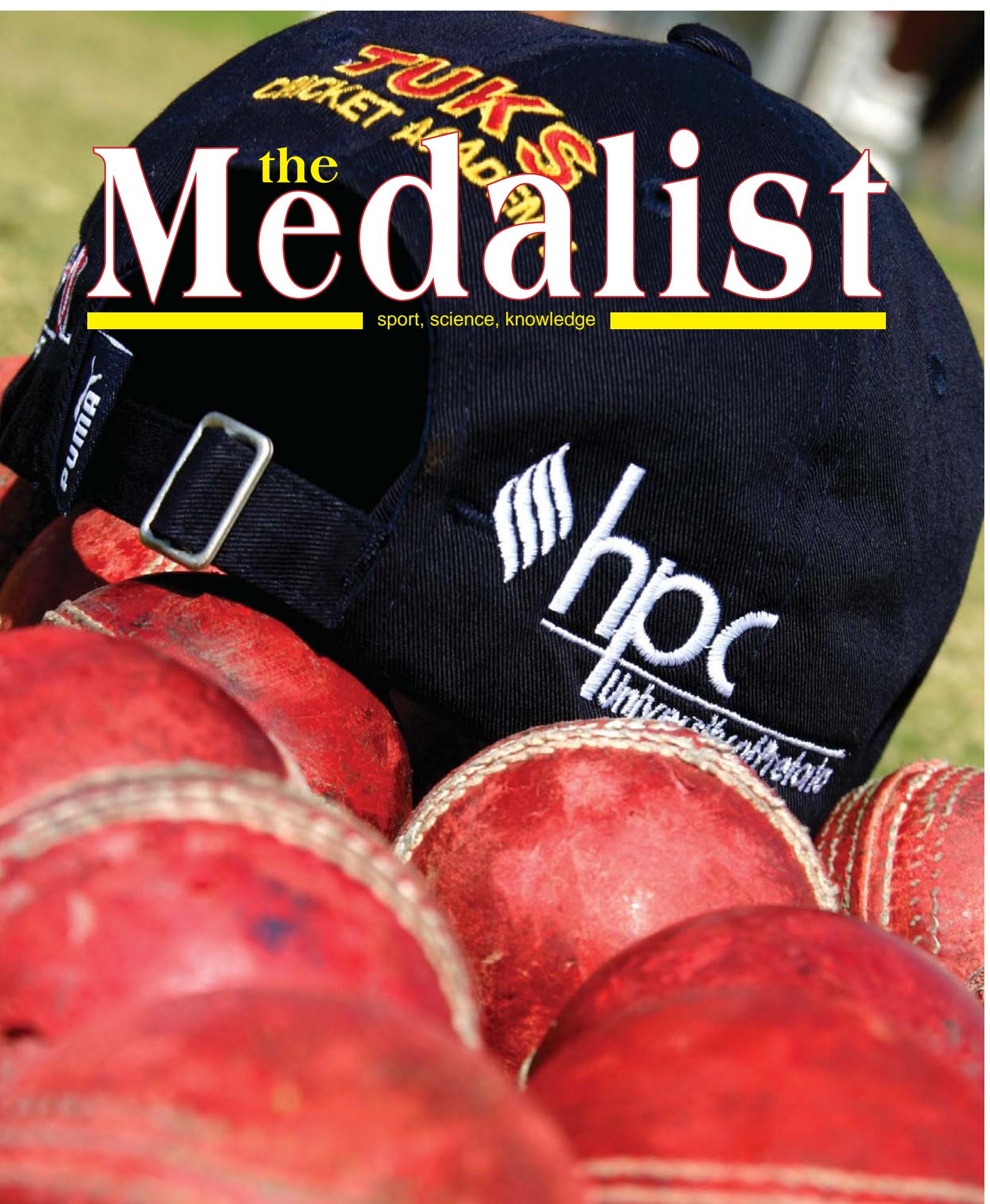


the Medalist

sport, science, knowledge



100
1908 - 2008



UNIVERSITEIT VAN PRETORIA
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 hpc
University of Pretoria

December 2008

Rugby quiz for bright minds

Which university:

1. Is currently the largest provider of talent for national teams?
2. Produced 78 Springboks to date – 16 over the past three years?
3. Had 6 players in the World Cup winning squad in 2007?
4. Has 10 players (including the captain) in the SA u/20 team for the 2008 u/20 World Cup?
5. Produced 4 Springbok rugby captains over the years?
6. Has 55 teams and more than 100 coaches and team managers?
7. Has a rugby academy to feed the university team?
8. Offers outreach and development programmes on a weekly basis?
9. Has a High Performance Centre that is rated top-class internationally?
10. Offers 5 sport-related academic courses?



mediachef1046

There is only one answer to all the questions: The University of Pretoria*, supported by its sport science specialists, has the leading high performance training and participation programmes in South Africa.

If you want to make the team, contact us at TuksRugby on tel 012 420 6066 or e-mail tuksrugby@up.ac.za or click on www.up.ac.za

100
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TuksSport

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



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Cover Image:
Susan du Toit

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from the CEO'S OFFICE



Now that the euphoria of what was arguably the best ever Olympic Games has died down it is time to ask where to from now. What of London 2012? It would be an understatement to say that we as South Africans were disappointed with the performance of Team South Africa at the able bodied Olympics and extremely satisfied with the Paralympians at the Paralympics, while at the same time acknowledging the performances of a number of our Olympians.

I sincerely believe that we should learn from the past, but not dwell on it as the other countries around the world have already been training for London for two months while we are still trying to decide on what should be done. I am never one to copy any country and the manner in which they prepare their athletes, but maybe it is time to have a look at what they do. For example the Australian swimming Strategic plan is written for a period of four years, but commencing a year after the Olympics with their current strategy taking them up to completion of the Olympic year and the year thereafter. This then allows them to continue immediately with their training regime and not have to wait for the debrief, the discussions around the performances and then only put a plan together for the next four years. In fact by the time this is all done at least six months to a year has been lost in the training time of the swimmers, something that cannot happen. During the next year there is then an adjustment to the plan in action based on their performances which is far better than non activity. Therefore their plans are written for 2009 to 2013 which makes a lot of sense as no time is lost in the long term athlete development programme which is integral to the performance of their swimmers in the years ahead. We unfortunately do not follow this route and in fact we do exactly the opposite and have already lost a number of weeks preparation for London.

The London Olympics will be far more difficult to medal at as not only will the Chinese still be up there, but Russia, Australia and America will be on the comeback trail as they were all disappointed with their performances at the Games. Add to this the fact

that the 2012 Games will not only be a home games for Team Great Britain, but also for all the European countries close to the UK. For them there will not be major time differences, no major climatic changes and they will all be able to pop across in less than an hour or two should they decide to base themselves in their home countries and then only move in a day or so before they compete. So in essence this could also be their "home Olympics". Therefore I sincerely believe that we should have a top-down and bottom-up preparation for not only 2012, but also 2016 wherever it will be.

The top down approach must be to concentrate on where we honestly believe we can medal and then ensure that those athletes and teams receive all the support they need not only for their training, accommodation and financial support, but also for their International participation. Then with all the other major focus codes we should concentrate on 2016 and put together a comprehensive long term athlete development plan and then throw all our weight and effort behind this plan and ensure that by the time 2016 comes around, we know, and are confident that we have the best prepared and well trained Team South Africa ever to leave these shores. To waist money now on 2012 on sports that are currently not even training and are only looking at getting going next year some time will be foolhardy and a waste of money that can be better spent on 2016.

Only time will tell which way SASCOC and Sport and Recreation decide to go, but I sincerely hope that it is not merely the London route. Little has happened since the Olympics, time is marching on and meetings and Indabas are being held and no Federation has any idea on where they are going at present as they are dependent on the approval of SASCOC and Sport and Recreation of their plans and then only will the funding follow.

