infection with fever may increase the risk.

The athlete suffering from mild heat illness will complain of feeling faint, weak and dizzy. Muscle cramps and headaches may also be experienced.

Treatment:

Stop exercising, elevate the legs and pelvis, oral rehydration (with special focus on replacing electrolytes) and ice massage. Recovery should be fairly quick, with no complications.

Moderate to severe heat illness are more aggressive conditions. It is of the utmost importance to recognise the symptoms of heat exhaustion so that steps can be taken to prevent it from developing into heat stroke, which is a medical emergency.

Heat exhaustion will present as more severe dizziness, weakness, nausea, decrease in blood pressure and increase in heart rate. The athlete may be confused and lethargic. An athlete suffering from heat exhaustion must stop exercising immediately, lie down in a cool environment, elevate the legs, and be cooled down and given intravenous fluid if necessary.

If a hot exhausted athlete suffers from a loss of consciousness, severe confusion and vomiting, it most probably is heat stroke, and the athlete needs emergency medical attention.

How can an athlete prevent heat illness?

- Appropriate conditioning and fitness
- Alter training times to the cooler time of day
- Acclimatize – spend two weeks in similar environment as competition
- Appropriate temperature regulating and protective clothing
- Rehydration, especially electrolytes and carbohydrates

Limiting the effects of heat illness will greatly aid in performance. The most important factor is for athletes to recognise the signs and symptoms of heat illness and to take the appropriate steps to prevent complications 🌈

**R**oland Schoeman stands by GlaxoSmith-Kline's Total Control of Asthma

Olympic gold medallist Roland Schoeman is recognised as one of the world's leading athletes – but, amazingly, this incredibly talented South African athlete was diagnosed with asthma at the age of 6 years. As such, he is proud to continue his appointment as GlaxoSmithKline's Ambassador for its Total Control of Asthma campaign, having proved that with appropriate management, this debilitating condition need not impede triumph in even the most demanding of sports.

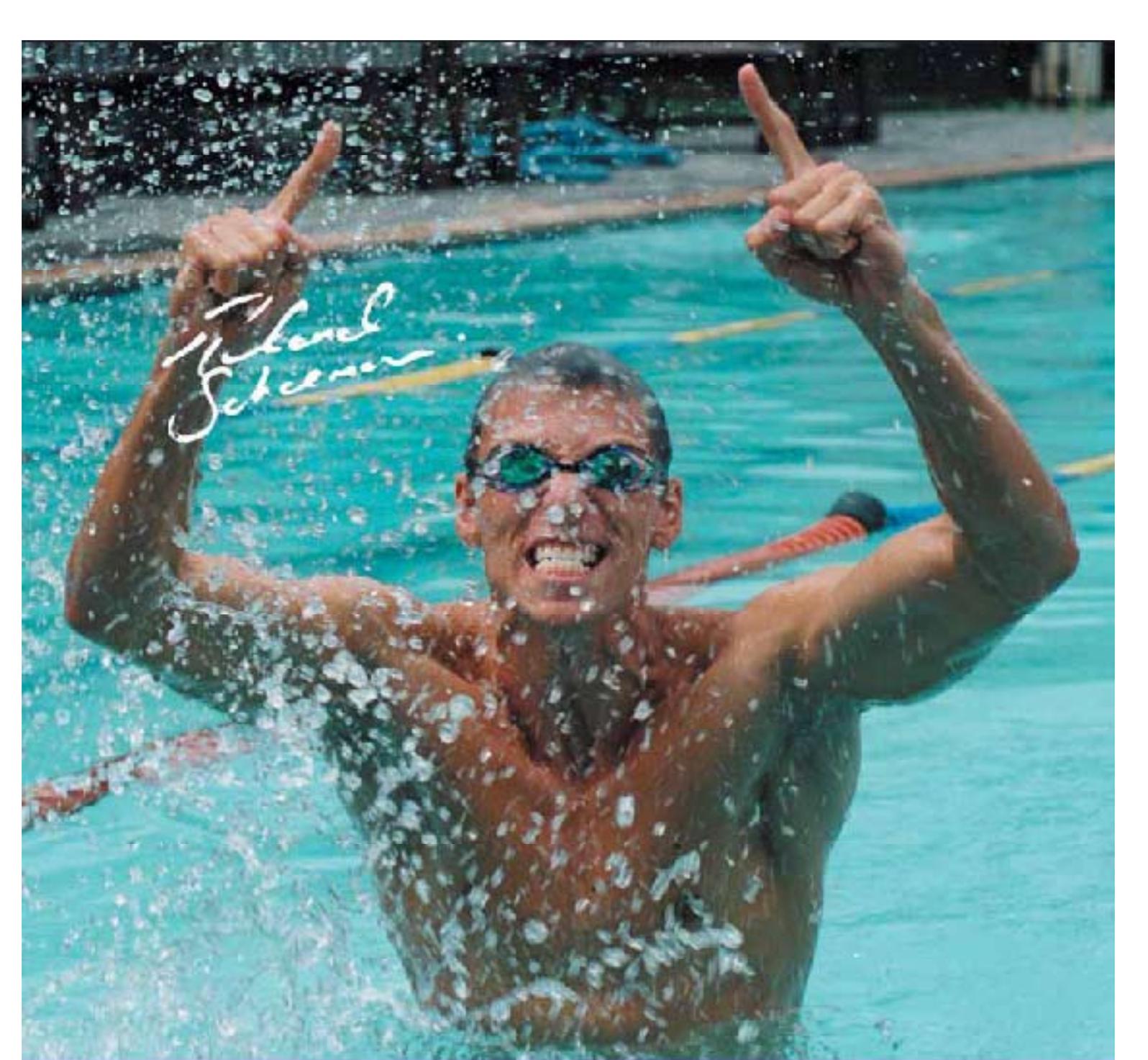
“Swimming for South Africa is both an honour and a privilege – as is representing GlaxoSmithKline's efforts to take control of one of the most commonly experienced respiratory illnesses in this country,” says Schoeman.

“GSK's research and its treatments has proven that Total Control of asthma is within the reach of many patients, while Roland's ambassadorship is a powerful message of what can be achieved when asthma is effectively managed,” says Dudu Ndlovu, corporate affairs manager, GlaxoSmithKline, South Africa.

“Roland has already proven that he has the health and fitness, the determination and the mental strength to triumph against the best in the world; we salute him as a remarkable example for all asthma sufferers to aspire to.

