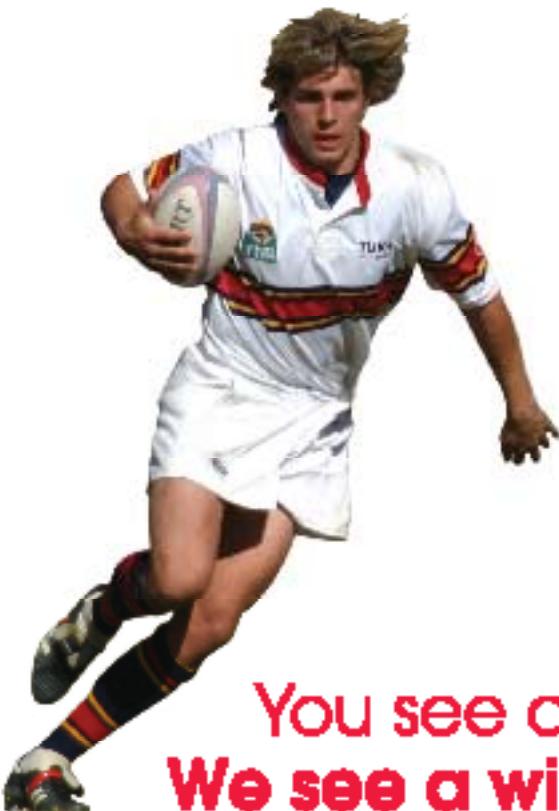


theMedalist

a gold medal lifestyle




University of Pretoria



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When it comes to sport participation, training and performance, the University of Pretoria^{*} truly is world class. TuksSport always looks beyond the obvious and achieves above the norm - creating opportunities and shaping winners.

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TuksSport
University of Pretoria
Sport Centre
South Street Hatfield
Tel: 012 420 6080 Fax: 012 420 6083
E-mail: info@sport.up.ac.za www.up.ac.za

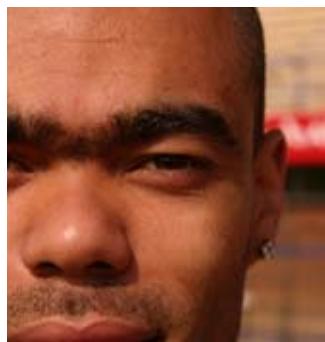


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*Shanghai Jiao Tong University's Institute for Higher Education has listed UP as one of the top-500 universities in the world.

TuksRugby



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Cover Image: Doctor Joubert



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Publisher:

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

Executive Editor:

Toby Sutcliffe, toby@hpc.co.za

Managing Editor:

Leonore Jordaan, leonore@hpc.co.za

Layout:

Maunée Meiring, maunee@iburst.co.za

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from the CEO'S OFFICE



With the euphoria of the great victory by the Springboks at the Rugby World Cup likely to remain in the forefront of South African Sport for some time to come it is time to reflect on the year in retrospect at the hpc. I seem to say it every year, but I certainly can say it with confidence that 2007 has been an exceptional year in the history of the hpc. Not only has the hpc and the University of Pretoria been recognized internationally as one of the top training facilities in the World, but our students in the Academy have certainly delivered in the sporting arena across the World.

On the soccer front George Maluleka represented the National u23 Soccer team at the age of 17 at the All Africa Games while Dumi Masilela (the 2006 Head Boy of our School) was voted the Mvela National player of the year at the age of 18 and also represented South Africa u23 at the All Africa Games.

Siphiwe Siphayi represented the South Africa u 18 golf team in the Tri Nations u 18 golf tournament in Australia at the age of 15 and represented the Northern Gauteng u23 team at the National Provincial Tournament, while 5 other Golf Academy students represented their Province at Junior level.

Swimmers Suzaan van Biljon, Lisa-Mari Retief, Cameron van den Burgh, Kerry-Lee Shaw, Chanelle van Wyk and William Diering all represented South Africa during the year, with Suzaan van Biljon winning 3 Gold Medals at the All Africa Games and 3 Gold Medals at the World Cup short course championships. Liza-Mari Retief broke the Africa and South African records in the 50 meter and 100 meter Butterfly on more than one occasion and Cameron van den Burgh medaled at the World Championships while Karlien van Heerden medaled at the World Cup short course championships. Hendrik van der Merwe represented South Africa at the World Swimming Championships for the disabled and also has swum an "A" qualifying time thus qualifying for the Olympic Games in Beijing next year.

400 Meter athlete LJ van Zyl was ranked number 1 in the World prior to the World Athletics championships in Osaka in Japan.

To sum up the year the following is a brief resumé of the achievements of the students in the Academy. 31 Students represented South Africa at senior level, while 37 represented South Africa at junior level, 48 represented their Province at senior level and 20 at a junior level. Furthermore 14 students who received services from the hpc represented South Africa at the World Student Games.

The sports that are covered in the achievements above include swimming, golf, athletics, rowing, table tennis, hockey, Men's and Women's soccer, tennis, triathlon, netball, trampoline and squash.

The bar has been set for 2008 and I trust that we will be able to surpass these achievements during the course of next year.

From the staff and management of the hpc University of Pretoria, here's wishing you all a pleasant break and a prosperous 2008 

Toby Sutcliffe

Waves of a World Cup **Win**

Text: Rick de Villiers Images: Doctor Joubert

We did it - the world's best! But what does World Cup victory mean for TuksRugby and the greater South African rugby scene? We asked three prominent figures within the sport to shed some light on the matter.

Members of the Jury

Joost van der Westhuizen:

Coach of the Tuks first team; 89

Caps for the Springboks

Gert van Coller:

Director of TuksRugby

Wynand Claassen:

Chairman of TuksRugby; ex-

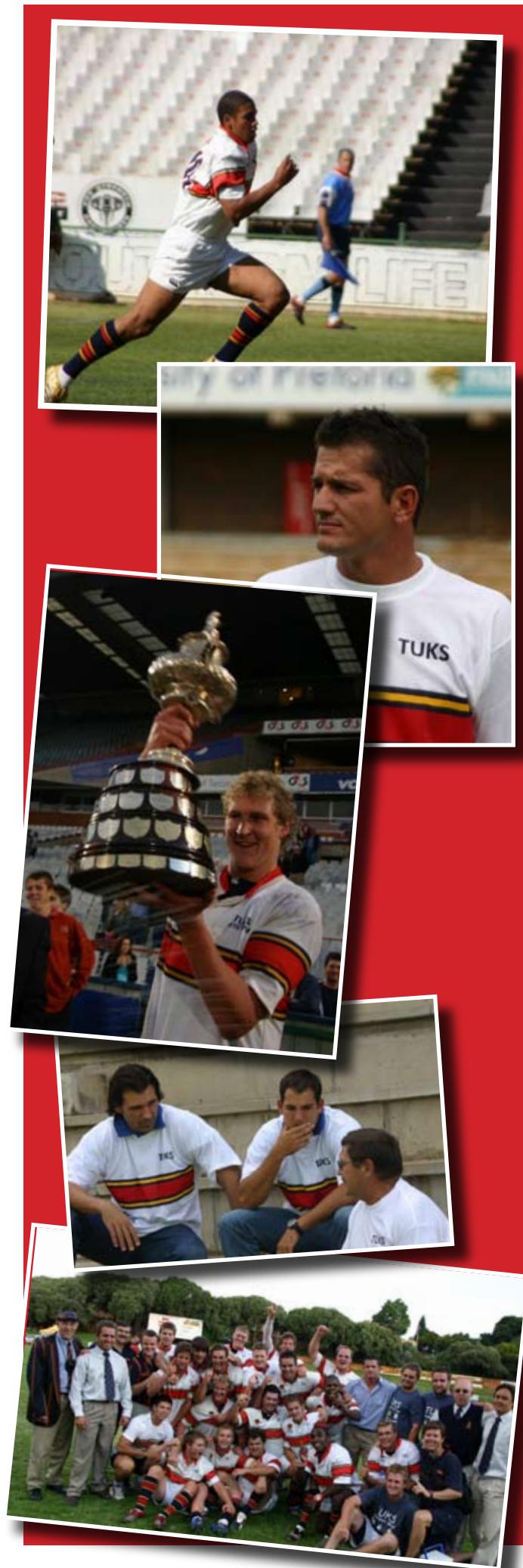
Springbok captain

In what way do you think the Springboks' victory at the World Cup can influence South African rugby at club and varsity level?

Joost van der Westhuizen (JVDW): The qualities of the individual players and the temperament of the Springbok team as a whole should be held as ideals of good rugby. Players nowadays are used as extensions of their parents' unrealised dreams. The determination to succeed is overshadowed by comfort-zones like the quota system and coaches' decisions, which substitute the implementation of those values necessary for the acceptance of disappointment.

Gert van Coller (GVC): Because everyone is talking and thinking rugby after such an event, a positive outlook is established. Clubs and universities are platforms where potential Springboks should be developed. Another consequence of our World Cup achievement is an increase in sponsorships – this will also lead to financial investments in clubs from SA Rugby.

Wynand Claassen (WC): Our World Cup victory will certainly have the effect of injecting more players



and an even greater passion into the game. This will consequently lead to more South African teams touring abroad and, conversely, more overseas teams visiting our shores. In terms of club and varsity rugby, the direct influence of the Springboks' win will be less visible. At club level, unfortunately, players are often bypassed due to the emphasis placed on junior level rugby.

How do you feel about the future of TuksRugby and the greater South African rugby scene?

JVDW: I feel very positive. It is important to remember that the people who voice negative opinions concerning SA rugby are mostly over 40. These people were never submerged in professional rugby and thus the ignorance. Unfortunately, they are still in charge of rugby. Nonetheless, I believe Tuks is on the verge of its best years in rugby.

GVC: The golden age of TuksRugby is about to dawn. The structures are in place and our greatest strength is the residence players. SA Rugby has, as part of its infrastructure, an excellent school network as well as Craven week players from which they can recruit talented players.

WC: The future of TuksRugby is looking great indeed. Next year sees the induction of the Varsity Cup – a semi-professional league which will afford players the chance to compete on a greater stage. Since many of these athletes are not taken up into the system of the Unions, the Varsity Cup will fill some kind of void. For Tuks, this will also provide a means by which players can be kept within the system.

In light of the political interference which currently plagues South African rugby, do you think the Springboks have a realistic chance of winning the next World Cup?

JVDW: I try not to live in the future. Rather enjoy the present.

GVC: Yes, of course we have a chance of winning the cup again. Teamwork and support will have to be the watchwords at all times, though.

WC: I do think we can win it again, but a mind shift needs to occur. The politicians need to realise that the quota system is not a permanent solution. We have some of the best junior players in the world, and our focus should rather be bringing these players through to a more senior level. There certainly are many gifted players of colour; we just need to ensure ways of nurturing their abilities at all levels of the game.

Describe your emotions when the final whistle sounded on 20 October.

JVDW: I was very, very happy and grateful.

GVC: I felt greatly relieved. It was an unbelievable

“ It was once again shown that sport is a powerful tool in bringing people together ”

experience because I knew what such a win could mean for 48 million South Africans.

How does participating in a World Cup final differ from watching it from a distance? Which is easier to live through?

JVDW: It's most definitely worse watching a final than actually playing in one, because you can see what should or is going to happen and yet you can't do anything about it.

Relate your experience of our respective World Cup victories.

GVC: 1995 was the start of a nation coming together, and this was most perfectly symbolised by the image of a joyous President Mandela lifting the trophy up high. 2007 proved to be a continuation of our unity as the rainbow nation. The crowds of South Africans which flooded the streets after that great game are sufficient proof of this. It was once again shown that sport is a powerful tool in bringing people together.

WC: The 1995 win was an incredible achievement for several reasons. We had just been allowed back on to the international stage, our country was undergoing significant developments, and there was a great sense of unity among all South Africans. Apart from the obvious significance of winning this year, I think our victory presents us with a second chance at bringing the nation together. It provides us with an opportunity to build South Africa together, and this is something which must be pursued wholeheartedly 🌈



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Fig 1.1 :

**NEW ENERGY BAR
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1960's PVM food supplement: World's first cold water soluble product developed to combat malnutrition.

The early 1970's PVM Energy Bar: First energy bar developed in accordance with the Prudent Dietary Guidelines. Remains brand leader to date.

1985 PVM Mealie Meal Mix: World's first fortified pre-cooked mealie meal was developed. It became the benchmark for pre-cooked meal mix specifications used by the Department of Health.

1992 Enerformula Range: Energo became the world's first hydration and electrolyte replacement drink; containing protein to increase blood sugar control. Enerload became the world's first carbo-loader containing protein to increase carbohydrate (CHO) storage.

1999 Energy Dynamics: Cutting-edge scientific product range focused on individualised nutritional intake. This range of products became the first version-coded supplements independent of any specific dietary regime. Some version 3 products are currently available.