Toby Sutcliffe

High performance centres, Institutes, Academies....

Text: Rocco Meiring, hpc

Sport, more specifically performance in sport, is a very complex environment. The background, training and environment from which world class athletes are produced differ vastly. In one extreme, individual athletes from very poor countries produce world class results with no sport scientific support, compared to those athletes that perform by completely relying on state-of-the-art sport scientific intervention. Countries fortunate enough to have generous budgets to invest in sport implement comprehensive sports development infrastructure benefit from a steady flow of young talent, drawn from talent identification programmes. The poorer countries desperately try to emulate their richer rivals.

It is interesting to note that neither the rich, nor the poor countries are always satisfied with their situations. Olympic committees of countries like Germany recently commissioned a comprehensive review to ascertain why their Olympic successes have gradually decreased despite the fact that their sport science support, talent development infrastructure (like sport schools) and youth team results all improved considerably.

South Africa's scenario is no different, with sport performances generally on the decline. The indaba's,

debriefs and post Beijing Olympics meetings bear testimony to this current phenomenon. What is the future for South African sport, especially against our unique backdrop of transformation, limited funding and relative immaturity in terms of being competitive internationally and keeping the "supply chain" going in terms of producing future elite athletes?

Sadly South Africa's efforts are disjointed, our leadership divided and our direction expected from sport science instead of experienced coaches. South African sport is flooded with "academies", "schools of excellence", "high performance centres" and "sportscience institutes". The sports fraternity is confused and has all but lost faith in most of these programmes and facilities. A lot of effort and passion go into these initiatives, but the processes are uncoordinated, under regulated and often infested with personal gain.

The main reason for the confusion and lack of cohesion is that these initiatives are not clearly defined therefore their roles and responsibilities are not channeled and

regulated. To make matters worse, the functions of these initiatives often overlap.

Athletes and coaches that "go at it alone" usually do so because they are failed by their official sport system or because they do not have access to a sport system. It is seldom that the "alpine/solo approach" is followed by choice or leaves a pathway for others to follow. Although our Olympic level athletes have lately enjoyed adequate support, it is the emerging talent that suffers within the South African context because our system is still fragmented towards facilitating talent identification and talent development. The incubator of our future elite coaches, sport scientists and athletes lie within controlled environments such as the TuksSport academies and hpc. This environment forces all stakeholders to communicate, collectively plan and problem solve in the real world of ruthless athletic performance. No one has the security of being at arms length away from athletic results. This type of environment cannot be replicated in any way except in the confined integrated space of an academy and sport school structure.

It is in this controlled environment that experience is gained through knowledge sharing, mistakes, experiments and research. Coaches and scientists are the long term assets of SA sport, not only the athletes – therefore environments should be created where coaches and sport scientists are fast tracked to international level. These coaches and scientists must then share their knowledge and skills to others around South Africa so that in the foreseeable future athletes can be developed all across South Africa. This can unfortunately not happen unless a sound knowledge and skill base has been developed through experience in a controlled environment. More often than not, our stars appear as a result of sheer talent or are developed overseas instead of in a systematic, sustainable, local, talent development system.

At the hpc, we therefore position ourselves accordingly by prioritizing the aspects of performance sport we choose to specialize in, even to the extent of limiting ourselves to only focus on a selected few sport codes. We ascertain where and how best we can contribute to the performances of South African athletes and work towards supporting future performers through our sport





school and academy system.

Our business is clearly defined. As a one-stop facility, made up of various specialist departments, an athlete is comprehensively serviced. Our academy system, supported academically by the TuksSport School, is defined as a programme where athletes enroll into a sport specific development curriculum and eventually graduate from this program into the Tuks performance system. The fact that an athlete is placed on a comprehensive development curriculum aiming to eventually exit the academy at graduation differentiates an academy from a training centre. Training centres normally specialize in the sport specific aspect only, whereas academies are supposed to cater for the complete athlete with an integrated curriculum. In addition, academies have a distinct entry level and exit level with clearly defined objectives and monitoring systems.

The hpc sport science and medical unit is divided into a performance enhancement unit and a sports medical and rehabilitation unit. Sportscience institutes normally primarily focus on research and are usually closely associated with a university. The hpc sport science unit

work in close partnership with the Institute for Sport Research of the University of Pretoria, but exclusively focus on applied scientific intervention. Our scientists are there to empower the coach and athlete and to ultimately facilitate performance enhancement.

In conclusion, hpc's, academies and institutes should be more than just facilitators of talent development or world class performances. They should be environments where coaches and scientists learn their trade, gain knowledge and experience and teach others.

Do academies, high performance centres and institutes work? Yes, they do as seen by results of countries like Australia, Russia, China and lately Great Britain. Will academies, high performance centres and institutes work in South Africa?

Yes they will, especially taking our relative immaturity and lack of experience in terms of successfully integrating sport science and coaching into account. Yes they will, if you consider our lack of facilities and support to facilitate talent identification and talent development.

I would hate to think of the alternative.....

Your friends don't understand what you see in RUNNING.

They just see how RUNNING drags you home early from the best parties.

And how it kicks you to the curb the next morning

before the crack of dawn.

They just see the missed lunches, curious stares

and constant mind games.

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Beijing will go down as arguably the best ever Olympic Games and London will have their work cut out for them to even come close to the spectacle that went down in the Capitol of China between 8 and 24 August this year.

In the Pool the name of Michael Phelps will forever be etched in the memories of those who love sports. 8 Gold Medals, 7 World Records and 1 Olympic Record have secured his name into the annals of history. On the track the Olympics belonged to Usain Bolt who set 3 World Records on his way to three Olympic Gold Medals in the sprints.

But it was in the Field Events that an unlikely Champion was found. At 30 years of age, Tia Hellebaut from Belgium was clearly in with a shot of a medal at the Olympics in High Jump after a season which saw her win three competitions this year and finish 3rd three times. But no one could have thought she would be the one to dethrone World Champion and World Indoor Champion Blanka Vlasic, who, coming into the Games had an unbeaten streak of 34 competitions. Of those only one was under 2m. On numerous occasions Vlasic had come desperately close to the 21 year old World Record of Stefka Kostadinova which has been sitting at 2.09m since 1987.

Tia Hellebaut's best coming into the Games was exactly 2m, not Gold Medal Material. But ironically Vlasic thought that Hellebaut was the dangerman. Vlasic told her coach before the competition that Hellebaut would be tough to beat.

At 1.96m nine athletes were still in the competition. At 1.99m there were only six. 2.01m saw US Champion Chaunte Howard fail. The battle for the Gold started at 2.01m, a height generally seen as good enough for Gold, at the very least a medal as never in the history of the Olympic Games had 2.01m not been good enough for a medal.

Hellebaut, Vlasic, Ana Chicherova and defending Olympic Champion, Yelena Sleserenko all cleared first

time on 2.01m. Only Vlasic had a clean record up to that height.

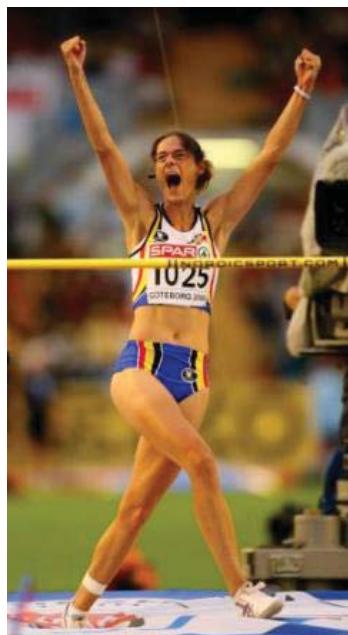
2.03m and Vlasic cleared massively on the first attempt. But then so did Chicherova and Hellebaut. Sleserenko failed three times and was out, so the medals would be decided between Vlasic, Chicherova and Hellebaut.