“With his contribution, GSK will continue to raise awareness of asthma, destigmatise the condition, and to rectify misconceptions to improve the quality of life of those living with asthma,” Ndlovu concludes.

For more information please visit [www.gsk.com](http://www.gsk.com)



*Philipp Scheiner*

**Total control of asthma**  
**is possible.**

**Speak to your doctor.**



GSKSmithKline

GlaxoSmithKline GmbH, P.O. Box 100, 70000 Mannheim, Germany. Tel: +49 (0) 621 260 6000. GSK reg. no. 1809090100000

# Training Tips

*Text: Steven Ball, Images: Susan du Toit*

In this issue we profile three upper body chest exercises that can be seen as progressions of one another. Flat bench press is one of the most common exercises used within a resistance training program. In this feature we profile the flat bench press and the potential progression to a dumbbell bench press and finally to a dumbbell press on the swiss ball which challenges not only the chest muscles but also the torso stabilizing muscles.

#### References:

1. Baechle & Earle, (2000). Essentials of Strength & Conditioning. Human Kinetics
2. Pearl, B. (1986). Getting Stronger. Shelter Publications Inc.

## Bench Press

- Lie on the bench, feet flat on the floor
- Hold barbell with a grip slightly wider than shoulder width.
- Un rack bar off stand with the assistance of the spotter.
- Lower the Bar to the chest in line with the nipples
- Raise the bar with an even pressure to the a position with the arms fully extended.
- Push the chest out the entire time
- In lowering and pushing the bar and weight, move it smoothly and in a controlled manner
- Keep your head on the bench at all times and don't arch your back when pushing the bar upwards
- Don't raise the hips off the bench at any point during the lift
- Inhale on the downward movement of the bar and exhale on the upward movement



## Dumbbell Bench Press

- Lie on the bench, feet flat on the floor
- Hold dumbbells together at arms length above shoulders, palms facing forwards
- Slowly lower the dumbbells so that they are even with the chest approximately 10cm from each side
- Raise the dumbbells with an even pressure to the a position with the arms fully extended.
- In lowering and pushing the dumbbells, move it smoothly and in a controlled manner
- Keep your head on the bench at all times and don't arch your back when pushing the bar upwards
- Don't raise the hips off the bench at any point during the lift
- Inhale on the downward movement of the bar and exhale on the upward movement



## Dumbbell Swiss Ball Press

- Lie on the swiss ball, feet flat on the floor, with your hips raised
- Hold dumbbells together at arms length above shoulders, palms facing forwards
- Slowly lower the dumbbells so that they are even with the chest approximately 10cm from each side
- Raise the dumbbells with an even pressure to the start position with the arms fully extended.
- In lowering and pushing the dumbbells, move it smoothly and in a controlled manner
- Always keep your Stomach muscles, especially your stabilizers active during the exercise.
- Inhale on the downward movement of the bar and exhale on the upward movement



# A SMOOTH OPTION

## TAKING A SMOOTHIE – WHAT IS IN IT FOR YOU?

*Text: Nicki de Villiers, Dietitian, hpc*

Increased physical activity increases some of your food needs. You require more energy taken from a variety of food. By taking extra servings of foods from all food groups, you can fill this increased energy need. The often encountered problem is finding time during hard training schedules to eat a few extra snacks. Training often takes its toll on appetite and one is often just not hungry enough to include ANOTHER snack.

An adequate snack to increase energy intake should contain a correct balance of protein and carbohydrate intake. Carbohydrate is a critical fuel source for the muscle and central nervous system. The availability of carbohydrate plays a key role in the performance of exercise lasting an hour or more. Therefore, sports nutrition guidelines promote carbohydrate intake before, during and after exercise to meet the fuel requirements of the activity.

At one time, it was believed that muscle-building exercise greatly increased dietary protein needs. This idea led to the development of special high-protein meals and drinks for athletes. This greatly increased need for protein was exaggerated, but an athlete's need for protein does increase somewhat. Besides muscle-building, aerobic exercise like distance running may also burn some protein for energy. That's why it is important for all athletes to have adequate protein intakes. Intake of excessive amounts of protein can although lead to loss of appetite, diarrhea, dehydration, and undue stress on the kidneys.

Increased energy intake will also possibly increase the need for greater amounts of micro-nutrients such as riboflavin, thiamin, niacin, and iron. But again, increasing nutritious foods to meet increased energy needs should supply more than enough vitamins and minerals.

A well formulated smoothie can supply you with added carbohydrates, protein and extra micro-nutrients. It is also easy to prepare and quite a feast to drink in times where appetite and time is limited.

### **An Idea for Recovery**

Recovery after exercise poses an important chal-

lenge to athletes in all domains. Not only is competition schedules tight, but training usually continues during competition and often competition schedules are extended over a series of days or a series of events in one day.

Hurdles in the way of optimal recovery:

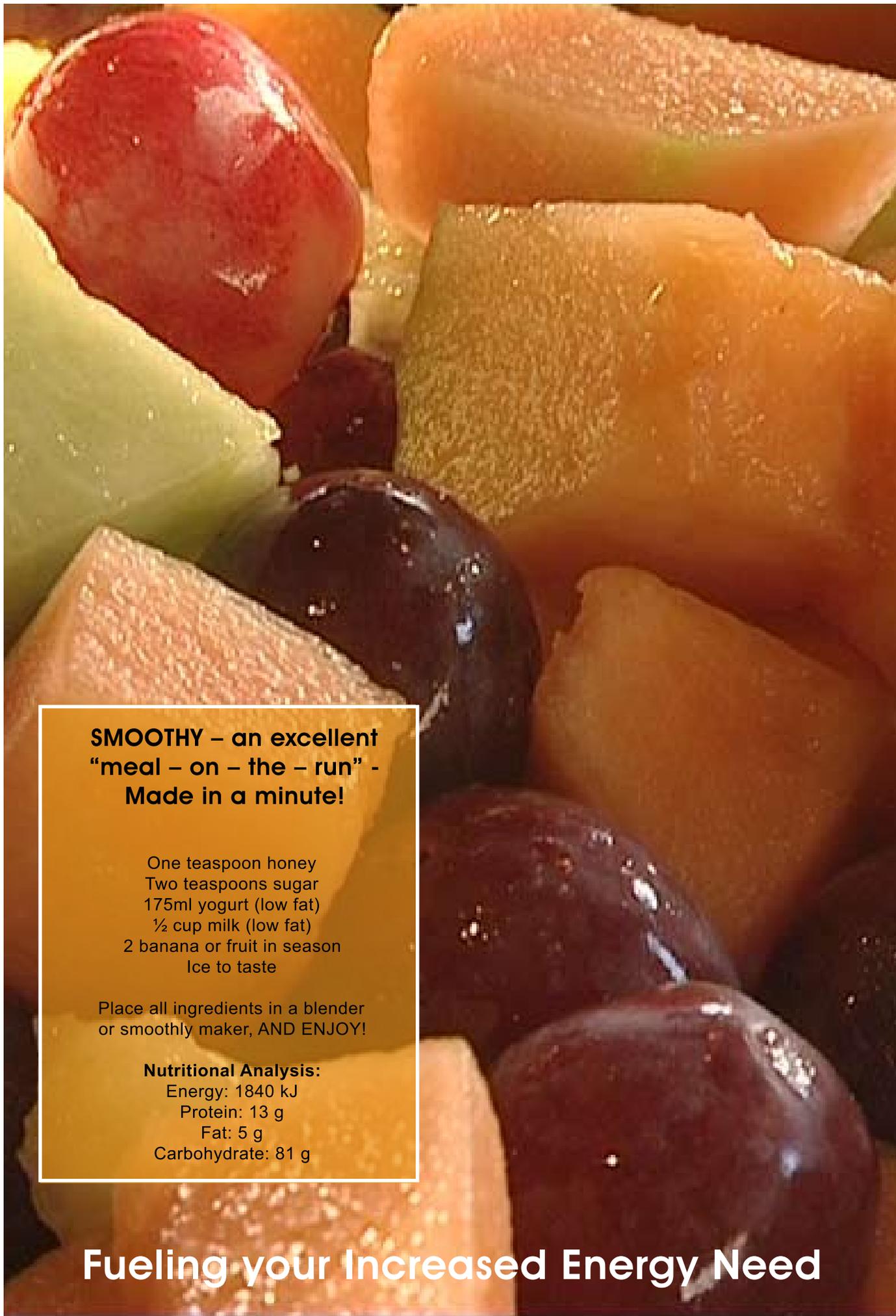
- Fatigue – interfering with ability / interest to obtain or eat food
- Loss of appetite following high-intensity exercise
- Limited access to (suitable) foods at exercise venue
- Other post-exercise commitments and priorities (e.g. coach meetings, warm-down activities)

Nutrition related recovery issues address the restoration of muscle and liver glycogen stores. This can be achieved through the timely adequate intake of carbohydrates. This should preferably be taken within an half an hour after training. Another aspect is the regeneration, repair and adaptation processes following catabolic stress and damage caused by exercise. The consumption of protein within recovery snacks may help to enhance the synthesis of new proteins underpinning adaptations to the workout.

A well formulated smoothie is an easy way to achieve optimal recovery through the provision of adequate protein and carbohydrate.

### **Settling the Nerves Before a Competition**

Before a game, your digestive processes may be slowed down by your keyed-up emotional state. To allow for this condition, you should eat an easily digestible meal. Many athletes complain that they cannot eat before a competition because they are not hungry or they are too nervous. Knowing that it is important to fill up your fuel tank prior to competition, a smoothie can be a more bearable option seeing that it does not take long to prepare and it is always easier to take a liquid than to eat a full meal in these circumstances 🍹



**SMOOTHY – an excellent  
“meal – on – the – run” -  
Made in a minute!**

One teaspoon honey  
Two teaspoons sugar  
175ml yogurt (low fat)  
½ cup milk (low fat)  
2 banana or fruit in season  
Ice to taste

Place all ingredients in a blender  
or smoothly maker, AND ENJOY!

**Nutritional Analysis:**

Energy: 1840 kJ  
Protein: 13 g  
Fat: 5 g  
Carbohydrate: 81 g

**Fueling your Increased Energy Need**

## Pure Green Tea extract, Teavigo as an endurance enhancer.

Teavigo is EGCG or pure green tea extract. The ingredient is used in a number of South African brands including Revite's Vit-T-Go, Clover's Manhattan Ice Tea and Bokomo's Quick Break Bars. The definition of endurance is the ability of a muscle to produce force continually over a period of time. It is also a physically demanding and long form of exercise.

A trial was recently conducted on mice over a 10 week period. The mice received the equivalent of 4 cups of green tea catechins/ EGCG daily. Their endurance performance measured by their swimming time to exhaustion increased by 24%. The effects were dose dependant and accompanied by lower respiratory rates and higher rates of fat oxidation. The conclusion of this trial was that EGCG enhanced endurance capacity by increasing metabolic capacity and utilization of fatty acids as a source of energy in skeletal muscle during exercise.

No wonder nutritional scientists are excited at having identified the most active component of green tea known as EGCG or green tea extract. Not only is it a powerful antioxidant but it would seem from the research to play a number of other roles including potentially lowering cholesterol, preventing heart disease, fighting bacteria and dental cavities and is also possibly an aid to weight loss and may even prevent cancer.

The concept of antioxidants has been around for a long time and the term is generally recognised to imply health-giving properties. Indeed vitamins A, C & E are powerful antioxidants BUT researchers are increasingly getting excited by another group of nature's army against the degenerative diseases – the flavonoids. And this is what makes tea, especially green tea so exciting...

It seems that green tea contains the most potent free-radical scavenging antioxidant capacity, of them all, epigallocatechin gallate or more easily called EGCG. DSM have branded their pure form of green tea extract or EGCG, Teavigo. Teavigo is found in Manhattan Ice Tea and in Revite Vit-T-Go, an energy and immuno boost vitamin sachet.

# REPLACE YOUR ENERGY FAST!



Give your immune system and energy a super boost with Revite Vit-T-Go™. Only Vit-T-Go™ contains Teavigo™, a pure green tea extract. Teavigo™ is a highly effective antioxidant that is 4.8 times stronger than Vit C and Vit E, to help keep cells healthy.

Revite Vit-T-Go™ also contains Vit C, B1, B5 and B12, Glutathione, Calcium and Creatine in a delicious effervescent supplement to give you a sustained burst of energy to push life's limits.



## Vit-T-Go™ PUSH LIFE'S LIMITS™

Revite  
www.revite.com  
Tel: 011 477 3020

Revite™



*Text: Jason Spong*

## Afriman Duathlon – 17th September 2006 – 12km / 53km / 12km

**S**outh Africa's largest and most prestigious duathlon of the year happened on 17 September 2006 and it was a great success.