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

2003 Octane Gel: Includes protein that has, to date, never been used in gel form.

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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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NUTRITIONAL SCIENCES®

where the magic

Text: Rick de Villiers Image: Doctor Joubert



Take a step inside the production room of South African rugby and see how the Tuks Academy helps make on-screen glory look so good.

Have you ever wondered what goes on behind the scenes of a World Cup victory? I am not talking about the production of the event or the locker-room walls of the losing team. Nor am I referring to the many times Victor Matfield is hoisted up in practice by his fellow forwards to perfect his line-out takes, nor the number of pin-point kicks Percy sends through the posts when no-one is looking. Rather, I am asking if you have ever thought about the geneeses of these giants – where they were first noticed and how they learnt the tricks of their trade?

School rugby would be a good guess, and it undeniably has a hand in the development of talented players, but when you step into a specialist arena like TuksRugby, it becomes clear that much of the off-screen magic happens here.

Over the last 90 years, TuksRugby has played a significant role in discovering and moulding some of South Africa's finest players. The club has produced over 70 Springboks, seven Sevens Springboks and many eminent coaching figures such as Heyneke Meyer (Blue Bulls), Rudy Joubert (Bulls), Theo van Rensburg (Sharks) and Rudolf Straeuli (Springboks).

Considering the club's prolific churning out of quality rugby players, one might expect that the administration will rest on traditional development methods, that fine-tuning formulae will remain the same. But the outlook of TuksRugby is both retrospective and prospective; its goal to preserve and yet advance. Enter the TuksRugby Academy.

is made

While at the same time safeguarding its proud heritage, the Academy has aimed, since its birth in 2005, to incorporate both the wealth of experience of specialist coaches and the advantages of technology.

Towards its aims of identifying and developing 'talented rugby professionals' and equipping them with the 'necessary skills and knowledge to enjoy a successful career in rugby' (TuksRugby Academy website), the TuksRugby Academy has, as part of its holistic development outlook, access to some of the specialist facilities at the hpc. These envelop areas such as speed-training, visual conditioning and gymming. In addition to these features, the Academy boasts an impressive staff list, which includes Freddie Grobler, Marinus van der Watt and Blikkies Groenewaldt, all of whom are also involved with provincial sides.

But in rugby, talking of achievement very rarely leads to it. And in 2007 the Academy has shown that it would much rather prove its worth by crushing competitors than boring them with name-dropping.

'The Academy has had an excellent year,' says Mr Freddie Grobler, director of the Academy. 'The group of 2007 managed to win all but the U/21 league. These achievements have lead to the inclusion of 85

players in provincial unions and also that the Academy team was nominated as best team after the Tuks first team.'

'Apart from the micro-focus of individual players, SA Rugby also greatly benefits from this initiative since an average of 80 quality players are fed into the greater system every year.'

Keeping in mind the effort and expertise which the TuksRugby Academy injects into up-and-coming rugby players, it is not hard to understand why South Africa is the world's top rugby-playing nation. Magic moments on-screen are greatly dependent on the hard and sweaty yards which precede them and the existence of such centres are pivotal to success on the international stage.

A Leap ahead of the Competition

Text: Rick de Villiers Images: Susan du Toit

It is a Friday without shadows and the world is upside down. Like a flashlight drowned in the thick of a duvet, the sun is swallowed and hidden by a dreary stretch of cloud. The only glow to weave its way through the steady drizzle comes from the headlights of cars trapped in the wake of a power-deprived Pretoria morning.

Outside the tall windows of Time-Out, solitary figures enveloped in umbrellas dash towards sheltered spots. But inside the restaurant (a place into which power-shedding is yet to sink its claws), walls, tables and barstools are occupied by bodies either sipping at steaming cups of coffee or chatting the cold away.

I scan the room in search of two faces I don't know, those of long jumper Karin Mey and her coach Charley Ströhmenger. At the entrance of the restaurant I meet gazes as searching and vacant as mine. After realisation dawns, we find a table and the pair places an order for two foam cappuccinos. I admit my embarrassment at not recognising South Africa's no. 1 female long jumper, but this is quickly dismissed as a common occurrence.

'Underexposure is, unfortunately, one of the great maladies in South African athletics', Ströhmenger explains. 'In Europe they can bring you stacks of newspaper articles and magazine features on Karin, but in her own country no-one seems to care. Overseas the stadiums are packed to capacity with over 30 000 spectators willing to sit through rainstorms just so that they can see the athletes perform. In South Africa, well...'

As the coach breaks off, Mey lets slip a faint smile. 'It's weird – the attention you receive over there. Wrinkly old gentlemen nearing 80 approach you with their huge autograph books, wanting you to sign next to names like Carl Lewis and Michael Johnson.' The 24 year-old athlete lowers her grin, sips from the foamy drink in front of her, then raises a different face – a serious one. 'I'm not a show girl', she states. 'When I compete I'm there to do my job, nothing more.'

Over the course of nine months and nine international athletics meets this year, she managed not only to improve her personal best five times, but also shatter the 17 year-old South African female long jump record. The seemingly insurmountable distance of 6,85m which Karen Botha had set up nearly two decades ago was obliterated on German summer's eve, as Mey's name appeared next to the figures 6,93m on flashing screens

across the stadium.

'When I saw the distance, I just started jumping up and down. It was a tremendous feeling, because we had been working towards this for a very long time.'

Yet whatever elation Mey and Ströhmenger felt on the night of her gold medal performance was soon replaced the bitter taste of bureaucracy. Despite the fact that Mey submitted all the necessary documentation for her record to be accepted, a decision on the status of the jump is still pending. In addition to the administrative stumbling blocks, Mey's position in the South African Olympic squad is yet to be announced.

'Charley is very good at keeping these irritating little facts from me,' says Mey as she gently touches Ströhmenger's shoulder. 'I am extremely moody, but he knows just how to keep me happy.'

For over half the interview it had eluded me that the two people sitting at this table are more than just coach and athlete. Mey explains that being in a relationship with her coach is a pretty good thing. 'It's his job, both as coach and boyfriend to manage my fickle temperament.' Suddenly I am able to see more clearly beyond the wall of reticence Mey projects, and allowed into a more personal space. I realise there is a life outside of sport for her, one which includes scary movies, prawns, love and a good deal of sleep.

'I'd like to have two kids someday – a boy and a girl. Also, I want to own a small Woolworths store at a garage,' Mey says and digresses into a discussion on the relief which the imminent completion of a BCom marketing degree holds.

Soon enough, though, the world no. 5 female long jumper returns to her real ambitions. 'I'm aiming for gold at the 2008 Olympics. Whether the committee allows me to go is completely out of my hands, but the effort I need to put in towards this goal is still in my hands.'

As the pair prepares to leave, I ask Mey if she is off to put in some of that effort. With a guilty grin passed along to her significant other, she defiantly replies in the negative. 'No, I going to get my hair done'

Since the interviews ASA has officially recognised Karin's Record of 6,96m 

South African champion – check; South African record – check; Olympic gold – watch this space





The South African World of Tennis (SAWOT) is the National Tennis Training Centre of South Africa. It is situated on the LC de Villiers Sports Grounds at the University of Pretoria. The National centre is managed by SAIL Group Limited and is endorsed by the South African Tennis Association (SATA). The centre works together with the high performance centre (hpc) and there sport science and medical unit.

The SAWOT employs 9 staff members to cater for the coaching needs of the players and travel with them locally and internationally. The centre caters for all levels of player and is primarily focused on long term athlete development. The various groups included are: Tuks Open Club; Tuks Student Team; Tuks Excellence Group as well as the Tuks Junior Programme and Pee Wee Groups. The centre boasts the current number 1 under 18 female player in the country as well as several other players ranked within the top ten in different age groups.

The hpc runs a tennis academy for full time players on a tennis specific package and make use of the following services: Accommodation; Meals; Gym; Medical Services; Schooling and thereafter coaching. The full time package is the core tennis group and provides the benchmark for the centre. These players train at the centre and are tested and analyzed by the hpc medical staff.

As the National Tennis Training Centre, the SAWOT hosts many events throughout the year, including: Local training camps; International training camps; Pre-departure camps; as well as trips to Local, Provincial, National and International Tournaments. Several international players also make use of the centre for monthly training camps. The centre also works in conjunction with the International Tennis Federation (ITF) and regular matches are scheduled against these players.

Vanessa Jooste
Project Manager
+27 82 957 9846
tukstennis@up.ac.za
SA World of Tennis
The National Tennis Training Centre

 **Wilson**



Keeping his eye on the ball

Text: Rick de Villiers Images: Susan du Toit

Matthew Rossouw might have one heck of a serve, but his heart is even bigger.

Come over here, but keep out of sight. Peep through the diamond weavings of the fence and focus your eyes on the little boy in white. Do this without letting him know you are there (he is very shy). If you manage your position with stealth, you will witness something extraordinary: yellow dots flying down the line and cross-court with the speed of light; bullet-like serves belted down the T and into the corner; the finest touches caressing balls over the net.

If you still do not believe your eyes, there is call for further evidence of Matthew Rossouw's skills on the tennis court. Perhaps the fact that he has a full sponsorship from Techni Fibre might convince you. Maybe you are world-weary sceptic who needs to know that the youngster is the top ranked under-12 player in the country, and that he made his way to the final of the prestigious Nike Masters junior tennis tournament earlier this year. Or maybe you would like his story.

It started somewhere in the year 1999 when Matthew Rossouw saw his older brother playing tennis. Enchanted by the swoosh of the racket and mesmerised by the flight of the ball, the then three year-old decided to give the game a try himself. From early on it was evident that the kid had talent. In Grade 1 he slew all but one opponent to claim the position of no. 2 at Standerton Primary, and at age nine he was already ranked as the premier player of the Highveld.

The frenzied pace at which Matthew was devouring opponents did not, however, arrive without side-effects. In fact, it lead to a distinct taste for blood. 'I love tennis,' he explains, 'especially when I'm up against tougher kids. It keeps me on the move.'

Even the worst of doubting Thomases, would admit Matthew Rossouw is quite something. Beneath the timid exterior, you sense a frenzied fervour. Granted that this passion might sometimes be a tad excessive (Matthew confesses to having 'abused' his racket five times'), it cannot be denied that this racket-wielding, opponent-crushing 12 year-old has some big match temperament.

'Matthew's best quality is most certainly his discipline,' says Mr. Rossouw, Matthew's father. 'I think it is this type of unrelenting discipline that separates children who participate in sport from those who excel at it.'

Indeed, when you consider that his time is divided between little more than school and rigorous training and competition, it is not difficult to see that Matthew is religiously committed to the cause of (tennis) world domination. Luckily for him, the TuksSport School makes life a little bit easier. 'I came to the school in May this year, and since then my tennis has improved a lot because I have more time to focus on preparation.'

Another thing Matthew gets to focus on is the mental side of the game. He relates that if his sport psychology sessions have taught him anything, it is to stay in the present. 'Maybe that's why I like Roger Federer so much. He is a nice guy and always controls his emotions. My biggest problem is that I allow little mistakes to bother me,' Matthew says in great earnest.

The 12 year-old seems completely oblivious to the magnitude of his achievements. But whether his humility is a subsequent trait of youthful innocence or whether he is his own worst critic, is a matter of little concern. Matthew Rossouw is a star of the future who runs much on undiluted determination. No frills, no fuss, just good tennis.



The Lightning

Text: Rick de Villiers Images: Susan du Toit

Kurt Couto has a serious look about him. Maybe it's the dark brown eyes framed by an even darker brow which give this impression. Maybe it's the dim light in Time Out. Or maybe it's because Kurt Couto is serious. Whatever the reason, the athlete sitting opposite me has a distinct intensity about him. Next to him at the table sits his roommate, Hitjivirue Kaanjuka. In contrast, his eyes have the sparkle of levity in them which is mirrored in his smile.

At first the two seem an odd pair. Couto is 22, a 400m hurdles specialist, and hails from Mozambique. Kaanjuka is two years his junior, runs both the 100m and 200m, and has only recently traded the sands of Namibia for the tracks of South Africa. But in spite of appearances, the two sprinters have much more in common than the room they share.

Both are in South Africa on a sponsorship from the Olympic Solidarity Programme. If you visit the Programme's website, you'll find that its aim is 'to organize assistance to National Olympic Committees (NOCs), in particular those who have greatest need of it.' If you ask either Couto or Kaanjuka what the sponsorship has meant for them, the answer includes much more detail.

'The Programme really provides me with an excellent foundation from which to improve my running,' Couto says. 'They pay for my lodging, food, studies and many other things, which allows me to focus on my passion.'

For the hurdler, such focus has proved fruitful. In 2002 his participation in the World Junior Championships set him on track to become a fierce competitor on the international athletics stage. Since then he has been raking in medals of various precious metals, not least of which is a bronze at the previous All Africa Championships and a silver at the World Student Games in August of 2007.