If the 90 000 spectators crammed into the Birds Nest were already on the edge of their seats, then the drama about to unfold would make anyone chew their fingernails right off. Vlasic failed on her first attempt at 2.05m. Still no one thought that would be a problem, she had been so dominant and should easily be able to answer any challenges of either Hellebaut or Chicherova.

Hellebaut cleared first time at 2.05m to send shock waves through the stadium. And for the first time Vlasic looked vulnerable. The World Champion cleared 2nd time round at 2.05m but then had three failures at 2.07m and Hellebaut was the Olympic Champion and had ended a 34 competition winning streak at the most crucial time of the year.

Ok so Vlasic was the big favourite but she still medaled right? Yes, but what makes Hellebaut's win so remarkable is that she is really a Pentathlete, in fact she is the World Indoor Champion of this year. And yes she has had some success at the High Jump, she is the European Champion from 2006 and the European Indoor Champion of 2007, but her major focus has always been on the Pentathlon.

So what does this all have to do with the High Performance Centre? Well every December and January you can see Tia Hellebaut prepare her season at the World Class Facility that is the hpc. It is the tranquility that is on offer as well as the support systems that the hpc offers that see athletes such as Olympic Champion Tia Hellebaut keep on returning to Pretoria.





Hellebaut

an unlikely Champion

Text: Manfred Seidler

Kanter takes

Text: Manfred Seidler

"Hi Toby and Staff!

Gerd is the Olympic Champion. The Dream came true for him and me. We have been at hpc for the last 5 years and we have been treated as Royalties all the years. You all have a part in this with us and I really appreciate the service, support and kindness you have showed us during the years. You are the best.

With great greetings from China"

Vesteinn Hafsteinsson and Gerd Kanter

Those are the words sent by Vesteinn Hafsteinsson, coach of the newly crowned Olympic Champion, Gerd Kanter. For the past 5 years they have been working towards this goal. It has been a steady progression over the last few years. In 2004 the big breakthrough came. That's exactly 5 years ago, which is when Gerd and Vesteinn started coming to the hpc.

Gerd was always talented, throwing the Discus to 60m as a 21 year old. From there the improvement was quite dramatic. 2001 saw him hit 66.31m. In 2002 it was 67.13m. Despite this rapid improvement in distance, Gerd's experience, or rather lack thereof, at Championship level was clearly evident. He only managed 12th at the European Championships in Munich in 2002, and 25th at the World Championships a year later, despite hitting the 68m mark in 2003.

The consistent improvement clearly worked his confidence as did the training at the hpc early in 2004. A 5th at the World Athletics Final showed that Gerd was maturing into a dangerous Discus thrower. Remember he was only 24 years old then and Discus throwers start to hit their peak from around 28 years onward. Yet

gold in Olympics discus throw

already he had thrown the Discus to 68m.

If anyone doubted that Gerd Kanter would be the man to dethrone multiple World and Olympic Champion Virgilijus Alekna, those doubts were quickly eradicated as Gerd finished 2nd behind the Lithuanian at the 2005 World Championships in Helsinki.

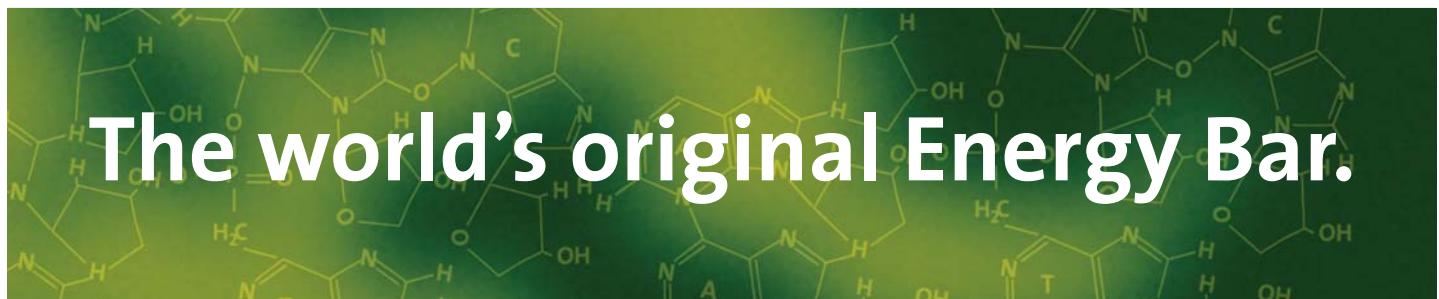
For another year Gerd Kanter lived in the shadow of Alekna, biding his time; and in 2007 he pounced, defeating his arch rival of the last 3 years in the World Championships in Osaka. Incredibly coming into the World Championships, Kanter had won only one competition against Alekna out of 45. But the pendulum had truly swung, as Kanter won the World Title with a throw of 68.94m. By no means his best as he the 1.96m tall Estonian had thrown 70m in 2005, 73m in 2006 and finished 2007 with a best of 72.02m.



From then on the man to beat was

clearly Gerd Kanter. In Beijing this year and at the World Athletics Final Kanter was in a class of his own. A 2m plus margin of victory in the World Athletics Final was indicative of just how much Gerd had matured. But it was the manner in which he dominated the Olympic Final that showed just how much of a Champion Gerd had become. Lying 4th in the first round, Gerd moved to second in round two, was relegated to third in round three and in round 4 threw 68.82m to leave everyone else for dust and he was Olympic Champion

The 29 year old has achieved hero status in his Estonia after his Olympic Gold. Such is the recognition that Kanter has, that the President of the Estonia granted him an audience and a postage stamp was named after Gerd. Not bad for a 29 year old....



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Fig 1.1:
NEW ENERGY BAR PACKAGING:
 Packed with quality proteins, vitamins & minerals for sustained energy release in a nutrient dense form.

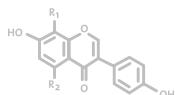
Flavours:
 Energy Bars come in delightfully tasty flavours including Choc Strawberry, Caramel Nut, Lemon & Lime, Peach and 8 more.

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Smart foods
 are scientifically produced to provide real nutrition in a tasty & convenient formulation.

Here are some PVM Milestones



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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.