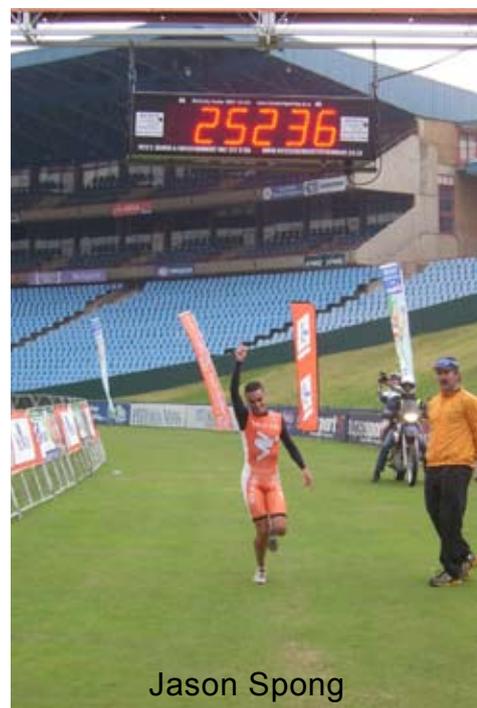
On a cold and rainy morning from the Super Sport Park in Centurion the competitors lined up for a tough day of racing. Even with the conditions looking wet and windy, the athletes, age groupers and elites were keen to get things under way. It was a hectic morning for the sponsors Revite Vit-T-Go, with adult and children's races ready to hit the road. The children's races were an important part of the event, as Revite have been very proactive in supporting the youth, especially the underprivileged youth, they are our future. They sponsored Bikes and shoes to the children of NOAH to participate in the day.

In the men's race, Jason Spong from Glenvista won the race, flying the Vit-T-Go flag high and confirming that he is South Africa's number one Duathlete. Second was a very consistent Glen Gore and in third it was a well paced Bryn Freeman closing in fast. In the women's race it was Andrea Horak of Nestle Pure Life who lead from start to finish, and second place, the surprise of the day, in only her second ever duathlon, Rika Viljoen. Third place went to Riana De Lange also of Nestle Pure Life.

Overall it was a very successful day of racing and great to see the sport of Duathlon growing 🇿🇦



Children of NOAH



Jason Spong



Nico van Heerden



Elizna Naudé



Lungile Tsolekile



René van der Merwe



Dup du Preez



Rocco Meiring



Tamaryn Laubscher

# UP Colours Awards

TuksSport once again performed exceptionally well in 2006

*Text: Henda van Schalkwyk, Images: Dr Jaco Joubert*

**T**uksSport once again experienced a dream year in as far as exceptional performances of its sportsmen and –women are concerned.

The University of Pretoria produced a total of 100 Senior Proteas & Springboks – 20 more than last year. These achievements once again underline the fact that Tuks are the main source of athletes to the National teams. Achievements are not limited to one sport code only, but cover a wide spectrum of codes. Provincial teams in various sport codes, for example hockey (men & women), netball, judo, swimming, rugby and wrestling, consist mainly of Tukkies. Both TuksHockey and TuksSwimming experienced outstanding seasons. Hockey was crowned national champions when they won both men's & women's club titles and produced nine national players. TuksSwimming once again dominated the swimming scene in South Africa by winning all club events and producing the majority of national swimmers. 4 Tukkies were awarded Springbok colours. The newly built Absa Tuks Stadium not only adds to the existing world class sports facilities at the University of Pretoria but also ensures that Athletics & Football at the University will be on a higher level.

139 Tuks sportsmen & -women and 7 officials - compared to 125 and 10 officials in 2005 – represented South Africa in various sports codes and teams and 184 received sports honorary colours from the University of Pretoria.

- 100 Proteas & Springboks
- 39 Other National teams (SA Jnr & Federation)
- 7 Officials
- 184 received honorary colours from the University for provincial representation and SASSU teams.

During the prestigious TuksSport Colours Awards Ceremony on 13 October the following athletes received awards:

**Student Sports Administrator of the Year**  
Nico van Heerden: Student Sports Committee

**Administrator's Award**  
Rocco Meiring: Swimming

**Coaching Award**  
Dup du Preez: Athletics

**Principal's Award for excellence in sport and academics**  
Tamaryn Laubscher: Swimming

**Student Sportswoman of the Year**  
René van der Merwe: Athletics

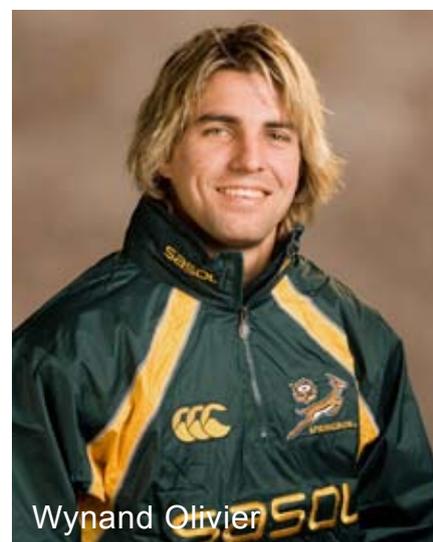
**Student Sportsman of the Year**  
Lungile Tsolekile: Hockey

**Student Sports Club of the Year:** Rowing

**Sports Clubs of the Year:** Hockey & Swimming

**Sportswoman of the Year**  
Elizna Naudé: Athletics

**Sportsman of the Year**  
Wynand Olivier: Rugby 🇷🇺



# CORPORATE GOVERNANCE

*Text: Brandon Foot, Sports Law, hpc*

“Corporate Governance” is a term which is bandied about so much that it has become a bit of a cliché. The concept is, however most significant for all in South Africa, including Sports Federations.

## DEFINITION OF CORPORATE GOVERNANCE

In very loose terms, corporate governance may be regarded as a system or code by which an entity is directed and controlled.

## EXAMPLES OF CORPORATE GOVERNANCE “CODES”

### The “King Code”

The first King report was prepared by Mervyn King’s committee in 1994 and released by the Institute of Directors (IOD).

The second King report was of a far more comprehensive nature and was issued as the “King report on Corporate Governance for South Africa 2002”.

### Codes of ethics and conduct

Most sporting codes have developed and adopted their own codes of conduct, e.g. the Code of Conduct of the South African Rugby Union and the SA Rugby (Pty) Ltd’s Code of Conduct.

Various sporting entities have also introduced certain sub-committees to attend to these issues. Examples of such committees are Corporate Governance, Remuneration and Audit Committees.

Other methods to facilitate Corporate Governance include:

The appointment of independent directors, as envisaged in “King II”. This has occurred in sports such as rugby and cricket, where prominent business persons such as Paul Harris and Thandi Orleyn play significant roles.