Kaanjuka has also reaped the benefits of the concentrated training which the Programme affords its athletes. 'I've achieved great personal growth since coming to South Africa. While my 200m time (20,80s) hasn't improved a lot, my 100m time has gone down from 10,65s to 10,32s, which, in sprinting terms, is a lot.'

The impressive achievements of the two runners have not, however, arrived without some sacrifice. When Couto is asked about his home, his expression for the first time turns from solemn to radiant. 'Yeah, I miss my

SA athletes beware:
The foreign legion
has landed



Squad

family,' he confesses. 'Especially my mom's cooking.' The two athletes exchange a knowing glance and Kaanjuka admits to a similar longing. 'I sometimes have a massive craving for my mother's steak – it's well done and not too spicy, just right,' the Namibian adds.

'I like South Africa, but the people here are just not as friendly as in Mozambique,' says Couto, who hastens to add that he nonetheless likes his home away from home. 'It's just that there you could pitch up at a stranger's home any time of day and they would offer you a plate of food. I guess it's because the vibe in a small country is more relaxed.'

When the moment of nostalgia passes, Kaanjuka expands upon the benefits of being surrounded by professional people. 'The facilities and conditions are great at the hpc. It also helps having a brilliant coach like Hennie Kotze and a roommate like Kurt. It's good having someone who understands what you are going through.'

Couto reciprocates his friend's comment by a slap on the shoulder. By the time I ask him about the difficulties of balancing a social life and sport, there no longer remains any trace of the hurdles sprinter's stern expression. After an embarrassed chuckle and a gaze to the floor he admits to having a girlfriend. 'But don't ask me to tell you anything more than that,' he warns with a grin.

I leave the interview with a few mysteries still hanging about. But whether I get to find out who Couto's significant other is or whether Kaanjuka will ever come to love a good Blou Bul steak more than his mother's cooking, I am pretty sure of one thing: this foreign legion is kicking up quite a storm. Will their South African counterparts keep up?

Hitjivirue Kaanjuka

Nationality: Namibian

Discipline: 100m & 200m

Favourite Pastime: Listening to music



Straight Shooting

Text: Rick de Villiers

Images: Susan du Toit

George Maluleka has some slippery moves on the field. Let's see if his tongue can keep up.

1 You started playing in the highest club league last year. How does it feel to be part of Mvela?

It's a great privilege. I've learnt a lot since my inclusion.

2 Are you the youngest player there? What is it like?

I was the youngest player in the team when I initially joined. In some ways you get treated differently, but I always felt part of the team. Luckily I'm not the baby this year.

3 What are your plans after matric?

I would like to do a correspondence course in Marketing Management through UNISA, but my main focus will be soccer.

4 What are your goals for your soccer career?

I want to be the best. It's going to be a tough task, but I know that with enough hard work, determination and courage, I can achieve this.

5 What do you love about the game?

I love the thrill of a match – the fans, my team mates and the general buzz during a game all contribute to a very exciting vibe.

6 Who do you look up to in the soccer world?
Wayne Rooney. He's young (like me) and yet he's achieving so much.

7 Three words which describe you best...
Determined, open, smart.

8 What do you like doing off the pitch?
I catch up on my favourite TV shows and, of course, spend some quality time listening to the coolest Hip-Hop artists.

9 Complete the sentence: If I had one wish, I would wish for...
Success.

10 Words of wisdom...

You can be the best if you believe it.

Date of Birth: 1 January 1989

Hometown: Kempton Park

Position: Striker

Plays for: AmaTuks (on loan from Supersport United).



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Heyneke Meyer

A blue-blooded Tukkie for life

Text: Layton Beard Image: Blue Bull Head Office

In an era of professionalism at the highest level, Heyneke Meyer is somewhat of an enigma in rugby. He personifies professionalism through the three D's of determination, dedication and decisiveness. Yet, behind this tough exterior is a family man, a man of faith and, above all, a man who understands that he is not bigger than the game he coaches.

He is also, surprisingly, friendly and approachable. Surprising because one's first impression of Meyer is of a tongue-lashing coach who doesn't take nonsense from anyone. Ever. Yet, sitting in his office, with its wide glass windows overlooking one of the most hallowed rugby turfs in the world, he is relaxed, good-humoured and open.

"People think I'm a coach who's only interested in winning. But, at the end of the day, I never coached for the silverware. For me it's all been about the journey, making a positive contribution to someone's life and doing something that I love," says the Blue Bulls head coach.

Blue Bulls Head Coach. It's a tag Meyer might never have had, in which case South Africa might never have won its first Super 14 title. In May 2002, Meyer was close to breaking point. His father was in hospital undergoing heart bypass surgery, his wife was admitted to the same hospital on the same day and was diagnosed with cancer and the Blue Bulls Old Players' Association was baying for his head.

"It was a tough time for me, both personally and as a coach. I realised I needed mental strength to get through it. The Bulls required at least a semi-final spot in the Currie Cup that year or my future would have looked bleak. I persevered. The team pulled through and I'm still here. It was a huge challenge," says Meyer, adding that God also played a major role in helping him through this tough time.

These are the kinds of challenges he thrives on. In fact, Meyer himself acknowledges that the pressures of the game shape the character of the head coach and, ultimately, the team. It's a far cry, though, from his early days as a young coach.

In the beginning

Meyer studied Sport Psychology at Tukkies, but he believes his education was formed both inside the study hall and outside on the rugby field. The University of Pretoria, he says, gave him opportunities that he may

otherwise never have had.

During his varsity days, Meyer was a player and a coach, as well as being a part-time sports administrator as the member of the house committee of Mopanie men's residence responsible for sport. It was in this time that his vision of how to manage a top-flight rugby outfit began to take shape.

"Tukkies made a huge impact on me. I met some unbelievable people – Prof Daan Swiegers, Dr Dawie Marais, John Williams ... the list is endless. They taught me a lot and I learned a lot about the game and about myself. It was here, for instance, that I learnt to move key players to different positions," he says.

Between 1988 and 1996, Meyer coached a variety of teams, from high school first teams to Carlton League teams. An interesting fact is that during this period all the teams under his charge reached at least a semi-final berth in every season.

But Meyer's biggest break at that stage came in 1997 when he was appointed as assistant coach for the South Western District (SWD) Eagles, responsible for the forwards. The following year, Meyer was promoted to head coach of the George-based team and the team made it to seventh position in the Currie Cup – its best finish ever. The team went on to reach the semi-finals of the competition the following year and Meyer's star clearly began to rise.

Before returning to fortress Loftus in 2000 as head coach for the Northern Bulls, as they were known then, Meyer was, among others, an assistant coach for the Stormers and an assistant coach for the Springboks.

The first season with the Northern Bulls didn't go quite as planned, however. The fact that Meyer's CV says nothing more than state that he coached the team speaks volumes for the poor performance of the team that year. Add to this the problems of early-2001 and a picture emerges of a man under severe stress.

"I asked a lot of people to believe in me, to trust in me; but, importantly, I had to back myself as well. You have to believe in yourself, but for me it was really critical not to 'drop' the people around me, the people who believed in me," says Meyer.

The big one

The Vodacom Blue Bulls winning the Vodacom Cup that year was an amazing feat, which brings one to one of

Meyer's trademark 'stories'.

He tells of the job interview he had in 2002 when the Bulls were looking for a new Super 12 coach ... this after a dismal run in domestic competitions. He says he made it clear that he was not a 'quick-fix coach'. "I told the story of the village that needed water. Two men decided to supply the water. The one ran a line of buckets from a well to the village bringing water to the people immediately. The other man waited, studied the situation and decided to lay a pipeline. Of course, the man with the pipeline supplied the most water and made the most money and eventually the other guy went out of business. I told the Bulls that I wanted to run a pipeline through the rugby set-up here and bring young guys in and build talent – not for now, but for the future," Meyer explains.

And so it came to pass. Meyer built his team, and between 2002 and 2006 the Blue Bulls reached the Currie Cup final six times, winning the silverware three times in a row – only the third time in history for such a streak to occur. Yet, despite this local dominance, the progress of the Bulls – and, in fact, all South African teams – in the Super series (involving teams from Australia and New Zealand) was slower. This changed in 2005, however, when the Vodacom Blue Bulls reached the semi-final of the Super 12, as it was known then, for the first time.

This run of good form continued in 2006, but hopes for a repeat of the previous year's good form faded in early 2007 when the Bulls lost two of their first three games; two of the losses coming in Pretoria.

"That was tough, but I told the team that we must never give up, and we didn't," says Meyer who, in 2005, was named Coach of the Year by **SA Rugby** magazine.

The Bulls went on to become the first South African team to win three of their five away games on the Australasian leg of their campaign. They came home to full stadiums and a groundswell of support from ecstatic fans. This was one of the factors that carried the team to the biggest winning margin in the competition: 92-3 against the Reds from Queensland, Australia.

A few more (tougher) hurdles were crossed and the team made their way to Durban for an epic final against the Natal Sharks. Five minutes from time, the Sharks scored a push-over try to lead the match 19-13. They needed a conversion to put the game beyond the Bulls' grasp.

Meyer picks up the story: "I told the team that the kick wouldn't go over and that we still had a chance. I also told them the story of an entire congregation that prayed for rain, but where not one of the congregation members had brought an umbrella. The point I wanted to make was that we shouldn't just **believe** we were going to win, we needed to **know** we were going to win."

“That was tough, but I told the team that we must never give up, and we didn’t”

What happened next brings Meyer back to his favourite word: character.

"The last two minutes showed a team with character, a team that never gives up. The players were incredibly tough mentally, and that helped them win that game in the dying seconds," Meyer adds.

Derick Hougaard converted a stunning Bryan Habana try (made 1 minute and 36 seconds after full-time). Pretoria erupted and Meyer, once labelled a traitor by some for coaching other local franchises, completed a rugby circle of life. He came, he went, he came, he went again, he came back and he conquered, in a big way.

"It was great to win, but, as I say, that's not all that it's about. It's about the journey, it's about making a difference in people's lives, it's about giving back," he says. Although this may seem like hollow PR-speak, Meyer rarely says something he doesn't mean. Shortly after the interview for **Tukkie**, Meyer is down in the lobby of Loftus Versfeld posing with a sick young boy whose only wish is to have a photograph taken of himself with Meyer and the Super 14 trophy. It's Meyer doing what he believes is important – giving back.

He has given much to the game of rugby, but this has come at a price. He admits that his family life has suffered. This brings up the question of his future. "I really want to be more involved in my three sons' lives and to spend more time with my wife. Whatever happens, though, I believe that it's important to find out what you enjoy in life and to follow it with a passion, and I'll do just that," he says 

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Introduction

Competition, money, performance, winning, survival of fittest and so on is driving our sporting society to a place where children are encouraged to start specializing in one sport at a very early age. The aim of this article is to make everyone aware of the positive and negative influences and consequences of early specialization in sport.

Consider the following two stories and reflect on the question at the end as honestly as you can.

"I remember the days when I came back from school, dressed in my playing clothes and met my friends on the corner of our street. We used to go down to the river where we all played, everything from pirates, racing boats, to building tree houses. At 18h00 we had to return home for dinner and the rest of the daily chores".

"When my school breaks up at 13h30 one of my parents pick me up and we drive to squash training. Due to limited time, I get dressed in the car and also eat my lunch. I will practice squash until 16h00, quickly get dressed again and then be in the pool at 16h30 for my second sport's training session. We go home at 18h30 where I will start with my other routine activities, bath, eat and homework".

If you honestly read the above which would you choose, firstly for yourself and then for your child?

Early specialization

Text: Monja Muller and Melissa Broekensha, hpc

It is all about choices!!

Making a simple choice about choosing the amount and type of sport is not that easy. The following factors contribute to making that choice:

Choosing FOR early specialization

- Choosing only one sport at an early age

Having one sport is practical because it helps parents to cope with driving around, dealing with overlapping seasons and game schedules. This is even more complicated if there is 2 or 3 athletic children in one family!

Choosing AGAINST early specialization

- Emotional burnout

Stress and constant pressure to perform and excel often leaves young athletes physically and mentally exhausted. Burnout is therefore the consequence of continuous physical and emotional pressure without any recuperation periods.

- Overuse injuries

Overuse injuries are when young athletes stress their bodies in the same way over and over again for a great part of the year. It is better for young athletes to challenge their bodies on different levels and ways throughout the year and therefore, develop overall athletic performance. Overtraining in young athletes refer to excessive training and constant competition with inadequate recovery time. Symptoms of overtraining are physical and mental fatigue, and the tendency for an increased rate of injuries.

- Less well rounded athletes

Young athletes need to develop all areas such as physically, psychologically, emotionally and socially. Early specialization could lead to losing transferable athletic skills. Talented individuals spend more time practicing the activity, less time working outside of school, less time socialising with friends, more time on hobbies, and less time doing chores than their less talented counterparts.

- Not developing a wide range of developmental skills

Loss of the diverse social contacts that come with participation in different sports. Early specialisation is thought to isolate the child from peers and interfere

in sport

with normal identity development.