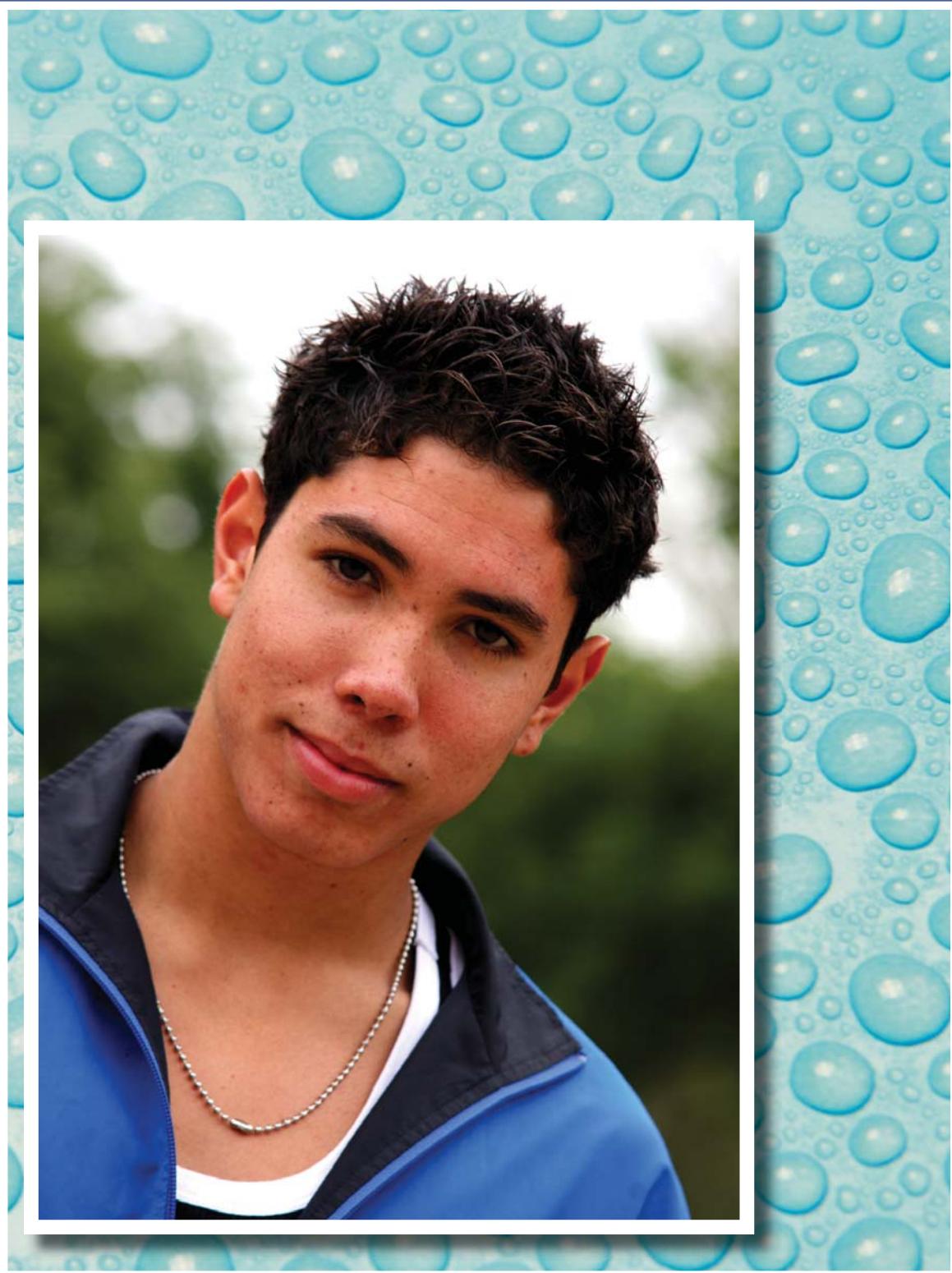
2003 Octane Gel: Includes protein that has, to date, never been used in gel form.

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

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

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





JUST CHILLIN

Text: Rick de Villiers Image: Susan du Toit

Darren Murray's philosophy is simple: command, conquer and have a good time.

"Darren."

He doesn't hear his name when the principal calls.

"Darren," comes the name again, a little louder this time. Still no response. With an ipod earphone plugged into one ear, a forkful of frikkadelle making towards his mouth, and the excited chatter of the lunch hall swelling around him, it's no wonder that Darren Murray is a bit preoccupied.

Ms de Villiers' third attempt is successful, and her beckoning finger draws him closer. There is someone to see him. Has he finished his lunch? Well, when he does, he must come down to the office immediately.

The passage ways are empty save a few idle loiterers. Darren passes temporarily vacated classrooms and is most likely appreciative of their abandoned state. His bouncy gait carries him past a group of teachers and a call comes after him: 'Mr Murray, pull up you pants, please.' Mechanically his hand restores the shorts to a more teacher-friendly level.

'Pretoria is nice – would have been better with a beach though.' He stares out over the iron-flat surface of the Groenkloof Campus dam – a pitiable sight for a boy used to the icy swells of the Atlantic. 'Back home in Cape Town I used to surf a lot. I think that's what I'd like to do in five years' time – just surf and chill, you know?'

It's a strange remark coming from someone who has achieved as much as Darren has. He is South Africa's champion u/17 swimmer in the 50m, 100m, and 200m backstroke, took three podium positions at the recent Commonwealth Youth Games, and has been tipped as SA swimming's next big thing.

'I don't take life too seriously,' he explains. 'I don't make a big fuss about these kinds of things – I find it hard to do.' And he never gets nervous before a gala either. 'I don't know what there is to be nervous about. I mean, you've done the training, so all that's left is the best part – the racing. It gives me a massive adrenaline rush!'

Training, on the other hand, brings about another emotion. 'Hate' is a strong word, but it's one Darren considers as he relates the tedium of an average day. First there is the getting-up part at 5am, which is followed shortly by two hours in the pool and one in the gym. After breakfast he is off to school and the subsequent feeling of imprisonment. At 5pm Darren hits the water for another two hours and the day concludes with homework and escapist visions of killer waves.

He concedes that it's not all that bad. 'The school is pretty accommodating and I love being in res. No parents!' The exclamation is one of boyish bravado, because, as Darren will tell you, he misses hanging out with his parents and eight siblings. 'We're a sports family and love doing stuff together, whether it's cycling, playing cricket, jogging or surfing. It's fun going there just to chill, you know?'

The school bell goes and so does Darren. Again the voice of a teacher flies after him, carrying a tinge of exasperation. The Grade 11 pupil casts a smile which seems to say: yes, I know, ma'am – pull up my pants. But it also says: take it easy ma'am, life isn't all that serious.

Combining a passion for Sport with a Career in Sport

Text: Manfred Seidler Image: Susan du Toit and Prof Kruger's own collection

There are very few people in today's World who can do that, combine their passion for something with their career. But Professor Ernst Kruger is one of those few fortunate ones who can and that makes him our Legend for this edition of Medalist.

The Dictionary defines a Legend as follows:

leg·end (n)

1. a story that has been passed down for generations, especially one that is presented as history but is unlikely to be true
2. a group of stories presented as history but unlikely to be true
3. a popular myth that has arisen in modern times
4. somebody famous admired for a particular skill or talent
5. an inscription on an object, especially a title or motto
6. a caption for an illustration
7. an explanation of the symbols used on a map (dated)

Clearly it is point 4 that we are talking about.

I have been incredibly fortunate in my life to meet a number of Living Legends. Michael Johnson, the great 200m/400m sprinter, Jan Zelezny, multiple World and Olympic Champion and World Record Holder in the Javelin, Natalie Du Toit – she needs no introduction, Samuel Eto' - African Footballer of year on more than one occasion – to name but a few.

But these were athletes, not someone who was making a name for himself off the active sport circuit.

Professor Ernst Kruger is the Director for the Institute for Sport Research at the University Pretoria, and thus along with the High Performance Centre, play's an integral part in the success of the tripartite (hpc, ISR and TuksSport).

When first told I was to interview the Professor my immediate picture was that of an elderly Gentleman in a white lab coat hidden behind test tubes and working on things that go bang. Well Professor Kruger does not fit that description at all. Born in July 1956, Professor Kruger met me looking very fit and comfortable in Golf shirt and smart trousers – very sporty looking.

"I have always had a passion for sport. I was blessed with incredible talent in various sporting codes, athletics and rugby for example." Indeed Professor Ernst Kruger

played SA Schools Rugby, for the u20 Blue Bulls; was twice the SA Schools Champion in the 1500m and toured France and Italy as part of the SA Schools Rugby team in 1974 where they played against some of the top clubs in those countries. The Tour to France and Italy was followed by a one off test against Scotland. Talent? Oh yes clearly.

"It was during my days on the Defence Force that I picked up an injury playing Rugby and decided to shift my focus to the Modern Pentathlon. I was also then approached by the University of Pretoria to take up the Post of Lecturer. This post however would only come into existence two years after my National Service would come to an end. So I signed up for another 2 years and completed my Honours and Doctorate in Human Movement Sciences."

During his final year in the Defence Force, Professor Kruger won the South African Title in the Modern Triathlon. This is not to be confused with the Swim, Bike Run Tri-athlon we are so familiar with, but rather it is a spin off of the Modern Pentathlon consisting of Running, Shooting and Swimming.