The formation of “umbrella bodies” to oversee Sporting federations

## SASCOC

The South African Sports Confederation and Olympic Committee (SASCOC) is a registered company and is tasked with inter alia overseeing the conduct of various sporting codes who are members thereof.

## Legislation

Parliament is currently reviewing a bill presented by the Minister which will afford to the Minister of Sport and Recreation the authority to intervene in the affairs of sporting codes.

## THE NEED FOR CORPORATE GOVERNANCE

The effect which corporate governance (or the lack thereof) has in respect of the various stakeholders including sponsors, suppliers, investors, broadcasters, shareholders, employees, contracting parties, spectators, the government and player’s unions.

## EXAMPLES OF CORPORATE GOVERNANCE FAILURES IN SOUTH AFRICAN SPORT

# PERFORMANCE IN SPORT

Unfortunately, various failures have occurred such as:-

The alleged theft by the former finance manager of the United Cricket Board of South Africa of millions of rands.

The Hefer commission was appointed in regard to alleged irregularities in South African rugby.

"Operation dribble" regarding alleged match fixing in South African football which petered out and into not more than a bit of "spittle".

While the aforementioned but a few examples of corporate governance failure in South African Sport are not in the order of the Enron, Arthur Andersen or Leisurenet failures, they have had a significant impact on South African sport.

## CORPORATE GOVERNANCE FAILURES IN WORLD SPORT

Examples of failures of significance are:-

The cricket match-fixing saga, the recent alleged corruption in Italian football, the increased prevalence of doping in sport, the allegations of "hidden commission" being taken in Bangladesh cricket and the allegations of the corrupt dealings of agents in British football.

## THE CONCERN OF SPONSORS IN SOUTH AFRICAN SPORT

Dr Ali Bacher, renowned for his reputation in administering cricket, has recently been appointed as a consultant to the major sponsors in South African rugby and accordingly occupies a seat on the board of SA Rugby (Pty) Ltd. He, amongst other matters, keeps an eye on governance issues in rugby on behalf of the sponsors, as major stakeholders in the sport.

## CONCLUSION

There can be no doubt that the necessary structures, codes, committees and the like, are of importance in regard to the regulation of corporate governance in sport.

However, it is significant that many of the aforementioned sporting corporate governance failures occurred despite such safeguards having been in place at the relevant time.

In the circumstances, and while such structures are vital, it is obviously necessary that the individuals involved in sport, pause and at all times be aware as to precisely why they are involved in the relevant sport. Personal agendas and ambitions should be subservient to the interests of the sport itself. Only then will proper corporate governance be achieved in sport 🏏

However, it is significant that many of the aforementioned sporting corporate governance failures occurred despite such safeguards having been in place at the relevant time.

## Success story... the milestones along the way

BESTmed is a mutual medical scheme belonging exclusively to its participating members and employer organisations showing sustainable growth with more than 33 668 principal members and more than 88 000 beneficiaries.

## The ongoing commitment

BESTmed is bound by its mission – peace of mind and personal customer service excellence. We undertake to assist our members and their dependants speedily and accurately. Over and above our core business, BESTmed is involved extensively in community development programmes contributing to socio-economic growth and upliftment.

## BESTmed care



Staying true to the philosophy, healthy body, healthy mind, BESTmed sees its role in supporting the development of sport amongst the youth of South Africa. BESTmed plays an active role in promoting preventive healthcare via the funding of healthcare days in various communities countrywide. In addition BESTmed provides financial support for the acquisition of first aid facilities at various tertiary institutions hosting sports events.

## Interim results

The results as at 30 June 2006 recorded a surplus of R31 million and the reserves increased to R321 million with a solvency ratio of 44% which is considerably higher than the 25% prescribed minimum statutory level. BESTmed received top international honours with the achievement of an AA- credit rating from the acclaimed Global Credit Rating Company.

## Average risk contribution increases (all options)

Yet again for the 4th consecutive year we managed to keep member contribution fees below the industry average. For 2007 with an average increase of only 6,26% it is rumoured to be the lowest open scheme increase in the industry.

## BEST marketing mix

As opposed to a typical medical scheme segmentation of the market by way of income, BESTmed's product depth affords the scheme the opportunity to cater for all income groups across all industries.

Major corporate clients of BESTmed include:

- University of Pretoria
- UNISA
- SABS
- Vial University of Technology
- Medical Research Council
- University of Limpopo
- Yara South Africa (Kynoch Fertilisers (Pty) Ltd)
- Europ Assistance
- Legal Aid Board
- Iziko Museums (Western Cape)

Besides the academic and administrative staff of tertiary education institutions presently with BESTmed, a secondary market gaining tremendous momentum is international students studying at these institutions.

## BEST products

BESTmed's well-priced value for money benefits is becoming increasingly popular. Our products range from capitation products and hospital plans to comprehensive and classic cover where we pay members to go to gym and manage their health risks. The popularity of BESTmed's products is evident in the 6,26% growth as at the end of August 2006 as opposed to the 5,4% membership growth for the 2005 financial year.

## No geographical borders

Ongoing research into Sub-Saharan Africa. In terms of healthcare industry needs has revealed new marketing opportunities for BESTmed beyond the borders of South Africa. BESTmed has already put structures in place to provide healthcare solutions in Mozambique.

## Regional representation



## Improving service quality through technology and innovation



## Excellent access

BESTmed offers communication facilities that ensure members, providers and intermediaries (brokers) easy, quick and secure access to information.

These facilities include:

- e-statements – enabling members to receive statements via e-mail;
- e-database – members can access all their documents from our website;
- e-payments – members and providers can elect electronic settlement of accounts;
- BEST e-mail – enabling members to receive all correspondence electronically;
- Web mail and SMS facilities – by means of sending either an e-mail message or SMS message to BESTmed, members automatically receive a reply message containing updated information on their benefit status.

## BEST future

Equipped with dynamic and visionary leadership, an esteemed marketing force and an unwavering commitment to service excellence, BESTmed looks forward to continued growth in the evolving medical scheme environment.

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Eastern Cape	041 363 4565
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[www.bestmed.co.za](http://www.bestmed.co.za)

# Let the **Games** Begin

*Text: Sam Weber*



*Today, tomorrow, together.*

The Absa Tuks Stadium has been completed and a series of inauguration events are well under way. October saw the Mvela League's first home football match, followed by a football function in early November. These events were but a prelude to the Opening Festival, planned for the end of January 2007, which will combine football and athletics events in a week-end of celebration.