- Over-emphasizing winning

Early specialization often puts an over-emphasis on winning and neglects developmental experiences. "You don't sacrifice the development welfare of a child for a win-loss record". Physically and emotionally immature children who are expected to perform on high competitive levels often fall into the cycle of failure. This inhibits them to try other sports or develop other abilities. They are often left with experiences of failing which is detrimental to their development as people and athletes.

The role of parents and coaches in early specialization

Most of the pressure to specialize early comes from parents and coaches.

Talent development is a long-term process that involves more than just the talented individual, but also a strong support system with parents playing the primary role. Talent needs to be viewed as a developmental process rather than an all-or-nothing phenomenon.

Talent development is not solely dependent on early specialization, in order for talent to grow it has to be viewed by society as valuable, as well as nurtured by parents, teachers and coaches. For talent to continue to develop throughout a child's life, information and knowledge; motivation and discipline are required for ultimate superior performance.

Families and in particular parents play a vital role in the development of an elite athlete. From the ages of 6-13, children should participate in multiple sports for fun. Parents who encourage such involvement and who believe that sport contributes to the child's overall development, allowing the child to experience a wide variety of sports, enhance the talent and overall wellbeing of the child. Parents should not have expectations or goals with regards to a specific sport for their child at this stage.

From the ages of 13-15, parents need to become committed supporters of their child. Minimal pressure should be placed on the child to participate in any one sport and parents should take on more of a supporter/follower versus leadership role. This would include financial and time sacrifices in order to optimise the child's participation.

From the age of 15 upwards, parents need to become

an important source of social-emotional support, especially during times of failure and setbacks. Little pressure on the child is of paramount importance at this stage. Parents also need to serve as models for disciplined independence and foster disciplined independence in their talented children. Parents need to model hard work while supporting their children. They need to reinforce their children for working independently and expect this type of behaviour from them.

It is about the child!

The concept of early specialisation has mainly come about due to the pressure from coaches, the high expectations of parents and the child's desire to participate in competitions and a societal emphasis on early specialisation. This involves the skipping of the fundamental stage of sport development and the overemphasising of winning, rankings, single sport involvement and down playing the role of fun.

According to the literature of talent development there is a great concern that without developing the love of the game, children will not have the motivation to sustain the effort needed to pursue excellence at a later stage of the process.

Ages 6 -13 years are called "sampling years", a time when children should participate in a variety of sports where the emphasis should be fun! From age 13 years they are entering adolescence and they should be more physically and emotionally mature to make informed choices regarding their own needs rather than fulfilling a parent or coaches dream.

Teenagers cannot develop talent unless they are internally motivated and enjoy the activity, while working hard to achieve their goal. Fun and enjoyment experienced through sport participation during the sampling years (6-13) may be critical to the development of intrinsic motivation, which is paramount to the success of the more structured and performance-orientated specialisation and investment years (15- above). Research has shown that lack of fun is a frequently cited reason for withdrawal from sport. Early specialisation often involves activities which are supportive to the development of the athlete. For example activities not directly related to the sport such as, cross training, running, weights, swimming, flexibility, fitness, etc. The literature indicates that such support-activities appear to be less than enjoyable for children. Early involvement and participation in such practice activities that are not enjoyable may ultimately undermine the intrinsic motivation to continue in sport. Children orientated sport programmes should not focus on developing athletic fitness through intense and routine training, but rather focus on sport-specific practice, games and play activities that foster fun and enjoyment. Additional services are not beneficial to early specialisation, in fact, it more than likely leads to sport drop out.



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Summary

In order to develop their talents, athletes must and should specialize. The critical question is at what age young athlete's should do so. Professionals are concerned that specialization is occurring at too early an age. While early specialization does have some distinct advantages, it may have negative physical, psychological and social effects on a child. Information, knowledge and recommendations from professionals to coaches and parents should help in the managing and decision making process when it comes to early specialization.

OFFICIATING: maintaining a critical

EYE

Text: Darlene A. Kluka, Ph. D, Motor Behaviorist, UP, Department of Biokinetics, Sport and Leisure Sciences & Sherylle Calder, Ph. D, Sport Scientist, hpc

Humans can continuously track a moving object at approximately 70 degrees per second. For comparison, a volleyball, spiked by an outside attacker, approaches 120 km per hour producing angular velocities greater than 500 degrees per second as the ball is contacted by the digger. In cricket, bowlers' throws can be hurled on average of 130 km per hour.

It should be no surprise, then, that the eyes are the official's most significant sensory receptors. They, as part of the visual system, serve to maximize incoming stimuli and gather detailed information. They also serve as proprioceptors (receptors that are sensitive to light) which lead to an afferent pathway (the optic nerve). The pathway transmits nerve impulses to the cerebral cortex and an area of the cerebrum (the occipital lobe), which interprets the impulses. These nerve impulses, synapses, and brain activity pathways serve to initiate the process of learning through visual perception, which begins at birth and continues to blindness or death.

Rapidly changing environments, contrast sensitivity function, accommodation, binocular fusion (eye teaming), dynamic stereo acuity, vergence, eye dominance, eye/body coordination, and visual reaction time comprise a core of necessary visual skills that an official may be asked to use while officiating.

Acuity, the ability to resolve the detail of an object in the field of view at high contrast, is divided into two categories: static (SVA) and dynamic (DVA). SVA is the ability to detect stationary object detail in the field of view at high contrast. DVA is the ability to detect object detail in the field of view at high contrast when there is relative movement between the official and the object. For example, an official uses SVA to view the scoreboard or the other official for a signal. DVA may be used to view the moving ball or athlete.

Dynamic visual acuity also involves the skill of tracking, the ability to follow moving objects with both eyes. Four types of eye movements are generally used to facilitate officiating performance: smooth pursuit, exhibiting a 125 millisecond delay with velocities up to 70 degrees per second; saccadic, exhibiting a 200 millisecond latency with velocities up to 1000 degrees per second; vergence, the ability to focus on one point in space at a time as the object or athlete approaches or dissipates from the official; and vestibule-ocular, which assists in body balance. For example, the hockey official scans the field using saccadic eye movements, jumping the eyes quickly from one fixation point to another to gain information to identify the readiness of both teams just prior to the beginning of the match. When the official thinks there is appropriate readiness, (s)he initiates play. The official then uses smooth pursuit eye movements to track the ball to its initial contact. As play develops, the official uses vergence eye movements to track an approaching ball or athlete. Throughout all of this, vestibule-ocular eye movements are used to compensate for the movement of the official's head. Because the velocity of the ball can reach 90 km/hr, angular velocities produced can be



greater than 500 degrees. Therefore, officials must use primarily saccadic eye movements when tracking the ball to contact with the stick. It is also paramount that the official gains as much relevant information from plays as they develop as possible (through peripheral vision).

Peripheral vision is another skill which has demonstrated importance for an official. It enables the official to maintain awareness of what is happening outside the direct line of focus. Approximately 3 degrees of view is in focus. The rest can be considered peripheral. Three degrees is about the width of a thumbnail. One objective as an official is to view as much relevant information in as short a period of time as possible in order to make the appropriate call in a timely manner.

Contrast sensitivity function (CSF), the ability to discriminate detail of an object under varying lighting conditions, has begun to emerge as an important predictor in the visual performance of an official. Theoretically, the higher the official's CSF profile, the more likely the official will be able to discriminate the ball or athlete as motion velocity increases in a variety of lighting conditions.

Dynamic stereo acuity (motion in depth) is also a visual skills used in officiating. The ability to judge the distance of objects and their relativity in space seems critical to officiating. There is increasing evidence that separate visual pathways are used for objects traveling toward and away from the official. There is also evidence that the ability to use this information can vary from individual to individual. The determination of the

status of this skill would greatly assist the official.

Accommodation, the ability to change focus from one point to another without undue effort, is another important visual ability for the official. **Eye/body coordination** is the ability of body parts to respond to the information the eyes have sent to the brain to interpret with relative timing.

The eyes gather information independently but work as a team to integrate the two images viewed. Binocular fusion is used by the official as the ball or athlete approaches within one meter.

Sight dominance* may play a small role in officiating visual abilities. The asterisk (*) gives a simple test to determine sighting dominance. Right-eye dominant people comprise approximately 64 % of the population. 10 to 20 % of the population is cross-dominant (right-eyed, left-handed or left-eyed, right-handed).

Fractionated reaction time (total reaction time) involves three areas: premotor time, motor time and movement time. Premotor time reflects the visual system's and central nervous system's functions. It is the sensed and interpreted response selected and neurally signaled. For example, from the time the foul occurs to the time the official interprets that it was, in fact, a foul, constitutes premotor time. Motor time is the time of development of muscle contraction of sufficient force to move, when the official initiates the arm movement and the whistle is blown exhibits motor time. Movement time is the peripheral muscular activity and patterns control force/time characteristics of movement. The time that it takes for the whistle blow and signal to be completed can be included in movement time. The complete scenario, from initial foul to the end of the official's movement

reflects total response time (total reaction time). Glare recovery involves the effect of light scattered within the eye, which reduces contrast. The ability to see objects or athletes in glare conditions and the time required to visually recover may make the difference for the referee to make the appropriate call while following the ball's trajectory into the mercury vapor lights or the sun and quickly onto the field or court.

Color perception involves the ability to discriminate colors of objects based upon light wave-length and frequency at which energy waves are reflected. Color deficiency is found in 8 to 10 % males and less than 1 % females. Male officials may find it helpful to have the visual ability checked.

Speed of recognition refers to viewing objects quickly, accurately and completely. The more quickly the information is recognized, the more quickly a signal can be given.

Several motor behavior principles are important to facilitate officiating:

- 1 Focusing skills decline with age. Officials who are approaching 45 years of age should pay particular attention to getting annual sports vision examinations by sports vision eye care professionals;
- 2 Head movements also affect the acquisition of relevant information; however, using the eyes rather than the head and eyes to locate action is more efficient. Perhaps during ratings of officials, videotaping of officiating performance could include focusing in on eye/head movements as plays develop.
- 3 The smaller the visual focus on the target, the more accurate the result will be. When focusing on play, tighten focus to as small an area as possible;
- 4 The shorter the period of time used to focus on the object, the more intense the focusing must be to pick up relevant cues. Opening the eyes wider just before critical play will assist intensity of focus.

Visual skills for officiating should be evaluated in a complete vision examination by a sports vision eye care professional (optometrist or ophthalmologist). The skills to be evaluated are recommended by several Sports Vision professional organizations throughout the world. For example, the American Optometric Association's Sports Vision Section suggests the following be included in an examination:

- ocular health, to rule out the presence of disease, infection, or injury
- acuity – SVA near and at distance
- acuity – DVA
- contrast sensitivity function
- peripheral vision
- dynamic stereo acuity
- glare recovery to determine light sensitivity

- eye dominance at a distance
- color perception, particularly for males
- speed of recognition
- binocular fusion
- vergence skills – convergence/divergence
- accommodative facility

Finally, several questions are offered when selecting a sports vision eye care professional (optometrist/ophthalmologist):

- 1 Is the eye care professional a member of a professional organization?
- 2 Does the professional ask you to complete a sports vision-related questionnaire during your visit?
- 3 Is the eye care professional knowledgeable about the game that you officiate and its visual requirements?
- 4 Is the office decorated with sports artwork, posters and action photos, including your sport?
- 5 Are there sports vision pamphlets and newspaper/journal articles displayed in the reception area and available for your perusal?
- 6 Does the eye care professional have equipment specifically designated to evaluate the visual abilities discussed in this article?
- 7 Has the eye care professional been referred to you by someone you know and trust?
- 8 Has the eye care professional held a position on a medical advisory board within your community?
- 9 Does the eye care professional employ a Sports vision trainer or a sport scientist? If so, ask about the individual's credentials.

If the answers to five of the above questions are YES, you can feel comfortable about the selection. For a complete directory of sports vision optometrists/ophthalmologists in your area.

*Eye dominance (at distance) evaluation (Buxton & Crossland, 1937):

- Place a 1-inch in diameter black dot on a 3 inch piece of paper.
- Post the paper on a wall at eye level.
- Stand behind a line drawn on the floor 3 meters from the wall.
- Facing the wall, hold a white 4 x 6 inch file card, with a ¼ inch diameter hole in the center, with both hands so that your arms are fully extended in front of you and at eye level.
- With both eyes open, find the dot on the wall so that you can see it through the hole in the card.
- Without moving the card, close your right eye.
- Do you see the dot (yes/no)?
- Open your eye.
- Do you see the dot with both eyes?