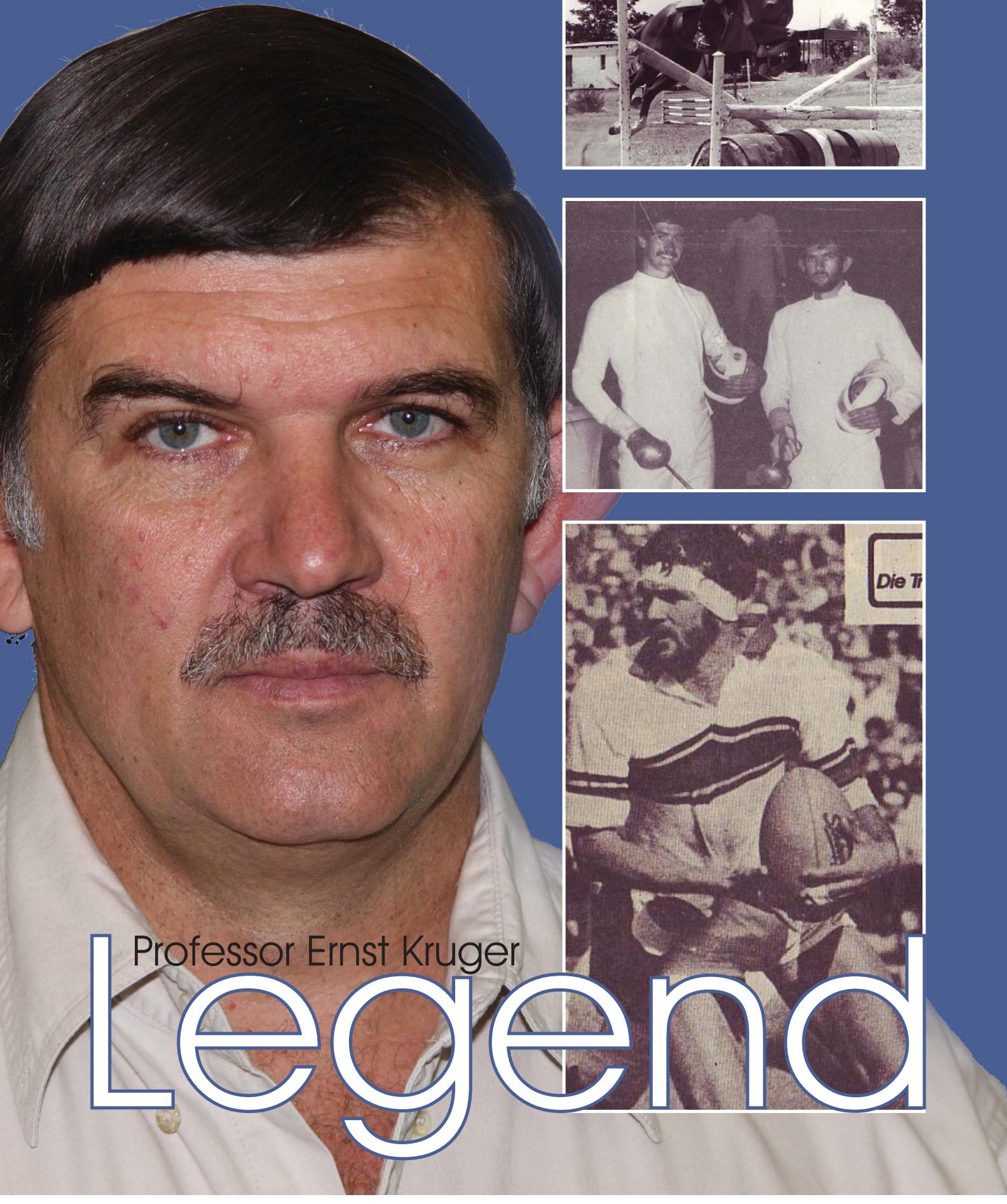
Modern Pentathlon was one of the founding sports of the Modern Olympics and combined various sporting codes which in the late 19th Century were what the world perceived was required of an officer in the Army. It is made up of Cross Country Running, Pistol Shooting, Swimming, Show Jumping and Fencing.

So good was Professor Kruger that when South Africa was invited back to the International Arena of Sport for the 1992 Barcelona Olympics, he had already qualified.

"I elected not to go. It went against my political principles to go. I do not regret the decision as I stand by my beliefs, but I sometimes do regret not having been to an Olympic Games."

Professor Kruger is one who lives by a strict code, "I live every day to the fullest to honour the glory of God and therefore I just could not go to Barcelona as it would have gone against everything I believe in and stand for."

Instead Professor Kruger has made a career out of his passion. "This is not a job. I started work as a lecturer at the University in 1984 and I will retire here. I love what I do, research on how to improve young talent. To me that is very fulfilling. I will never be rich. Often I have thought about going out on my own with my own



Professor Ernst Kruger
Legend

Die Ti

practice. Yes I could make lots of money, but I would not be true to my calling and would not be happy. What I have now is a quality of Life I could never have away from the University."

Professor Kruger is very much involved with the University and Sport. "70% of my time is spent in

conferences for the ISR, 30% on lecturing and admin." He then adds with a wry smile, "and the rest of my time I spend looking after the fitness of the Tuks Rugby Team." Definitely giving 110% to his life. A Living Legend 

A short CV

Tertiary qualifications:

University of Pretoria, 1975-1988, 1978 - BA (PE) (cum laude), 1979 - BA (PE) (Hons) (cum laude)
1982 - MA (PE) (cum laude), 1986 - D Phil, 1988 - HED (Post graduate) (cum laude)

Masters degree:

An investigation into the scientific basis of training with special reference to the quality and quantity of exercise.

Doctoral thesis:

The effect of β_1 -selective and non-selective beta-adrenoceptor blockade on the thermoregulation of healthy young men and cardiac patients during prolonged exercise.

SPORT EXPERIENCE

Year	Achievement
1974	SA Schools Rugby: - test against Scottish Schools, Ellis Park - tour to Italy and France
1975	SAU : u/20 rugby
1975-1976	N Tvl: u/20 rugby
1981	SA Modern Triathlon Champion - win SA Games
1984 -1990	8 times in Springbok Team (Modern Pentathlon) against West Germany, Switzerland, USA, Hungary
1985-1990	SA Champion in Pentathlon
1986	Captain of Springbok Team against Switzerland, 1 st place (Modern Pentathlon)
1987	Captain of Springbok Team against West Germany, 2 nd place (Modern Pentathlon)
1987	Captain of Junior Springbok team against West Germany (Modern Biathlon)
1987	Captain of Springbok Team (Modern Pentathlon) to West Germany, 10 th place in qualifying competition for Olympic Games (70 participants)
1982	SADF Fencing Team against West Germany
1983	SADF Fencing team against Luxembourg
1985	UP Fencing Team against Luxembourg
1988	Captain of Springbok Team (Modern Pentathlon) against Junior Springbok Team (2 nd place)
1989	Captain of Springbok team (Modern Pentathlon) against Junior Springbok Team (1 st place)
1990	Captain of Springbok team (Modern Pentathlon) against Junior Springbok Team (1 st place)



Institute for Sports Research

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- Preventative Management**
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- Rehabilitative Management**
- Heart Clinic
 - Orthopaedic Clinic
 - Diabetes Clinic
 - Arthritis Clinic
 - Hydrotherapy

Retiring with Gold

Text: Manfred Seidler

Images: Andrea's own collection

Austria won 6 Medals at the recent Paralympics in Beijing. Four of those were Gold and one of those belonged to 42 year old Andrea Sherney. For Andrea this was a fitting finale, as these were going to be her last Games.