Not only does this stadium represent the realisation of a 20 year-old dream, it has also firmly cemented the long friendship between UP and the Absa banking group into a firm partnership for the future. When two institutions of this calibre take hands, great things can be expected. The Absa Tuks Stadium is indeed a benchmark development of world-class sports facilities at the University of Pretoria.

The stadium incorporates a brand-new tartan track and combines sports-specific scientific and medical support with a specialised fitness and conditioning facility. Here high performance athletes can now benefit from cutting edge sports technology and support systems, combined with top-notch training facilities, to form a holistic environment geared towards developing their potential to the fullest.

The football stadium is home to Jet AmaTuks and has seating capacity for approximately 6 000 people. Not only does this stadium qualify as a training venue of international standards, approved for the 2010 Soccer World Cup, but it is also an ideal venue for more intimate athletics and football meets. Dual facilities for many of the athletics disciplines also make the facility an ideal one for the presentation of training courses and clinics.

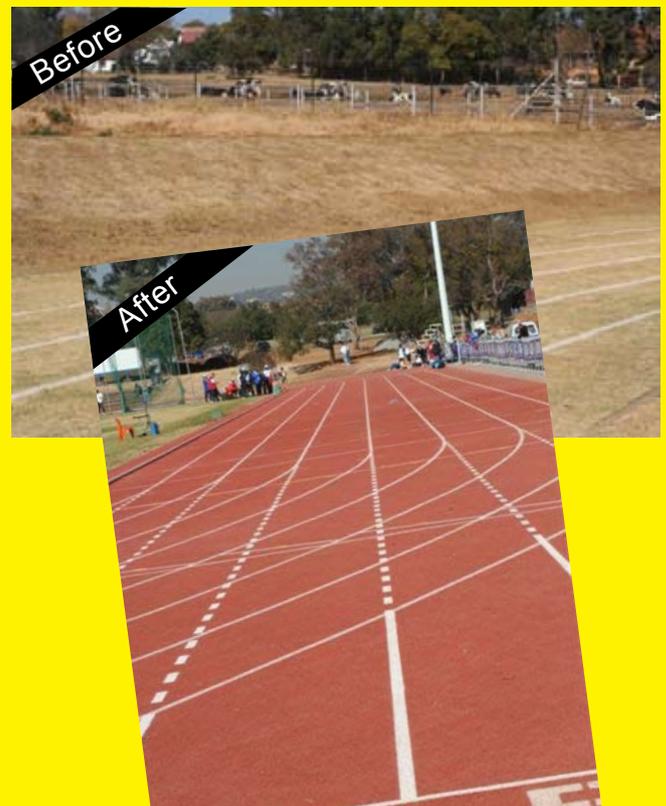
Although the tartan surface is fairly soft, it is fast and thus a good track for sprinting as well as middle and long distances. The track has all the relevant markings for both sprints and hurdles (60m – 110m) for all age groups. It has also been equipped with facilities for electronic timing in both the north-south and south-north directions.

Apart from the main track, the integrated stadium

boasts two specialised training facilities for the throws as well as a separate grass track, equipped with tartan strips for hurdles and jumps. The pole vault facilities can be utilised in either the east-west or the west-east directions. Discus, shot put, hammer throw, javelin, long jump, triple jump or high jump, the facilities at the new Absa Tuks Stadium caters for all your needs on both track and field.

The stadium also provides for athletes behind the scenes. The new pavilion houses a sports physiotherapy centre with hot, cold and steam baths, as well as a gymnasium, complete with modern strength to and conditioning equipment.

The University of Pretoria rightfully takes great pride in this new facility and Absa must certainly be commended for its vision and its unswerving dedication to sports in this country. We look forward to a long and successful future, hosting special events and special athletes at the new Absa Tuks Stadium 



Mr Mark Pero, Prof Chris de Beer, Mr Johan Nel, Mr Piet Naudé, Prof Calie Pistorius and Prof Antonie de Klerk at the opening of new ABSA Tuks Stadium

# hpc/ PVM Golf Day

*Text: Rick de Villiers, Images: Karien Opperman*

On 6 September the Pebble Rock Golf course echoed with the music of motion. Drivers swished above tees, balls zipped through the air and hands came together in applause every time a birdie made its way down a hole. But what separated this golf day from any other round of 18, was the cause behind it.

In keeping with the demands of the electronic age, the TuksSport School decided to raise funds for the upgrade of their computer centre – and so the hpc Golf Day was born.

The event drew over one hundred golfers to the lush fairways of the Pebble Rock Golf Estate and was a huge hit. At the registration point all participants received a welcoming package which included a cooler bag, one bottle of Kanu red wine, a PVM Energy bar and a PVM Fusion energy drink. After the formalities, the golfers teed off to a shotgun-start.

The standard of golfing was high and to keep the players enticed beyond the improvement of their handicaps, many prizes were on offer. Another incentive for the golfers to produce their finest shots, was the Logical Golf swing analyser. This state-of-the-art programme was used to capture each golfer's swing and indicate errors within it.

In spite of technology, everyone still had to get down to the job at hand. The course was not one for fad-

ers (pun intended) and proved to be the ruin of many a scorecard. Lizette von Warmenhoven, a member of the winning women's team, also found it a difficult round. "The course was a bit confusing and the fairways are very close to each other," she said. "But overall it was a really enjoyable day. What astounded me was the number of people who stayed for the prize-giving at the end of the day. Every single player was present at the dinner – a rare sight at many golf days."

One of reasons for the prize-giving ceremony's appeal was the ambiance. The clubhouse proved a perfect setting for the excellent dinner, and Yogi Ferreira was a most entertaining master of ceremonies. After dinner, the day's top golfers were duly awarded with prizes that included a Ciro coffee-maker, a Titelist golf bag, two patio heaters and Weber braaier.

The hpc Golf Day turned out to be a huge success. Funds to the total of R40 000 were raised which will now be used towards the upgrade of the TuksSport School computer centre 



Inside News



Newly branded hpc bus



ICC having fun at the Time-Out Café



Ryke Neethling serving the community



Walter Magana  
Walter is the 21 year old son of Stephina Magana, a scullery worker in the restaurant at the hpc. Walter is a trampolinist who has been supported by his mother to achieve a bronze medal at a recent competition in Namibia. The hpc is one of his sponsors and believes in supporting their staff and their families to achieve their sporting goals.