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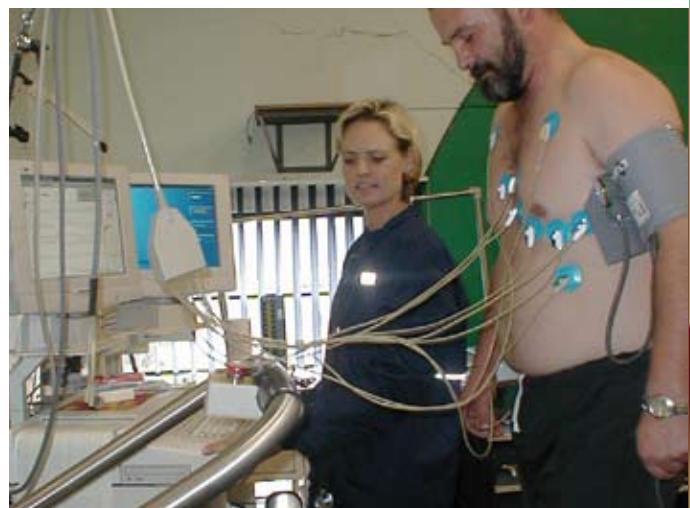


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Eating to **BIG** be **BIG**

When you train to be big and strong, what you eat can make a **DIFFERENCE**. The foods you eat fulfil different functions in the body. This information sheet will help you to know how food can work for you to train better and be stronger.

ENERGY

The main reason why we eat is to provide fuel or energy. Getting enough energy through foods will help you to train well and stay healthy.

CARBOHYDRATE

Why must I eat Carbohydrates?

- Carbohydrate is a key energy or fuel source.

Where can I find Carbohydrates?

- Carbohydrates are found in the following foods and portion sizes include:

FOOD SOURCES	PORTION SIZE TO PROVIDE 50 g CARBOHYDRATE
Breads, cereal, rice and pasta	2 cups of Breakfast Cereals (e.g., Cornflakes) 4 thin slices of bread 1 ½ cup rice / pasta (size of two fists) 1 cup stiff porridge (size of one fist)
Vegetables	3 medium potatoes 2 ½ cups sweet potatoes 2 cobs of corn (mealies) 1 large tin of baked beans
Fruits	2 fruit the size of a two tennis balls or four golf balls 2 glasses of fruit juice
Milk and yoghurt	1 liter of maastricht milk 2 tubs of yoghurt
Sugar	3 tablespoons Jam or Honey 700 ml Sports Drink (Energade) (1 Squeeze Bottle) 2 glasses cold drink 30 jelly babies 20 Super C sweets



How much carbohydrate do I need?

- Take your weight and divide by 10. This will tell you how many portions you should eat per day.

When should I eat carbohydrates?

- Eat a carbohydrate source with every meal you eat. Try to eat 5 – 6 meals per day.
- Eat 1 portion of carbohydrates as soon as possible after each training session, e.g. four slices of bread. Take this with you.
- If you train 90 minutes or longer – Include an energy drink during your training.

and **STRONG**

PROTEIN

Why must I eat Protein?

- Protein is needed to build and repair muscles.

Where can I find Protein?

- Protein is found in plant and animal foods.

How much Protein do I need?

- Take your weight and divide it by 10.
This is how many portions of protein you need per day.

When should I eat Protein?

- Eat a protein portion after each training session. Take this with you to training.
- Distribute the rest of your protein portions throughout the day.

Protein Foods and Portion Size

2 small Eggs
 1 ½ slices Cheese (size of a match box)
 1 cup Milk or Maas
 35 g Meat (size of your thumb)
 40 g Chicken (drumstick)
 50 g Sardines / Pilchards (Lucky Star) (1/2 can)
 200 g Baked Beans (small can)
 1 thick slice of Polony
 2 tablespoons peanut butter



EXAMPLE – ATHLETE WEIGHING 70kg						
AMOUNT OF PORTIONS / DAY		Breakfast	Snack (After Training)	Lunch	Snack	Supper
CARBS	PROTEIN					
7	7	2 cups Cereal (1 portion) + 2 glasses Juice (1 portion) 1 cup of Milk (1 portion)	4 slices Bread (1 portion) 100 g Sardins (1 can) (2 portions) Tomato	2 cups stiff Porridge (2 portions) Hand palm Meat (2 portions)	2 Fruits (1 portion)	1 ½ cup Rice (1 portion) 1 big Chicken Thigh (2 portions) Marog
Add some vegetables to prevent illness!						



Lose Fat for Life

South African Dietician and co-author of 'Fat Loss for Life'
Martie de Wet explains



What is the difference between Fat Loss and Weight Loss?

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The **magic** behind performing in endurance events

Train, Train, and Train....

Text: Lindsey Parry, hpc

The most common request I get from endurance athletes is to help them train more effectively. It is a lot easier than it sounds to do well in endurance events. You obviously have to put in the necessary training and preparation and there are no quick fixes, but the formula is simple:

The magic behind success in all sports and particularly in endurance sports is consistency and recovery. Therefore the first question an athlete should ask of themselves is: are they professionals or amateurs. The answer is vitally important as it has a huge impact on the second magical ingredient: Recovery.

Lets start with consistency and what it means. Consistency is repeating the same actions routinely over long periods of time. For the athlete this is crucial to success, by performing the same tasks at similar times on each day the athlete builds routine into their lives. Consistency alludes to training, sleeping, eating and recovery, building patterns your body can rely on.

As a professional it is easy to be consistent, in all of these aspects. Your life is planned around training. For amateur athletes training schedules are planned around work. The biggest area that this impacts is in the recovery, working long hours, not eating at appropriate times and often spending long periods on our feet.

To professionals the best advice I can give is to find more time to sleep and explore recovery strategies. The faster you recover from each workout the harder and longer you can train in the next one. Professionals tend to handle far greater volumes than amateurs due to their greater training history, genetics and ability to put their feet up and RECOVER.

To amateurs the best advise I can give is: Less is more. Let yourself recover by giving yourself time off. It is critical that amateurs have at least one full day of rest per week. The second biggest mistake amateurs make is to assume that because they have less time they must pack as much "quality" into a session as possible. Intervals and sprints are not the "quality" you are looking for, quality should instead be linked to meaningful sessions; try to do more volume and less intensity. This will prepare you better for your event and will leave you needing less recovery time between sessions.

Once you have put in consistent training, the next step is doing the event. Endurance races are by nature long and consistency again becomes the key. Athletes whether professional or not need to work to a pacing strategy. You have been training to a plan so stick to it. Race day heroics and forgetting your race plan almost always ends in disaster.

The common thread running through all endurance athletes is that they want to perform at their best. The only way an athlete can perform at their best is by training effectively and arriving at the start line fresh. Make sure as an athlete that you eat the correct foods at the appropriate times, ensure that you get as much sleep as possible and avoid training a tired body. Resting for an extra day when it's needed will be positive while training a tired body will increase both the mental and physical fatigue. That brings us back to the beginning, be consistent in everything you do. Routine will allow more free time to recover and do what all athletes love to do: Train, Train, and Train... 



Scientific Article Summaries

Text: Jimmy Clark, Institute for Sport Research University of Pretoria

Soccer: Is physical fitness our biggest problem?

Sport scientists are frequently tasked with getting players fitter in an effort to improve team performance. This is no different here at the High Performance Centre (hpc) where all squads are allocated trainers to make players stronger and faster for longer. But does a superior physical fitness really translate into improved performance? A key requirement in improving team or individual performance is locating the weakest link in the performance chain and direct attention there.

A recent study published by the Institute for Sport Research (ISR), University of Pretoria, and conducted at hpc, evaluated this question in soccer players in the highest league in South Africa, the Premier Soccer League (PSL). We tested 140 players from a variety of squads who were ranked very high or very low on the PSL log with the aim of identifying whether differences in physical fitness existed between successful and unsuccessful teams. Players were tested for body composition, flexibility, muscular strength-endurance, power, speed, agility, aerobic endurance and repeat sprint ability.

The results may surprise you. No meaningful differences were found in any of these parameters

between successful and unsuccessful players. It seems that physical fitness is not the most important determinant of team performance within this professional league. I should point out though that all teams displayed fitness levels well above those of the average person, and are certainly well-trained players. But the teams who performed better were not fitter than the teams who performed worse. Interestingly, we did find that players in successful teams were significantly older than in unsuccessful teams, by around two years.

Taken in totality, the results may indicate that factors other than fitness, such as player skill and technique, team tactics, player experience, and motivation are more important in determining team performance once an adequate level of fitness has been attained. Coaches and trainers should keep this in mind when allocating training time. Wherever possible, these elements should be included in conditioning sessions. It is possible that this finding is specific to the South African scenario, as studies in European leagues for example, show different results. Future work will compare the fitness of PSL players to players in European leagues.

Clark JR. Higher log position is not associated with better physical fitness in professional soccer teams in **South Africa**. **South African Journal of Sports Medicine** 2007; 19: 40-45.





Rugby: Recovery strategy? What recovery strategy?

The buzz-word in current sport science and medicine circles is 'recovery'. I frequently marvel at the sight of athletes subjecting themselves to 'ice baths' at hpc following training or competition. Practitioners working with all sorts of athletes and squads seem intent on implementing so-called 'optimal recovery strategies' after intense training or competition. Why? The elite sports person is reliant upon competitive performance for their livelihood, performing at high levels requires intense training on a regular basis. Such work predisposes an individual to muscle cell damage, increased risk of injury, and reduced muscular performance. Hence the drive to discover the fastest way to return athletes to recovered states before the next training stimulus. Rugby, in particular, places a variety of demands on players within matches, and is combined with significant physical contact. In addition, the time between matches or training is becoming ever-shorter in the modern era.

A group of researchers from the Waikato Institute of Technology, New Zealand, recently studied the effects of four different recovery strategies following professional rugby matches. They chose to monitor markers of muscle damage before, immediately after, 36 hours after, and 84 hours after provincial rugby matches in New Zealand. The purpose was to compare the effectiveness of passive recovery, active recovery, contrast water therapy, and compression garments on the rate and magnitude of muscle damage after the games.

They found that passive recovery (rest) immediately after the games resulted in significantly poorer recovery in the following 2-4 days than all other procedures. Even just 10-20 minutes of sitting still should be avoided following exercise if speedy recovery is desired. But what **should** be done then? Well these scientists found no significant differences between the effects of light active exercise (cycling), contrast water therapy (hot-cold water submersion) and compression garments (lower body compression clothing) on the rate of recovery. The take home message for the moment would appear to be, **just do something**. Also, it highlights two important points: 1) that the age-old practice of an active cool-down is as good as more recently employed methods of recovery, and should not be overlooked, and 2) that what is done **immediately** after the event affects recovery in the following days.

Each of the modalities used has a number of theoretical bases for their effectiveness, and it is likely that some combination of recovery strategies may produce the fastest results. It is important that the athlete's perception of recovery status also be assessed in such studies, as this is arguably as important as physiological measures. We will be undertaking research into the effectiveness of recovery strategies in our high performance program in the future in order to streamline our own recommendations and implementation. Watch this space 

Gill ND, Beaven CM, Cook C. Effectiveness of post-match recovery strategies in rugby players. **British Journal of Sports Medicine**

Periodisation:

Part 1

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

“Fortune favours the prepared.” Is this not so true! How often do we think to ourselves, ‘if I had only been more prepared.’ This is not uncommon but the key is to getting away from that feeling.

Within this article we review the idea and concept of proper planning and preparation for sporting performance. This article reviews the views of research and trends found in elite level sport, along with the views and thoughts of Dr. Ekhardt Arbeit (World renown and respected Athletics Coach and High Performance Consultant to Athletics SA) in his article, ‘Training Periodisation, What is that?’ This is the first part of a two part article on periodisation and will hopefully assist in providing you with greater insights into the world of performance planning.

Proper planning and preparation leads to great performances. Although a strength and conditioning program improves performance, the positive outcome cannot improve forever. At some point the physical and psychological adjustments will occur less frequently and effectively causing plateaus or often decreases. These plateaus could lead to possible injury risk, along with other symptoms associated with overtraining.

The following two quotes highlight the value and importance of proper planning:

- ‘Proper preparation prevents poor performances’ – US Marines
- ‘Plan your work and work your plan’ – US Army

When planning, we should be more concerned with deciding what kind of physiological response or training adaptation will lead to the greatest improvements. We need to decide what are our objectives and how are we going to get there. If this planning is set up correctly then optimal developments will occur leading us to the desired response.

The key to athletic performance is proper planning or typically what is known as periodisation. To promote long term athletic development and performance, we should be including variations in training specificity, intensity and volume, through organized, planned periods or cycles within the overall program. Periodisation planning is the one aspect that often not enough time is given to, especially during the early stages of the training year or cycle.

The concept of periodisation was proposed during the 60’s by a Russian physiologist, Leo Matveyev. He was

a sport scientist, whom created the basis for the first scientific periodisation models. However, over the years various scientists have done work on the initial concept, with much modifications being done on the application to training strength and power athletes.