Andrea won the Women's Long Jump F44 category (below one knee affected athlete). Winning the Gold in her swan song Olympics was a huge emotional moment for the Austrian.

"Initially I didn't even realize what it meant to have won the Gold Medal in Beijing. I was incredibly stressed after the Long Jump Competition as things had not run the way I had planned, nor anticipated." The reason for the stress was an appeal handed in the night before about the 3m Board (triple jump) that was being used. It had been raining "cats and dogs" with puddles everywhere and the board was incredibly slippery. "Only after I had vented my frustrations during the post competition interview did I feel an intense relief and an incredible joy rose up in me."

For the record, Andrea won the Long Jump competition with a leap of 4.82m in the opening round.

This was not the first time that Andrea found herself on top of the winner's rostrum at the Olympics. In Atlanta in 1996 she won Gold in the Javelin and in Athens in 2004 a Gold in the Long Jump.

"It would appear though that every time you win Gold, the feeling is never the same".

"Atlanta was a complete surprise as all categories were thrown into one competition and I never really felt I had a chance to win. Athens on the other hand was well prepared and well timed which resulted not only in the Gold but also a World Record and the first ever jump beyond 5m. Because of the appeals we put in, in Beijing, the Competition was not, well a very nice one. But this is where experience comes through, and it was precisely that experience that won me the Gold, rather than my physical superiority. Remember I am 42!"

There is no doubt that the 2008 Olympic Games





and Paralympic Games will go down as the best ever in the history of the Modern Games. Everything just worked perfectly and the way the hosts made use of population, resources and culture had all who witnessed it speechless. For Andrea the experience of the Games was one of perfection.

"Other than the Long Jump competition – and this was the fault of the IPC, not the hosts – this was by far the most perfect Games I had been to. It was incredible, the masses of people who had interest in us and our competitions were never before seen. The best facilities one can imagine were available. But what really struck me was the amount of Volunteers for whom nothing was a problem or too much trouble.... Only in China!"

As with everything in life, the challenges posed in winning a medal, never mind Gold, are constantly evolving. And so it was for Andrea to. Training, Technique and Intensity have all made massive improvements and therefore adjustments needed to be made. Andrea, like virtually all who competed at the Paralympics, is not a professional full time athlete. She needs to juggle training with her career as the Director for Sport at the Austrian Disabled Sport Federation. So putting in 3 hours of training a day, very often before she could be found at her desk, and then also making use of all the recovery resources (Massage, Physio etc) took some massive time management.

So the tranquility of training at the High Performance Centre of the University of Pretoria during December and January, with all its back-up facilities and staff made a huge difference in the preparation of the Olympic Champion



SELF AWARENESS

An Interview with your body

Self awareness is one of the competencies of Emotional Intelligence. Too many times we forget that we are in a relationship with our body. Science and traditional ways of thinking often lead us to forget that the mind and body are tightly integrated and are constantly positioned in relation to one another. When we treat the body as separate from the mind we find ourselves stuck with a body that is either constantly injured, or not able to push the limit, or letting you down when it counts, or not progressing as quickly as you might want. What we forget to check is how our mind is influencing and impacting on our body. Our mind and body are in constant dialogue with each other and to become an elite athlete one needs to be come aware of this conversation. So let's have a look at the type of dialogue that your mind and body may have.

Below is an interview that was done with Bob. He had just taken place in a multisport adventure challenge. I would like you to imagine that I am interviewing your body. As we go through the interview, I would like you to put yourself in your body's position and answer as if you were your body. It will help to write the response down, so that you can reflect on the interview afterward. Right, here we go....

Interview with your Body

Text: Melissa Brokensha: Counselling Psychologist, hpc

Me:	Hello Body	Bob's Body:	Yes, very much so. That's something that Bob has to over come. To feed me, to provide me with sustenance, to allow me to recover quicker, I need sustenance and rest. He didn't listen to me about the rest.
Bob's Body:	Hi Melissa	
Me:	How long have you known Bob/Janet (put your name here)?	Body:	
	um.. probably for the last 3 years, since Bob started to consult me. He used to think it was a big load of nonsense to consult with me before.	Me:	What do you think about Bob taking up this challenge /sport /tournament /event?
Body:	Bob's Body:	I think he was more reliant on his natural talent. He didn't do any sports specific training. He went in there knowing what to expect but not knowing how he would perform. He surprises himself, he purely puts his faith in me.
Me:	How would you describe your relationship?	Body:
Bob's Body:	At the moment relatively good. In the ways of resting when required, consulting someone. With added training, Bob is listening more and more to me. That's the telling thing at the end of the day, how I'm feeling, not him. It's very interesting actually because 2 days before the challenge I got a stomach bug and I was running to the toilet and wanting to throw up all the time. I wanted to go flat out in this challenge and I wasn't going to let this stomach bug ruin it. The stomach bug was an intruder to me. Bob listened to me by feeding me up. I think that's what made me recover so quickly.	Me:	Did Bob consult you on this decision?
	Do you get upset when physical ailments prevent you from achieving your goals?	Bob's Body:	He did, he took a few aspects in to consideration. He had less than 3 weeks to decide whether I was up to it. There were a lot of second thoughts. In that third week, he decided to go skiing and tried some tricks and seriously hurt my shoulder. Three to four days after, I still had a serious pain in my shoulder and any hopes for the up coming challenge were affected as the challenge included things like,

/ High Performance Services: Psychology

Me:	paddling and rope work etcetera. Bob rested as much as possible.	Me:	What is your limit?
Bob's Body:	were you angry with Bob?	Bob's Body:	I don't know. I'd like to know that but I don't. That's probably why I do the sport I do. Doing all these things that Bob thinks is out of his reach. I think he is learning more and more what I am capable of. On one occasion I reached my limit for that particular challenge.
Body:	Yes, because he didn't take me into account in the decision, he used the FUN aspect more to make the decision.	Body:
Me:	Did Bob explain to you what his expectations were of you?	Me:	How did you let Bob know that you had reached your limit?
Bob's Body:	He certainly was aware, but he didn't explain the specifics, there wasn't much of that. I would have to do rope work, ascending, jumaring, he didn't consult me at all...no.	Bob's Body:	I sent him stabbing pains, dull pains, I took away his range of mobility, leading him to almost stopping him in his tracks. By the first night of the challenge, not having communicated with me, he decided that he was done and dusted. The next morning there was a conversation between the two of us and we were on the go again. Through communication we made it to the end.
Body:	Body:
Me:	Since you entered this challenge together, how do you normally communicate with Bob?	Me:	Has Bob ever stopped you from reaching your potential?
Bob's Body:	He looks after me when he is doing things but not AFTER. A case of communication stops when we have completed the challenge, nothing following the challenge.	Bob's Body:	I don't think he has ever stopped me, but he's certainly limited me in the way of not knowing me really. I think if we overcome that barrier, we'd achieve big things.
Body:	Body:
Me:	How would you like to communicate with Bob?	Me:	What has stopped Bob from allowing you to reach your potential?
Bob's Body:	On a friendlier lever, I don't think we know each other well enough yet. I would like it if we consulted each other on a regular basis, through out the day. He basically eats anything and I don't think that's conducive for what he expects me to do later in the day (training).	Bob's Body:	The communication barrier, him not knowing me well enough, him not having faith in himself mentally. He avoids conflict at all costs and see's competition as conflict.
Body:	Body:
Me:	Has there ever been miscommunication between you and Bob?	Me:	How could you let Bob know that you have more to give?
Bob's Body:	Yes! When he resulted in taking painkillers during the challenge and hence not listening to me at all. He neglected to notice what I was showing him. He neglected the signs I was showing him and he chose painkillers, which in the long run resulted in damaging me.	Bob's Body:	That's a tough one. Mmm.. by continuing to do what I am doing, building his faith, keeping him within the boundaries. By this I mean not allowing him to do too many other activities. Allowing him more leeway in other tasks that he would like to do. He thinks he's a jack of all trades and a master of none. If I put a boundary up between the other 'trades' and pushed him in one direction – he would realize his potential. I would perform.
Body:	Body:
Me:	Has Bob ever pushed you to the limit?	Me:	Does Bob know what your dreams/expectations are for yourself?
Bob's Body:	No, he certainly doesn't think so. I don't think I've reached my boundaries. Whenever I have completed a race I have that feeling that I could have done better. Improved communication between us would help that. He needs to put more faith in me.	Bob's Body:	NO.
Body:	Me:	Do you know what your dreams/expectations are for yourself?