SPAR womens race



NAP Beach Volleyball



LJ van Zyl - a new TUKKIE



TukesKlub 60+ relaxing at the hpc



Casual Day



ASA Symposium at the hpc



Aids Conference closure-party in Nashua/ SA Hockey Room at the hpc



Lana Surovitskikh and the GM of Carnival City Casinos presenting her with the prize of top achiever in financial management in hospitality

## A Giant Leap for South African Golf

*Text: Sam Weber*

**T**he University of Pretoria is now a PGA accredited provider of education, training and coaching to all prospective golf professionals, including players, coaches and professional club managers. The Professional Golfers' Association (PGA) is the international watchdog and regulator of the golf industry. The University of Pretoria is currently the first tertiary institution in the country with this accreditation, which put us at the forefront of golf development in South Africa.

This accreditation — combined with the facilities available from the University of Pretoria, the hpc and the existing Golf Academy — provides prospective golf professionals with possibly the most comprehensive, structured and internationally recognised training programme in the country. South Africa has always been a factor to be reckoned with on the world's golf courses. Through these structures that have been put in place and that are now internationally accredited, the country can be expected to deliver even more dominant players into the future.

While South Africa is keeping up with international trends, this three-year National Diploma: Club Professional Golfing programme marks the start of the country's global leadership in golf development. Uniquely, all students who are accepted on this programme will be required to engage in a rigorous athletic training programme, developed around and suited for professional athletes. While this will ensure that prospective professional golf players enjoy world-class facilities and top-notch support structures in developing their potential to the fullest, it will be the rest of the students that really set this programme apart from the rest.

Those students who choose to rather direct their careers towards coaching, more than becoming professional players, will have firsthand experience of a truly professional coaching programme. They will be in a position to confidently advise their clients on everything from tailor-made fitness and nutrition programmes to sports psychology and the use of cutting edge technology like biomechanical analysis. We fully believe that, as a result of this practical and personal experience in athletic development, our coaches will be in a league of their own, upon completion of this programme.

Our prospective golf professionals are thus able to concurrently pursue both academic qualifications as well as first-class athletic development in their chosen sport. Through the hpc golf academy, which accepts talented youngsters from the age of 10, this development can start at a very young age indeed. At the Academy they are given the opportunity to submerge themselves in golf development while still attending school. Now, with the development and accreditation of the National Diploma: Club Professional Golfing programme, such talented young men and women can also benefit from these dual streams of development at tertiary level. The programme is accredited with both the PGA and the South African Qualifications Authority and, upon completion of the programme, our qualified professionals will be welcomed and, we believe, sought after all over the world.

The programme kicks off in February 2007 and will follow the normal academic year. Applications are invited from golf enthusiasts who have already achieved a high level of play and who have completed their matric qualification. Students should also be prepared to dedicate themselves wholeheartedly to the sport of golf and should prepare themselves for an exacting three years that will tax their academic, mental, emotional and physical abilities. The PGA-prescribed golf apprenticeship also forms part of this comprehensive programme. A picnic this certainly will not be - only those who are truly passionate about the sport are likely to succeed.

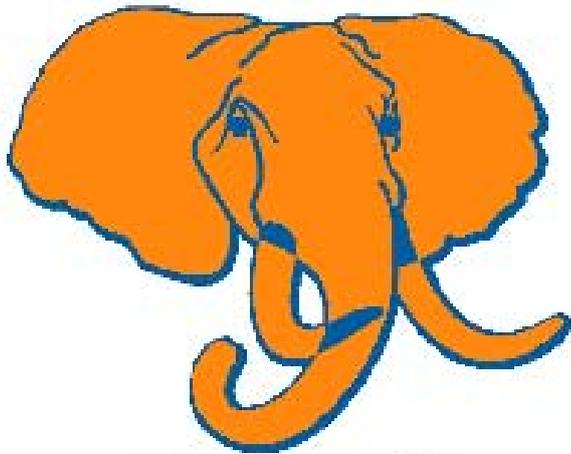
Programme manager, Johan Steyn, is particularly keen to encourage greater participation from women in both the sport in general as well as the programme in particular. Women's golf has enjoyed phenomenal growth over the past few years that they are still by far outnumbered in the sport whose name was originally an acronym for Gentlemen Only Ladies Forbidden. Those days are, however, long gone and certainly at the University of Pretoria, the hpc and this programme, ladies are sure to be made to feel most welcome!



Contact: Johan Steyn. 082 995 3015

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**Therese Alshammar** (born August 26, 1977 in Solna) is a Swedish swimmer. Standing at 1.80 m, she is a specialist of fast races in freestyle and butterfly stroke.

She broke through to the top ranks at the 2000 Summers Olympics in Sydney where she won silver medals in the 50m and 100m freestyle, and a bronze medal with the Swedish relay team.

Since Sydney, she has been a favourite at major international events over short distances. At the World Championships in 2001 she won two silver medals, this time in the 50m freestyle and 50m butterfly. In the 2002 European Championships in Berlin she won the 50m freestyle. In the 2005 World Aquatics Championships in Montreal, she won a bronze medal in the 50m butterfly, and took the gold on the same distance at World Championships in Shanghai 2006.

**Age:** 29  
**Main strokes:** Free style and Fly  
**Main Events:** 50m Free, 50m Fly  
**Live in:** Stockholm  
**Schooling:** Normal High School, Stockholm, Sweden  
**University:** Nebraska  
**Professional:** since 1999  
**Current coach:** Johan Wallberg

**Most favourite memory:** 1<sup>st</sup> time broke World Record in Lisbon (broke it 4 time)

**Worst Meet:** Barcelona 2003

**Most favourite training venue:** The newly discovered hpc, specifically the weather

**Sport you would have done if not swimming:** 100m track sprinter

**Favourite pastime:** Movies, golf, internet, shopping

**Favourite country:** Italy – food, coffee, shops

**Favourite music:** Hip Hop

**Favourite car:** Mini Cooper

**Favourite sport star:** Mohammed Ali

**Hours spend daily in the pool:** 3 hours

**Hours spend daily in the gym:** 90 minutes

**Who manages you:** Myself

**Where to from here?:** “Committed to professional rising until World Cup 2009 in Rome”.

## Rod Marsh

**Full name:** Rodney William Marsh MBE  
**Born:** 04-11-1947  
**Birth place:** Armadale, Perth, Western Australia  
**Test Debut:** Australia v England at Brisbane, 1st Test, 1970/71  
**Last Test:** Australia v Pakistan at Sydney, 5th Test, 1983/84  
**ODI Debut:** Australia v England at Melbourne, One-off ODI, 1970/71  
**Last ODI:** Australia v West Indies at Melbourne, World Series Cup, 1983/84  
**1st Class Debut:** 1968/69, Last 1st Class: 1983/84, Wicket-Keeper

Marsh was dubbed “Iron Gloves” after making an inauspicious Test debut against England in 1970/71.