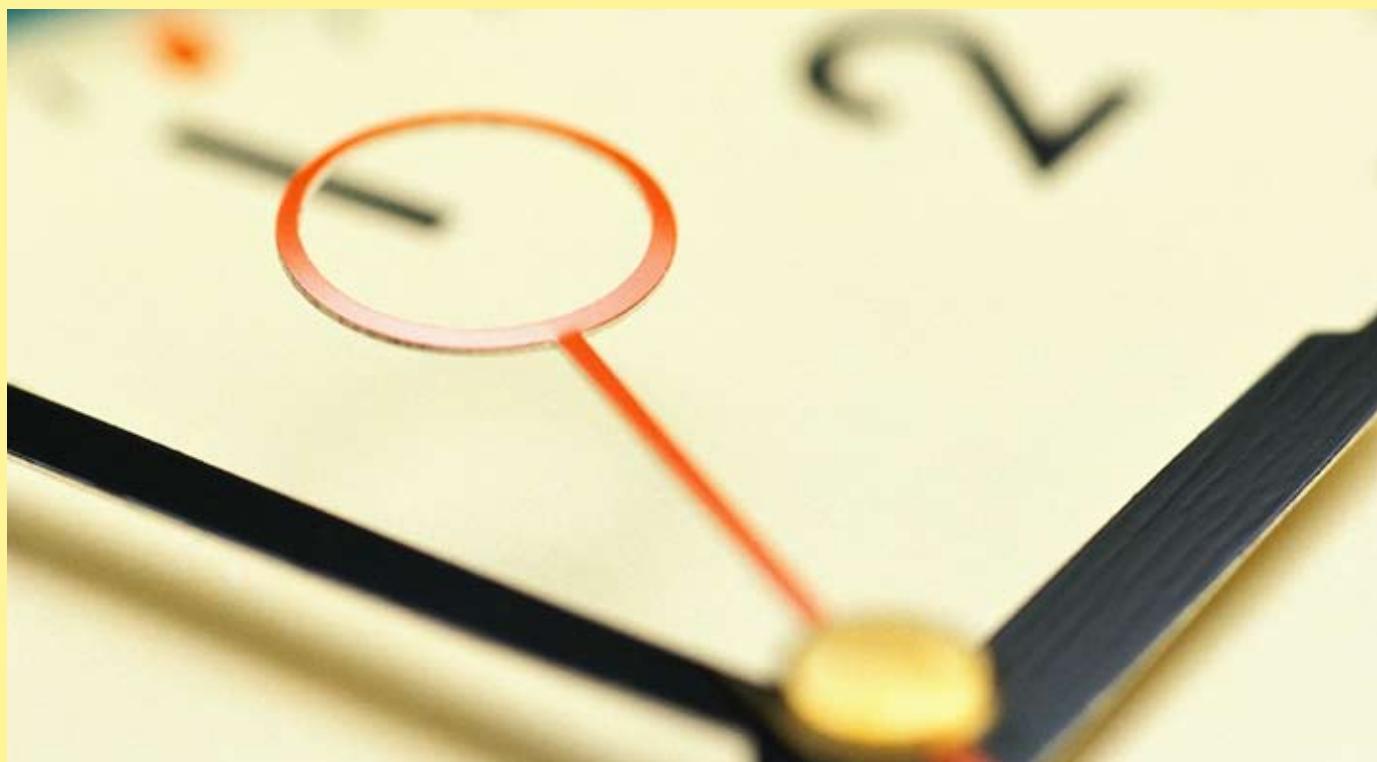
As coaches we are on the never ending quest to produce the perfect athlete. So to we are continuously investigating new methods to assist in improving performance, along with methods of modifying and or implementing systems that have a proven record of success. This has lead to sport scientists continually looking to define and identify new concepts around the aspect of periodisation. However, many of these coaches and sport scientists refer their own views back to those of Matveyev. It is always important to remember that the world of elite sports is ever changing, and needs to be respected as such. As soon as coaches and scientists become complacent then it could be the start of poor performances.

So what does periodisation mean?

Periodisation means a process that is instituted so that the necessary time is provided within the training process for the preparation for a major competition. It should be emphasized that the chosen periodisation model is not an ‘add-on’ to the training process but rather forms the basis of the training philosophy and the process by which the training is to be organized, over a certain period of time.

It is important to understand that a periodised training year can be divided into smaller blocks of time, each with its own goals and priorities. This overall schedule can include all aspects of an athletes program, including general conditioning, sport specific activities and resistance training

Two conditions, according to Dr. Arbeit, are critical and determine the periodisation process, namely the dynamics of the adaptation process and secondly the position of the main competitions within the training year. He emphasizes the fact that the training of elite level athletes need to be synchronized with the individuals biological rhythms. Within physics there is theories known as the Chaos theory, which highlights the fact that the various rhythms, namely that of the loading pattern and the individuals biological rhythm. Dr. Arbeit emphasises the fact that one of the most important training principles is that you should not change the rhythm of the training loads continuously or regularly, but rather allow the biological system time to obtain the exact information of the direction of the adaptation process.



Planning to perform

The Response to training stress

Hans Seyle, a Canadian biologist and endocrinologist described how the body reacts to stress (such as exercise, and training) as the General Adaptation Syndrome. This was later adapted to resistance training and exercise conditioning. By performing training programs we place specific loads on the human body and expect it to react accordingly and come back stronger.

Within Seyle's theory there are three distinct phases. These phases are outlined as follows:

① Shock or Alarm Phase: - when the body experiences a new or more intense stress (intensity increase within the training program), the body needs to react and goes into this phase. This phase may last several days or weeks, with the athlete sometimes experiencing fatigue, excessive soreness, stiffness or even a temporary lack in performance.

② Resistance Phase: - one in which the body adapts to the stimulus and reacts to more normal functioning. Within this phase the body shows an ability to handle training and loading stress. The athlete relies on neurological adaptations to continue training while the muscle tissue adapts by making various biomechanical, structural, and mechanical adjustments that eventually lead to performance improvements. This phase is often referred to as supercompensation.

③ Exhaustion Phase: - if the stress persists uncontrolled for an extended period of time, then this phase is reached. Similar symptoms as the alarm phase reappear (such as fatigue, soreness etc.) leading to the athlete battling to adapt to the stressor. As a result, monotony, overtraining, and other maladaptations may occur when there is no training variety or when the training stress is too great. It is thus important that we look to avoid this phase so as to limit the negative effects of prolonged incorrect loading. It is critical to realize that if the correct amount and type of stress is placed on the body and the appropriate recovery is performed, then this will limit the possibility of entering this phase.

In conclusion, periodisation is a big word meaning to plan. It is important that we all plan our training year ahead, showing progression of training, exercises and physiological adaptation. If we show lack of variation it will lead to stagnation and difficult to optimize the body to become that perfect working machine that elite athletes are looking for. Within the next edition we will further unpack this concept of periodisation and specifically look at the various phases within the training year, along with the various periodisation models, such as single, double and triple periodisation plans. So stay tuned!

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Beating FasciaSm

Text: Gareth Bruni, Physiotherapist, hpc

An article published in the Journal of Manual Therapy suggests that the causes of hamstrings injuries are multi-factorial and that these injuries may be treated and prevented by manual therapy techniques on areas distant to the hamstring.

The Article suggests that tight thoracolumbar fascia (TLF) is implicated in the cause of Hamstring injuries and that the TLF and its' muscular attachments may be the source of the problem. The thoracolumbar fascia is a thick sheath of connective tissue in the lower back/pelvis area and connects several large muscles. When considering that the TLF attaches to the latissimus dorsi, Transversus abdominus, internal obliques, rhomboids and splenius capitis muscles, you begin to realize what they are implying.

That Muscles attaching to the shoulder and neck, amongst others, have an influence on the hamstrings!!!!

Big statements, but how do they justify it?

It follows the line of thought of T.W. Meyers, the author of the book Anatomy Trains. This book, using the metaphor of trains, describes lines of interconnected myofascia (muscles and fascia) running the length of the body. For example, the TLF and hamstrings will be the train tracks and the Femoral condyles, Sacrum and Ischial tuberosities will be the stations in-between.

A "fascial train" is formed by following a line of "consistent tension through continuous myofascia".

There are five main trains: Superficial front line (SFL), Superficial back line (SBL), Lateral line (LL), Spiral line (SL) and the Deep front line (DFL).

Knowing that the "lines" of myofascia are present is important, as it shows interconnectedness of the body and further emphasizes that no muscle or joint, works in isolation.

For the ease of study and nomenclature, humans have broken the body into segments and sections that we have seen and studied in isolation. It is this protocol that has led us to neglect the bigger interconnected reality of our bodies and movement. Fascia does not obey our human invented demarcations. And so we can approach hamstring injuries from another perspective.

What is fascia?

Fascia is connective tissue that wraps itself around every muscle, tendon, ligament and bone. It connects individual muscle fibers together, and then groups these muscle fibers into distinct structural compartments, which then connects these compartments to other compartments and then to joint capsules, tendons, ligaments and bone. Fascia can be seen as a network or reinforcing that binds all our tissue together (Think the white gooey stuff around Biltong). The "anatomy trains" are essentially lines of connective tissue with disregard to the human invented distinctions. This interconnectedness of fascia, allows us to accept the suggestion that hamstring injuries may be related to fascial restrictions in other areas besides the hamstrings, the same way traffic in Hatfield will be slow if there's an accident at the Brooklyn Circle. It is this principle that encourages us to evaluate patients as a whole and not as individual limbs.

Living fascia

Although fascia is "just" connective tissue, it does not mean that it remains fixed and unchanged throughout life.

Like the rest of our body, fascia reacts and changes according to the stressors placed on it. Faults such as scarring, fascial thickening or trigger points may develop within the fascia due to injury and / or over-training. These faults then contribute to fascial tightness, which then hinders fluid movement of the "train".

Tight fascial systems lead to higher muscle tone due to increased output from nervous system, which is required to move restricted muscles. This increased tone results in less efficient movement patterns, thereby predisposing one to injury.

Interestingly, it is not only over-training that may result in fascial restrictions but under-training can also cause blockages.

Restrictions or blockages can occur anywhere along the length of the "fascial train" and these restrictions may have an effect both above and below the site of the restriction.

Implications:

When evaluating a person with an injury it is important not to fixate on the human invented demarcations but to look at the whole person.

Posture evaluation will give an indication of restrictions. Look further than the affected area, evaluate the areas above and below.

Static posture can only provide limited information. Simple movement analysis that tension the train lines will provide information about where sufficient motion is taking place and where restrictions occur.

Fascia tends to adhere to underlying bony areas and other connective tissue. These restrictions or links need to be released as they result in dysfunction. Dysfunction in one line will result in compensatory movements, resulting in dysfunction and tightness in another line. These dysfunctions create muscular imbalances which lead and predispose to further injury.

Manual therapy techniques like massage, myofascial release and dry needling break down the excessive connective tissue at the restricting links thereby allowing normal movement.

Conclusion

Fascia is connective tissue found within the body. Like the rest of our body, it reacts and adjusts to exercise and posture. With excessive loading or prolonged posture, the fascia may become thicker and adhere to the underlying tissue, resulting in altered movement patterns. It is these altered movement patterns, that further stress the body and result in pain and dysfunction.

With complex movement patterns like bowling in cricket or rowing, a restriction in any length of the fascia will alter the whole movement pattern, thereby stressing structures along its length.

An athlete struggling with chronic hamstring tightness and not responding to local treatment may benefit from myofascial release along the length of the appropriate "anatomy train". This would involve release of fascia of the buttocks, lower back, latissimus dorsi, shoulder and neck. Results are also not immediate. Just as it took time for the restrictions to form, it will take time for the treatments to take effect thereby enabling smooth unrestricted movement of the whole fascial train 



Training Tips

Source: SA Sports Illustrated, Nov 2007, Issue 12

Being an elite swimmer is certainly no easy task. It's not a simple case of spending four hours a day in the swimming pool. These guys and gals also put in long hours at the gym. South Africa's 19-year-old breaststroke sensation Suzaan van Biljon is the first to admit that her training programme is all about hard work, hard work and then some more hard work. "It's not always fun to practise, but the reward at the end of the day is so much richer," she says. Suzaan, like many of our top athletes, is based at the Tukkies High Performance Centre in Pretoria, where she and her teammates often hit the gym in groups of eight, before separating to train in pairs. "I actually prefer to gym on my own, where my fitness trainer Steven Ball can help me with the weights," she says. "But, on the other hand, having a gym partner encourages me." The intensity of her gym sessions varies depending on what phase of the season she's in. "In the three weeks leading up to an event my workload will decline," she explains. "We'll step away from doing power exercises and concentrate more on explosiveness." Here are a few exercises that Suzaan does to get in shape for the breaststroke...