HIGHLAND

Water is the essence of life. More and more people prefer quenching their thirst with water rather than with soft drinks or even fruit juices. The two most important reasons why people buy bottled water are for their health and safety. It is generally assumed that bottled water must be clean, or at least cleaner than tap water. This is not always the case. Not all water is the same. A lot of chemicals, for instance chlorine, are added to tap water to make it safe for human consumption. In the same way, bottled waters go through different processes before they get to the shelves. The Department of Health has set out the following standards to distinguish between the different types of water:

Distilled water:

When water is boiled, the water vapor is turned back into liquid through a process called recondensation. This purifying process leaves dissolved contaminants such as salts behind and only pure evaporated water is utilized.

Mineral water:

This type of water usually comes from a borehole and water is directly removed from the underground source. It does not come to the surface of the earth of its own accord, but rather by mechanical means. The natural filtering process has not been completed, as it did not come up through the different layers of rock formations.

Spring water:

A spring or a fountain is an underground water source that has been pushed up to the earth's surface in a natural way. This implies that the water went through a natural filtering process that may take decades to complete. By the time the water is pushed out at the eye of the fountain, the water is usually exceptionally pure. Although most spring waters still go through a filtering process, this is mostly a precautionary step.

WHY HIGHLAND WATER?

The general public has, in recent years, become more educated in terms of health related issues and can make informed decisions regarding aspects such as mineral contents. Highland water is of the purest currently available on the market. The spring water is characterised by a very low dissolved mineral content. This is an important feature in terms of its value and utility. The modern trend in bottled waters is a preference for low mineralised waters. This style of water is preferred as it is light and refreshing, which matches a contemporary and active lifestyle.

Highland has a bacterial plate count of zero, and contains no E-coli or coliforms at source



Prepared or purified water:

Water from any source, including tap water, is put through a filter and/or treatment process, such as reverse osmosis, to remove any impurities and harmful chemicals, such as chlorine. Minerals may be added at the end of the process. This does not qualify as natural water.

Natural water:

Water that is bottled at source and has not been treated in any way, except to filter the water, is called natural water. It is important that the chemical composition must be neutral. The water must have a constant composition and a stable discharge rate.

HIGHLAND

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/ High Performance Services: Psychology

Bob's Body: I have an idea, but I wouldn't say I know.
Body:

Me:
Bob's Body: What does Bob not know about you? That I'm almost willing to do as many things as he wants to do – there are just some things I enjoy doing more than others. He should focus on these things. He likes to think he can do anything. This is actually an interesting question. He doesn't know what I can achieve.
Body:

Me:
Bob's Body: Have you ever proved Bob wrong? Yes, on numerous occasions. Bob knows so little about me most of the time. He doesn't really know what I can do. This last challenge was a big eye opener for him.
Body:

Me:
Bob's Body: Tell me about a time when Bob wanted to give up but you didn't allow it. A lot of the time you would imagine that it was a joint thing – agreeing to give up. In this one section of the challenge – the jumar leg – which is ascending a rope, I was pooped, whacked and a guy who started ascending after me was starting to catch up to me. I was fatigued, my arms were buggered but I decided to carry on. Bob wanted to give up. I managed to pull through and did really well. Later I found out that that guy was actually one of the best at this particular skill – Jumar.
Body:

Me:
Bob's Body: Tell me about a time when you wanted to give up but Bob didn't allow it. There was this one particular challenge where team dynamics played a huge role. It was really tough and I wanted to stop but Bob felt he had to continue with the challenge because it was a team thing. If it was an individual challenge Bob might have stopped.
Body:

Me:
Bob's Body: When are you happiest with Bob? When everything's going well, when I am fit and when Bob knows I am fit. When the relationship is good between us, when we know each other, then nothing can hamper the relationship and it's a harmonious relationship.
Body:

Me:
When are you angry or frustrated with Bob?

Bob's Body: When he kind of doesn't look after me in the long run. When he doesn't do short term things like stretching and warming up for big sessions, that result in better performance in the long run. When ever he doesn't listen to me.
Body:

Me:
Bob's Body: Has Bob ever surprised you? Yes, with certain things like competition and conflict. Sometimes I will back down towards the end of something and then that extra kick will come. Bob is the onset of that kick, and I'm willing to follow.
Body:

Me:
Bob's Body: Have you ever surprised Bob? On numerous occasions. If all is fine and I have no injuries, I think I surprise Bob on a daily basis. Bob's biggest problem is he plays me down.
Body:

Me:
Bob's Body: Is there something specific with regards to future challenges /tournaments / events that you would like to tell Bob? Take care – Conserve Me – Prepare Me
Body:

Letter

Write a letter to Bob commenting on today's interview.

Journal

- Do you think you could let Bob know every day (morning/evening) what you are thinking or feeling about the process?
- Would this help your journey?
- How?

If there is one bit of advice you could give to Bob, what would it be?

I do hope that you learned something about your body today and the importance of the relationship between you and your body. I hope that this is the first of many conversations that you will be having with your body. I wonder how things could change for you if you give your body a voice and a space to be heard 



Brian Habana fine-tunes his catching reflexes under Sherylle Calder's tutelage. Photo / Hannah Bills

5:00AM Saturday October 20, 2007

No man has ever done it, no team or coach has ever achieved it.

But if South Africa wins the World Cup in Paris tomorrow morning, a woman will clinch a place in the sport's record books as the first person to win back-to-back Cup winner's medals.

Clive Woodward insisted on utilising Sherylle Calder's skills in 2003 with England and Jake White snapped up the specialist hand/eye co-ordination coach for South Africa's campaign this time.

South African Calder is typically modest about her role. "I just want the team I work for to do well. There is no doubt that I wanted England to win in 2003, now I want South Africa to succeed.

"I am a professional, that is what it's about. But I don't think about myself winning two World Cup medals. I believe South Africa are going to win and it's very exciting. We have worked pretty hard, put in lots of hours. But I love what I do and of course I'd be proud to receive winner's medals at successive rugby World Cups. It would mean a lot."

If you think the number of interceptions Bryan Habana has seized in world rugby to scorch home from anything up to 80m is an aesthetically pleasing coincidence, think again. In fact, Jean de Villiers did the same at Cape Town against New Zealand a couple of years ago when the All Blacks were beaten.

It is part of the Springboks' minute attention to detail that the skills required for intercepts derive directly from Calder's programme.

"The value of visual and awareness skills is seen in many ways on the field," she said.

"Bryan Habana practises his passing and reacting skills against a net in training, throwing the ball against a net which returns it at all kinds of angles, heights and different speeds. Three weeks ago, in a 60-second intense session, he scored 84. This week, he did 118, which is virtually two per second.

With such fast reactions and visual awareness, he will have opportunities for the intercept.

"These interceptions are no coincidence. He has intercepted more passes in the two years I have worked with him than he had done in his whole career."

Training the eyes that are on the prize

Text: Peter Bills, chief rugby correspondent for Independent News & Media in London.



Calder won 50 caps for the South African hockey team from 1982-1996. But it is as a visual awareness skills coach that she has helped professional rugby really make serious progress in a field that was largely unknown until recent times.