Before long those critics were left eating their words and the Australian’s haul of 148 victims behind the stumps remains an Ashes record.

More than a quarter of his wickets came in combination with Dennis Lillee, the most productive wicketkeeper/bowler combination in Test cricket.

Marsh became an Australian legend in the 1970s. He remained at the top of his game for 14 years, breaking Ashes records galore in his final series in 1982/83.

In his best return in a home series, his 28 catches, including six in one innings at Brisbane and nine in the match, were all Ashes records at the time.

**Overall Test record**  
 1970-1984

**Batting**  
 Matches: 96  
 Innings: 150  
 Runs: 3633  
 High score: 132  
 100s: 3



## ICC Winter Training Camp for top Associate Countries at the hpc

*Images: Susan du Toit, hpc*

The second ICC Winter Training Camp at hpc in Pretoria was launched by Rod Marsh in the first week of October 2006. This year twenty four players from the six top associate countries including Kenya, Scotland, Netherlands, Bermuda, Ireland and Canada come together for intensive coaching, training and tactical analysis of one-day cricket with specialist coaches.

The aim of the seven week training camp is to boost skills and one-day game sense ahead of the ICC Cricket World Cup in the West Indies next March.

Last year, the camp concentrated on fitness and technical improvements but, according to the ICC High Performance Manager Richard Done the emphasis of this year's camp will be slightly different. "The focus will be on specific areas of the one-day game building on the fundamentals. So as well as fitness and technical sessions, the program will include match scenarios to recreate specific situations that players will face during the World Cup".

"It's going to be exciting because we have so many players attending the WTC who are near certainties of going to the World Cup".

During the course of the seven week camp, apart from the important cricket sessions and matches, the players have undergone comprehensive physiological testing, strength and fitness training, bio-mechanical testing, psychological/life skills sessions, nutrition advice and video analysis.

The players have also had the opportunity to enjoy the hpc environment where they live with world class athletes in a gold medal lifestyle.

The Coaching Staff at the 2006 ICC WTC is led by Tim Boon, current Leicestershire Senior Coach and former Assistant England coach for five years, and is coordinated again by Mark Lane, a member of the Surrey Coaching Staff.

Specialist coaches including Kepler Wessels, Eric Simons, Gary Kirsten and Clive Eksteen empowered the players with their skills knowledge and experience both in the nets, on the playing field and through strategy sessions in the auditorium.

Tim Boon's assessment in the lead-up to the final week of training and matches summarised the view of many about this year's WTC.

"The hpc gold medal lifestyle has provided the ICC with a measurable and no excuse environment where players can test themselves and each other within world class facilities."



# Line Out

*Text: Sam Weber*

There are some things that are better done in private, I have always maintained, and watching rugby is one of them. I have never been the sports-bar type, preferring as little competition as possible when it comes to delivering comments and snipes from the sideline (or the armchair, as the case might be).

Not that I am a rabid supporter, mind you. My contribution is more of an annual nature, being centred around the Currie Cup final. Dance sport is more my thing — elegant, graceful and with a lot less blood. The recent series of Strictly Come Dancing proved convincingly that even burly types like 'Die Nutsman' can — with the right choreography and a power tool — two-step their way to an unlikely victory. Nail-biting stuff, that was. Nevertheless, I feel that one should make an effort for the Currie Cup final and this year that was pretty tense stuff as well.

With no broadcast scheduled on any of the SABC channels, the Beloved and I set out for our local coffee shop where Androula, the proprietess, had rigged up a moderately-sized television screen for the occasion. We arrived shortly after kick-off and the mood was already rather ripe. The coffee shop was packed with Bulls supporters, complete with flags and blue vuvuzelas. The patrons had taken it upon themselves to rearrange the furniture. Hoender, the coffee shop parrot, was being encouraged to partake of the beer and biltong. Androula turned a blind and indulgent eye.

The first thing that struck me, once seated, was Kabamba Floors. It was obvious to me that here was a man who knows how to stand out from the crowd and is indeed hell-bent on doing so. Frankly, I was somewhat winded by his spaghetti-head at first. His hair mesmerised me from the start and kept me spellbound for every one of the historic 100 minutes.

Maybe that is why I saw what Jake White apparently missed: Kabamba Floors may be a relative lightweight on the rugby scales (weighing in, as he does, at a mere 88kg) but this is one tough cookie who contributes every kilogram at his disposal to the greater good and glory of his team. Unlike some supposed heavyweights, I might add. It took more than one Bull on more than one occasion to bring him down and,

once this chap got going, he proved worthy of the name Cheetah. You might not know this but cheetahs accelerate faster than the SLR McLaren or the Lamborghini Murciélago. 0 to 100 km/h in 3.5 seconds, no less. No wonder Frankie Fredericks retired. Someone must have told him about Kabamba Floors.

The other chap who impressed with space-age acceleration was the Cheetah's winger, Philip Burger. One must of course admit that, when it comes to putting together a national side, he faces rather steep competition from both Bryan Habana and Breyton Paule. Either way, if I were a Springbok selector or coach (and obviously, like any sideline commentator, I should be), I would most certainly not leave home without my very own Mr Spaghetti-head.

No matter how much money you spent on The Final, I dare say you got good value. Never before has a Currie Cup final gone into overtime. Never before, at least in my memory, did we have such a tight game that did not include multiple barneys. It was an historic day, for sure. I have long lamented the apparent lack of self-discipline among rugby players and indeed have asked the question whether they might not be happier in a boxing ring. The Final was different. I am not naive enough to think that no blows were exchanged but at least appearances were kept up.

The referee seemed to follow a policy of zero tolerance, putting both his whistle and his yellow cards to good use. Maybe the recent soccer World Cup was an inspiration. One could have been forgiven for thinking that those referees were landing planes, the way they were flashing cards. The relative thug-freeness of the game was impressive and it is only good and right that both teams should be commended for this.

Being South Africa, the thugs are nevertheless always close by. Not being in evidence on the field this time, it was maybe to be expected that they secreted themselves instead in the referees' cloakroom. Rugby, it would seem, will alas never be entirely thug-free but at least this time they were not dressed in provincial colours. One hopes.

From where I am sitting, it looks like we are improving. Who knows what next year's final will bring? 🏉





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