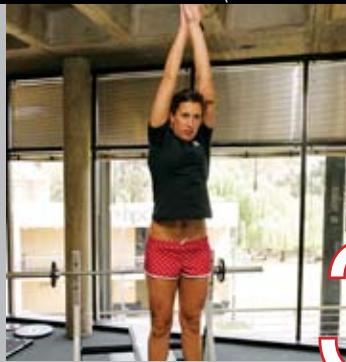
HIGH PULL

"This exercise focuses on triple extension of the hips, knee and ankle joints, as well as driving and power generation from the hip region. This is helpful for a breaststroke swimmer, because it aids in the specific start and turn movements, as well as the triple extension required during a stroke. I'll do 3-5 sets of 4-8 reps, depending on the season phase."

SQUAT (FROM SEATED)

"This exercise focuses on the stability within the hip and the core stabilising musculature. It develops the hip musculature activation and hip drive, as it works on the gluteus maximus, quads, hamstrings and core stabilisers. I'll do 3-5 sets of 4-12 reps, depending on what phase of the season I'm in."

JUMP AND REACH (FROM SEATED)



3

"The jump and reach exercise helps with the explosiveness of the hip drive. It focuses on hip stability and on core stabilising musculature, and works on the gluteus maximus, quadriceps and hamstrings. The reason I do it from a seated position is to emphasise the glute activation and hip drive. I'll do 3-5 sets of 2-8 reps, again depending on the season phase."

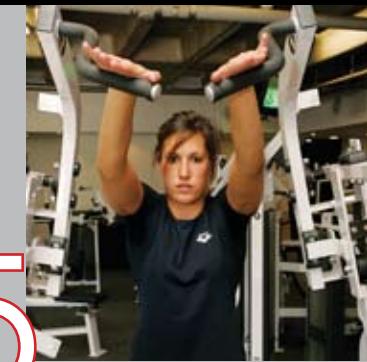
BREASTSTROKE ON SWISS BALL



4

"This exercise focuses on the catch part of the stroke, where it's important to maintain a high elbow position. It's functional for breaststroke due to the exact simulation of the breaststroke pull action. It works on the shoulder stabilisers and helps with the core stability, which is crucial when applying the pressure on water. I'll do 3-5 sets of 6-10 reps, depending on the season phase."

STANDING PULL DOWNS



5

The emphasis in this exercise is on the high elbow position and on squeezing the shoulders down and back. It works on the lower trapezius and rhomboid muscles, and helps with the correct sequencing of the back musculature during the pulling action required for breaststroke. I'll do 3-5 sets of 6-12 reps each... but again that will depend on where I am in the season."



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LEAD THE WAY

CAS

– “The Supreme Court of World Sport”

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

Introductory Remarks

Where there is money to be made and lost, litigation is never far away. It is therefore hardly surprising that sports disputes are on the increase. And, like other industries, the settlement of sports disputes by alternative dispute resolution (ADR) processes is also on the ascendancy, including mediation. In other words, without resort to the courts.

This is not only for the same reasons recognised in other industries, namely, that litigation is slow, expensive, arcane and unpredictable; but there are also special reasons peculiar to the sporting world. Sports persons and bodies prefer not “to wash their dirty sports linen in public” but settle their disputes “within the family of sport”. In addition, the dynamics of sport require quick and informal settlement procedures. For example, a dispute may arise in relation to a major sports event, like the Olympic Games or the FIFA World Cup, and the parties in dispute cannot afford to wait months – or even years – to settle their disputes through the courts, by which time the event will be long over and forgotten.

However, due to the foresight of the former President of the International Olympic Committee (IOC), Juan Antonio Samaranch, a special body for settling all kinds of sports-related disputes, called the Court of Arbitration for Sport (CAS), was set up and is proving to be a popular, fair, effective, relatively inexpensive (most proceedings are free of charge), confidential and quick forum for the settlement of sports disputes.

Sports Disputes

The CAS is dedicated to hearing and settling any disputes directly or indirectly relating to sport. Article R27 provides (in part) as follows: “Such disputes may involve matters of principle relating to sport or matters of pecuniary or other interests brought into play in the practice or the development of sport and, generally speaking, any activity related or connected to sport.”

Sports disputes heard by the CAS may therefore include purely sporting issues, such as selection and eligibility matters, as well as disciplinary matters, including doping; and also commercial issues, which are on the increase in view of the mega sums now at stake in the promotion and marketing of professional sport and sports events, such as disputes over corporate sponsorship, merchandising and agency contracts. A sports person, body or a commercial company, such as

a sports marketing company, may bring cases to CAS. The parties must agree to do so in writing. Cases can be referred to the CAS on an *ad hoc* basis at the time a particular dispute arises. But many sports bodies are now including an express CAS arbitration clause in their contracts.

Parties involved in sports disputes have three possible ways of resolving them. They can appeal to the internal authorities of their sports federations – both national and international; they can take their disputes to the ordinary competent courts; or submit disputes to private arbitration or mediation. It is important to point out that the regulations of sports federations cannot exclude an appeal of a dissatisfied member to external judicial authorities. Such provisions designed to oust the jurisdiction of the courts are void. However, they can provide in their regulations for parties involved in disputes to first exhaust all the internal remedies and appeal procedures before resorting to the courts.

Some examples

Just before the 2000 Sydney Summer Games, the Australian Olympic Committee asked the CAS for an advisory opinion on whether the introduction of full body swimming costumes (the so-called ‘Long John’ swimsuits) was lawful. Speedo and other sports apparel manufacturers had invested substantial sums of money in them. But did they give competitors, who wore them, an unfair advantage over those who did not and had the rules, allowing them, been properly passed by FINA, the World Governing Body of Swimming? The CAS, after a full review of the legal and sporting issues, held that they had been correctly introduced.

A number of commercial disputes have also been settled by CAS mediation. These cases have included disputes with a sports management agency over the commercialisation of a cyclist’s image rights and financial disputes between athletes and their advertising agencies in relation to substantial commission payments.

It should be added that, since FIFA joined the CAS in 2002, there have been many disputes referred to the CAS concerning the interpretation and application of the FIFA International Football Transfer Rules, especially the payment of compensation for the education and training costs of young players and disputes regarding the level of transfer fees payable in particular cases. Many of these cases have involved well-known football clubs and players.

The Legal Status of CAS Awards

Awards made by the CAS, like other international arbitral awards, are legally enforceable generally in accordance with the rules of international private law. So, the CAS decisions are legally effective and can be enforced internationally. This is particularly important in the case of disputes involving intellectual property rights, especially trademarks, which are generally of a territorial nature.



Concluding Remarks

As the global sports industry continues to expand and sports-related disputes continue to rise, and ADR continues to find favour in the sporting and business communities, the services offered by the CAS will continue to appeal to parties who wish to settle their disputes fairly, quickly, effectively, confidentially and relatively inexpensively. The court has distinguished itself and fulfilled the hopes and expectations of its founders and it would appear to have a bright and expanding one, by all accounts. Sport federations, clubs or franchises and all professional athletes will be well advised to be aware of this mechanism to resolve sport disputes.

Source: Cloete et al *Introduction to Sports Law in South Africa*
[par 12.01 – 12.77]



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A Sport School Like Most Others....

Text: Hettie de Villiers, Principal, TuksSport Combined School

While attending a symposium on Sport Schools in Berlin recently, I couldn't help feeling a bit like a recovering addict attending her first AA meeting (or at least that's how imagine such a person might feel – I have no hard evidence to support this statement!)

"Hi. My name is Hettie de Villiers and I'm from South Africa."

Although you might not find this much by way of confession, I was overwhelmed by the warmth and unequivocal acceptance that I received from my international counterparts upon introducing myself. As I regaled principals from Australia, Germany, and Canada with stories (loosely translated as frustrations and headaches) about coaches, competitions, and timetables, their wry smiles and sympathetic nods made me feel very much at home. There was an unspoken recognition of challenges shared, of battles won and lost. Finally, someone that understands!

But the symposium was about much more than meeting peers – it was about learning from and sharing in the experiences of principals that have been at this game far longer than I have.

Germany, like most European countries, have a long and rich history in sport schools, and the vice-principal of the Poelchau-Oberschule, Elite School of Sport, was more than willing to share experiences and expertise. He explained that unlike most other countries, schools in Germany have to apply for and meet strict criteria before being awarded the official status of a sport school. The criteria include not the number of elite / high performance athletes in the school, but also how well they perform at international competitions, in particular the Olympic Games. It is vital, however, that learners do well in academics as well. Schools that do not deliver good academic results stand to lose their status as sport schools, as their position is reviewed every four years, following the Olympic Games.

Most international sport schools from Sweden, Finland, Australia and Germany and Belgium differ in composition from **TuksSport Combined School** in that they are fully or partially integrated schools. This term does not refer to race or gender, but to the classification of learners as athletes and non-athletes. In integrated schools elite athletes form part of regular classes with non-athlete learners, or in the case of partially integrated schools, they are placed in special 'sport' classes. Studies have shown, however, that in both

integrated and partially integrated schools, non-athlete learners often consider the flexibility and additional support offered to learner athletes as favouritism, and this often leads to ill-feeling among learners.

Sport schools in Canada, Italy and Singapore are based on a different model, as these schools cater exclusively for learner athletes. **TuksSport Combined School** falls into this category, since only learners belonging to one of the Tuks Academies may join the school.

Our school shows strong similarities with the National Sport School (NSS) in Canada. Like us, the school is relatively small, with approximately 140 learners. The NSS is a public high school offering Grades 9 – 12. The school was founded in 1994 following a study by the Calgary Olympic Development Association (CODA) that found that half of the high performance athletes were either dropping out of school to pursue sport, or leaving their sport to pursue academic study.

According to Mr Cam Hodgson, principal of the National Sport School, finding innovative ways of offering support to learners away on tournaments and training camps, remains the biggest challenge. Parents at his school are encouraged to extend learners' schooling by a year to enable them to achieve good marks while following strenuous training and competition programmes.

The NSS relies heavily on different forms of e-learning, and keeps 100 laptops in a laptop 'bank' which learners may sign in and out as they attend training camps or competitions. Learners can access instruction via an on-line learning environment called D2L (Desire to Learn), or make use of specially developed printed distance education material or CDs containing entire units of study.

While the world of e-learning may still be uncharted territory for us at TuksSport, our approach to and implementation of support measures do not differ much from the NSS or any other international sport school. The flexibility afforded to learners in terms of allowing them to negotiate submission dates for assignments when away from school, re-scheduling examination and test dates as well making provision for as catch-up time is very similar to measures employed in Canada, and, in fact most other sport schools. The context and culture of German, Canadian, Australian and South African sport schools may differ, but the challenges and the passion to find solutions remain the same.

Interesting facts from Elite Sport Schools all over the world

- Canadian learner athletes must phone or sms the school within 24 hours of arriving at their destination. Daily contact with the principal or teachers is compulsory.
- All sport schools are supported financially by their various governments or Olympic Bodies.
- Most sport schools make provision for 30-32 hours of school and 20-22 hours of training
- Most sport schools make use of hybrid learning and teaching environments which includes e-learning, face to face teaching and Distance Education material.
- 31% of all German Olympic Squad members that participated in the 2004 Olympics were current or former Elite School learner athletes.
- 10% of current and former NSS learner athletes represented Canada in the 2006 Winter Olympics.

- Learners from the Singapore Sport School are given 2 hours of supervised study time while away on camp or tour.
- 11000 German learner athletes are currently enrolled in Elite Sport Schools
- Between 2001 and 2004, current and former learners from German Elite Sport Schools brought home 327 Olympic, World and European Championship medals.
- All sport schools are linked to a High Performance Centre which offers similar services to athlete learners than the High Performance Centre at the University of Pretoria





TuksSport Combined School learners earn accolades in classroom as well as on the sports field

Text: Elaine Switala, TuksSport Combined School

“**W**henever a famous person is mentioned on the news or makes headlines in the papers, ordinary folk scramble to make known their own link or association with the said person. They do so with claims such as “My aunt’s husband works with that guy’s brother” or “We used to live in the same street as that lady’s sister.” In so doing, they seem to enjoy a little taste of the fame themselves. On Friday evening, 19 October, we, the staff at TuksSport Combined School, were once again treated to that same privilege when our students were acknowledged for their remarkable achievements. We were reminded in the most profound way, of our own good fortune in being surrounded all the time, by some pretty famous people. Moreover, we find ourselves in the happy situation of not only rubbing shoulders with top sportsmen and women, but also in being tasked to contribute in some way to their intellectual development.” (Elaine Switala)

Our sincere congratulations to all prizewinners and their parents and to our newly elected SRC members for 2008. Jurie Wilen and Pina Ercolano was voted as head boy and girl for 2007, and Offering Tlaka and Diana Fisher as their deputies. Other members of the SRC include Strike Nkuna, Aubrey Ngoma, Hendrik van der Merwe, Stephan Kühn, Karlien van Heerden, Martina Vituli, Maxine Heard and Marry Ntsweng.

The following merit awards were presented to the learners for academic and sports achievements:

The top academic achievers in each grade received awards for performance in each individual subject. A number of special awards were also made. Myung Soo Song, Lucky Mosala and Rachel Sebati (grade 6-9); Ricardo Ferreira, Jurie Wilkens, Diana Fischer and Offering Thlaka (grades 10-12) received awards for being the most courteous junior and senior students respectively. The Vasbyt Award went to Rodney Peach. Renaldo Domoney received the Academy Director’s Award for outstanding achievement both academically and in sport.

A highlight of the evening was the acknowledgement of those athletes who had received their Protea blazers for the first time in 2007.

They were: Lucky Radebe, Offering Tlaka, Strike Nkuna (Trampoline); Gloria Thata, Memory Makhanya, Lusinda Bouwers (Women Football); Hendrik van der Merwe, Kerri-Lee Shaw (Swimming); Zodwa Maphanga and Patricia Mazibuko (Table Tennis).

One could be forgiven for momentarily forgetting that it was an awards evening at a sport school when Lucky Masola poignantly read a poem written by fellow-student Stasa Vujosevic. Listening to the words one realises just how talented these young sport stars are!



In her eyes

A frightened face of a child stares at me through the glass
Uncertain of her future
I become mesmerized with the emotion in her eyes
Unable to break the stare as time moves on
Waiting for no one

A strange familiarity sets in as I watch her watch the world
Her thoughts distant
Watch her as she considers her options, debating deep within her mind
Unaware of the movement around her
Watch her as she slips deeper into thought

I blink
The child is gone
I look at the world outside through that same piece of glass
The lines begin to blur as my stomach jumps
My world becomes so small
The lights slowly fade until the drone of the engine and
the uneasy feeling in my gut is all that I am left with

My thoughts float away with me into the sky
I am that child
Unable to let go of the past
Yet excitedly still longing for the future

The seconds feel like days, the minutes like months
The hours years
I feel my hair go gray as I acquire wisdom
I feel the sun rise and set
Weaving across the sky
Spinning out of control

I stare into those same childish eyes
though they now belong to someone else
through the path of my life, etched in wrinkles
I recall all the tears
I recall all the joy

And I realize that I have no regrets



TuksSport reflects back on a successful sporting year as far as team and individual achievements are concerned.

In 2007 the University of Pretoria delivered a total of 93 Senior Proteas & Springboks. These achievements underline the success that Tuks had on the sport fields. **TuksRugby** are back on the winning trail. They won the Carlton Cup for the first time since 2003 and then reached the final of the National Club Championships. They were once again the main source of players to the Blue Bulls.

TuksCricket are the current SASSU & Titans' champions and went on to play in the final of the National Club Championships.

TuksSquash – for the 3rd year running - and TuksAthletics also did the University proud by winning their respective SASSU Championships (track & field). The impact of TuksAthletics in the colours of Gauteng North at the SA Senior Athletics championships, deserves a special acknowledgement.

TuksSwimming for the umpteenth time underlined their dominance on club and university level, when they again won SASSU and all the club events in which they participated.

However, the success story of 2007, belongs to the **JetAmaTuks** team, for taking the Mvela League by storm and only lost in the very last play-off match – for possible promotion to the PSL

- 142 Tuks sportsmen & -women and 13 officials, represented South Africa in various sports codes and teams and 157 received honorary colours in sport, from the University of Pretoria.
- 93 Proteas & Springboks
- 4 Other National teams (SA "A" & Federation)
- 45 SA Age Group teams
- 33 SASSU National teams
- 124 received honorary colours from the University for provincial representation.
- 13 Officials

During the prestigious TuksSport Colours Awards Ceremony on 12 October the following athletes/ coaches and administrators received awards:



Amanda Kotze



Hennie Kotze



Andrea Horak



Grant Morgan



Oscar Pistorius



Henry Windell



Roelie Potgieter



Pierre Spies



TuksSport boasts with a very successful year

Text: Henda van Schalkwyk, TuksSport

Student Sport Administrator of the Year

- Bernie Wheeler : Student Sport Committee
- Pearl Mosoane : Football

Administrator's Award

- Jannie Robbertse : Rugby

Coach of the Year – Individual sport

- Hennie Kotze : Athletics

Coach of the Year – Team sport

- Grant Morgan : Cricket

Principal's Award for excellence in sport and academics

- Andrea Horak : Triathlon

Sport Personality of the Year

- Henry Windell : Athletics

Newsmaker of the Year

- Oscar Pistorius : Athletics

Student Sport Club of the Year

- Badminton

Sports Team of the Year

- JetAmaTuks : Football

Sport Club of the Year

- Athletics

Student Sportswoman of the Year

- Suzaan van Biljon : Swimming

Student Sportsman of the Year

- Roelie Potgieter : Athletics

Sportswoman of the Year

- Amanda Kotze : Athletics

Sportsman of the Year

- Pierre Spies : Rugby

TuksSport News

Text: Henda van Schalkwyk, TuksSport

World Student Games

A total of 26 Tuks athletes and 9 officials were selected to represent the SA Student team at the WSG in Bangkok, Thailand from 7-20 August. Initially there were 36 athletes but a number of withdrawals came due to academic commitments. This is the second largest multi sport event in the world after the Olympic Games, in which approximately 10 000 athletes and officials participate

Rowing

Two 2nd year students, James Thompson & Matthew Brittain, representing the SA U/23 team at the World championship in Scotland, and on 2 August, finished 2nd after a photo decision. The SA team crossed the line in the same time as the Italian team, which was eventually placed first. It is the first team in the history of Rowing in South Africa to have achieved a performance like this. With this performance the two rowers are now in contention for a place in the SA team for the Olympics in 2008.

Triathlon

At the World Triathlon World championship which took place in Hamburg, Germany, last month, two Tuks tri-athletes had good performances. Carla Germishuys finished 8th and Heidi Meiring 11th.

Golf

Tuks won the annual Northern Universities League against UJ & Pukke (University of North West) at the Blue Valley Country Club on Sunday 30 September.

Results:

1. Tuks
2. Pukke
3. UJ

Rugby

TuksRugby did the University proud when they won the Carlton Cup for the first time since 2002. They beat Police 26-17 in the final of the Carlton League on Saturday 4 August at Loftus. Tuks had a total of 7 teams in the various finals of which 5 won their respective matches. Results:

Carlton League

Tuks 1: 26 Police 17

2nd League

TuksPumas: 30 Police 31

3rd League

TuksLecias: 10 Police 27

4th League

TuksRenegades 24 Centurion 8

U/21 A League

TuksJongspan: 58 Police 24

U/21 B League

Tuks U/20 A: 17 Noordelikes 14

U/19 A League

TuksAcademy: 24 Tuks U/19 A 10

Swimming

A small group of Tuks swimmers have done the University proud at the British National Championship held in Sheffield, England from 27 July to 1 August. Bad weather and floods did not discourage them. Lize-Mari Retief proved that she is back on speed, winning the 50m Fly, breaking the SA & Africa record in a time of 26,66 sec. In the 100m Fly, she finished 4th. Karlien van Heerden, one of the up-and-coming young distance swimmers, showed her metal in the 16/17 years age group, by winning both the 200m & 400m individual medley in times of 2.28,68 & 4.52,11 respectively. She took bronze in the 200m freestyle event in a time of 2.03,96.

Tannith Prout won the bronze medal in the 200m backstroke in a time 2.16,78.

From Sheffield, Lize-Mari Retief and Tannith Prout will join the SA Student team at the World Student Games in Bangkok, Thailand.

TuksSport

Canoeing

Bridgitte Hartley finished 5th in the K1 race at the World Sprint Championships in Segzed, Germany. She virtually rowed herself into the Sprint A final, two days earlier. With this achievement she now ranks no 5 in the world, in this event. The Championship was held in August.

Hockey

TuksHockey once again delivered its usual "five" players to the national men's hockey Olympic training squad. New cap Benjamin Mbana will be joining experienced SA Protea players Kyle Rhodes, Lungile Tsolekile, Emile Smith & Lloyd Norris-Jones in the squad. Former Tuks players Ian Symons, Thornton McDade & Justin Reid-Ross were also selected. Chris Oldnall was included in the SA U/21 training squad for the Africa U/21 World Cup qualifier in 2008.

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OB1530 (July 2007)

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taking part in the "Tour de Kruger"
Mountain Biking tour to raise funds for the
Peace Parks Foundation & Children
in the Wilderness



SAFA Assessors gathering at the hpc



SAFA Assessors gathering at the hpc



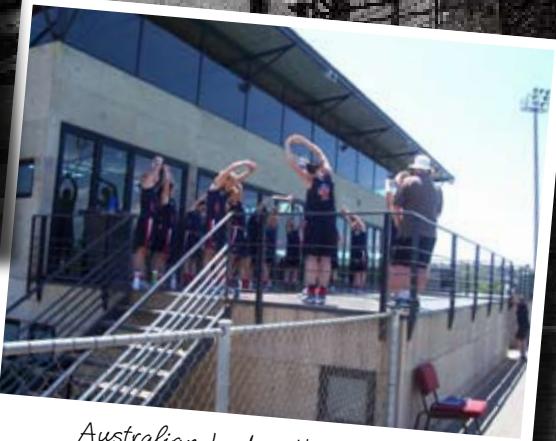
SAFA Assessors signed T-shirt for the hpc



SAFA Assessors gathering at the hpc



Australian Ladies Hockey Team



Australian Ladies Hockey Team



Australian Ladies Hockey Team



ASA Coaches Course Closing dinner



ASA Coaches Course Closing dinner



De Beers Burma from Griqua Cricket

NEWS @ LOMOND



Rugby, netball and football teams from Andy Chutter Lomond School



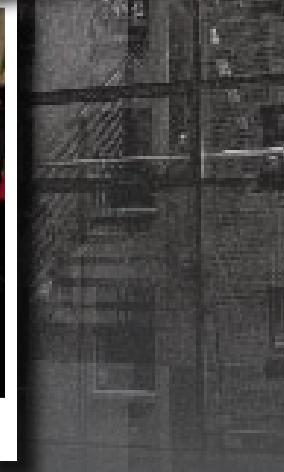
David & members of Platinum Stars
(previously known as Silver Stars)



Members of Platinum Stars enjoying lunch on patio



Stols & Platinum Stars





Speedo reaching out to neighbouring schools



Paul Barret-Smith from Speedo and Rocco



Pentathlon Medallists & Officials



Pentathlon Medallists & Officials



Wine Tasting at the hpc

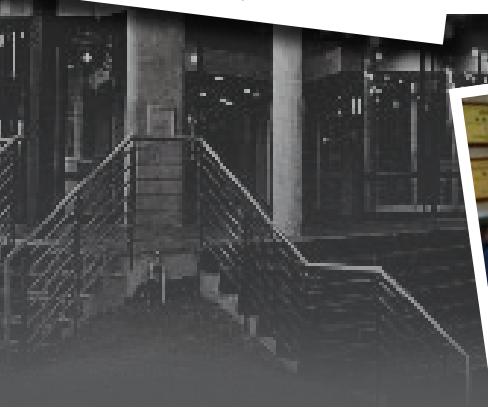


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Melissa Brokensha
Psychologist
BA(Hons); MA(Counselling Psychology) Pret
Reg. No.: 0084557 Pr. No.: 086 000 0143839
Tel: 082 594 9195

Monja Muller
Psychologist
(M.A. Counselling Psychology, UP, SA & M.Psych.
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Alas, memory will

Text: Rick de Villiers Image: Mynard Vosloo

fade...

1995 – The memories are foggy, but I can hear the incessant sounds of honking and shouting. I can still see images of green jerseys, a resplendent golden cup and a bunch of crying All Blacks and steadily begin to recall that great night. I can now see family members, friends and unknown citizens of our lounge, all of whom have reached a point that euphoria only accessible through the powerful union of a Rugby World Cup victory and some happy juice.

We take to the streets – my father, sister and I. While leaving my granddad and others to share in the new-found mobility of his hip, Lindi and I learn that it is, in fact, possible for people to drive on the right-hand side of the road. My dad is doing it with some proficiency.

Poking my head out of the window, my nose tells me I have witnessed the game that launched a thousand braais. Springbok flags fan the air, ecstatic supporters fill the sidewalks, and the land swells its chest with pride and a tad of indigestion.

2007 – At the time I write this column, two weeks separate the second Springbok World Cup victory and my recollection of it. Certainly, it is all still fresh: how Percy and young Francois kept the English at bay with their prodigious boots; TV images of the biggest smile I've ever seen on John Smit's face; the inevitable din of honking cars (again).

But for some reason, a glance back at 20 October is tainted by the days which followed. It is almost as if this win reverberated through South Africa as a requiem, a death song announcing the final hour of sport for sport's sake. Barely had the champagne cork shot pierced the air when politics reared its venomous head. Jake White is knifed in the back and iconic players are geared for foreign consumption all while administrators cry transformation from their seats of power.

My song is not one of criticism, but lament. I am sorry that heroes are forced to flee. I am sorry that something which should bring a nation closer is used to drive it even further apart. But most of all, I am sorry that for South African rugby, memory lane is now a dead-end.



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