How has it changed since 2003 with England? "South Africa now are well ahead of where England were in 2003.

"You develop better programmes, both on line and out on the field. It is evolving all the time. Essentially, I am training the eyes to see better and process that information faster so that the mind can respond accordingly. It is about peripheral awareness and responding to it in the most propitious manner possible.

"Since working with England, I have developed a training programme perhaps 80 per cent improved on past times. It is now much more specific, not just to the sport but the individual player."

In the modern game, split seconds count. So the player

who trains to "feel" for where the ball will come to him without actually looking at it will benefit because he can keep his head up, watching where the defence is going as he receives the ball. If he takes his eye off the field to see the ball arriving and then looks up, he has lost a crucial second, potentially a disastrous loss.

And it isn't just the three-quarters who embrace Calder's programme. Hooker John Smit and lock forward Johann Muller are high in the squad's ranking for these skills. "They are all enthusiastic about it; they're excellent at training," she reports. "These are highly trained, professional sportsmen so they are naturally competitive. Therefore, I put up leaderboards so they can chart their position and improvements.

"Two weeks ago, centre Jaque Fourie was 25th on the board. This week, he had climbed to eighth. It is that competitive. The programme has been developed so that you compete with yourself because it gives you all that information all the time. But it involves other things too, such as the timing of tackles. Os Du Randt has done a tremendous amount of work on this training programme and you can see now how much better he is timing his tackles. He rates in the top five of the group, which is amazing."

Where will this part of rugby be in 10 years' time? It has a huge role to play in academies, says Calder 

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FINANCIAL STABILITY

- The Global Credit Rating Company has, for the second consecutive year, awarded BESTmed an AA- credit rating. This is the second highest rating a medical scheme can attain, and the criteria on which it is awarded include factors such as member growth and the retention of members, the Scheme's ability to pay claims, and the financial strength to weather unexpected crises.
- The Scheme has a solvency ratio of 49%, which far exceeds the legislative requirement of 25%. This makes BESTmed one of the best managed, financially strongest schemes in the industry.
- An amount of R524 913 673 was paid out to beneficiaries in 2007, up from R450 964 510 in 2006.
- Turnover in 2007 was R792-million.
- Gross healthcare result: R115-million.
- Net healthcare result: R952 158.
- Net surplus: R36-million.
- Financial year-end: 31 December.
- Bank: Absa Bank.
- Auditors: PricewaterhouseCoopers Ltd.

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FAT AS FUEL FOR PHYSICAL PERFORMANCE

Text: Nicki de Villiers, Registered Dietitian, hpc & Slava Radkeva

Should we change from carbohydrate?

Dietary manipulation is a common ergogenic strategy used in attempt to improve performance. No single strategy can be accepted for all athletes in all sports, however convincing support for a moderate to high carbohydrate diet.

The use of high fat diets in contrast to a high carbohydrate intake are usually not well accepted by athletes due to reported negative consequences such as a slower gastric emptying, higher ratings of perceived exertion during exercise and an inability to sustain high intensity training regimes.

Attempting to clarify whether high-fat or high carbohydrate diets improve performance one must consider a range of factors such as the nutritional status of the athlete, the period of diet manipulation, the conditioning of the athlete as well as the type of activity engaged in to name a few.

The question:
"What is the best source of energy that would prevent fatigue and prolong performance?"

FAT vs CARBOHYDRATES



Carbohydrates in an athlete's diet are important because they replace muscle glycogen used during training as well as maintain steady blood glucose levels to prevent fatigue. If blood glucose levels are not maintained steady and within the norms, the

athlete's intensity of exercise will decrease.

Fat does contribute to the athlete's energy pool over a large range of exercise intensities. The fat is metabolized at more or less the same absolute rate irrespective of the exercise intensity but the proportion of the energy contributed by fat decreases as exercise intensity increases and therefore, the contribution from carbohydrates increases.

The current recommendation therefore is that an athlete's snack or meal prior to exercise should:

- Provide enough fluid to prevent dehydration
- Be low in fat and fiber in order to facilitate gastric emptying and minimize gastric discomfort during training
- Be high in carbohydrates to maximize maintenance of blood glucose
- Be moderate in protein content
- Consist of foods that are familiar to the athlete as well as well tolerated by the athlete

After exercise it is recommended that an athlete consume a mixed meal that provides protein, carbohydrates and fat.

In summary, consumption of excessively large quantities of protein and fat in an athlete's diet should not be encouraged because they may displace the carbohydrate rich foods within the athlete's energy requirements. High amounts of fats and proteins in the diet may also lead to gastric discomfort and may indirectly interfere with the glycogen storage of the athlete by preventing sufficient intake of carbohydrate rich foods.

FAT LOADING

As endogenous carbohydrate reserves are limited, glycogen depletion often coincides with fatigue during endurance and team sports. Due to glycogen depletion there has been a recent surge of interest in several nutritional practices which in theory could promote

fatty acid oxidation to spare glycogen stores and result in improved exercise capacity. These theories include ingestion of fat and caffeine before exercise, chronic adaptation to high-fat diets and L-carnitine supplementation to name a few.

Caffeine Ingestion before Exercise

Caffeine is a pharmacological agent used by many athletes to improve short high-intensity and prolonged moderate-intensity exercise performance. Caffeine has direct effects on the central nervous system resulting in a decreased perception of effort. Caffeine also poses a theoretical possibility of increased mobilization of free fatty acids with subsequent increased fatty acid oxidation and a sparing effect on muscle glycogen level. Results of various studies indicate that this glycogen sparing effect of caffeine is a variable response, but seems most likely to occur with larger caffeine doses and power outputs eliciting greater than 70% VO_{2max} .

Fat Feeding before Exercise

Several studies have investigated the effects of fat feeding before exercise. It seems that fat feeding, in combination with intravenous heparin increases lipolysis with a greater availability of free fatty acids and a possible glycogen sparing effect. Most of the differences in substrate metabolism after fat feeding were although only evident in the early stages of exercise and did not result in an improved performance. One also has to question the practicality and ethics of intravenous heparin together with fat intake.

Adaptation to High-fat, Low-carbohydrate Diets

Modification of an individual's habitual diet can significantly alter the subsequent patterns of substrate utilization during aerobic exercise and ultimately performance. A high fat intake over a period of one to three days markedly reduces muscle glycogen and increased fatty acid oxidation during sub maximal exercise. This shift in substrate utilization is although associated with impairment in exercise capacity. There is although some evidence to suggest that a longer period of adaptation to a high-fat diet may result in adaptive responses to increase the capacity for fatty acid oxidation. These adaptations suggest that sub maximal exercise capacity can be preserved in spite of



low pre-exercise muscle glycogen content when trained individuals are adapted to a high-fat diet. Adherence to such a high fat diet for a prolonged period may be impractical and could also pose health problems. Short-term exposure to high-fat diets is also associated with insulin resistance resulting in a decreased hepatic glucose output and liver glycogen synthesis.

There may be extreme and unconventional events in which performance requires only a prolonged ability to work at low intensities. Athletes in these events might find it useful to experiment with fat adaptation strategies. However, for the typical range of activity which combines periods of high intensity with lower intensity activities, there seems no justification to recommend fat adaptation and glycogen restoration strategies. Athletes in these events would be attempting a protocol that is difficult and sometimes unpleasant to complete with the possibility of sabotaging their efforts.

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G4 National Selections

- Lesotho - 9 to 15 October 2008

Text: Ryan Hodierne Images: Ryan's own collection

Picture this: a week long traverse of the aptly named "Mountain Kingdom" – Lesotho, in bright Orange Land Rover Discovery 3's with top adventure brand sponsors logo's riddled down the side, 6 action packed days that comprised of on average 6 – 8 tasks a day, ranging from mountain biking, trail or rather mountain running, flat and white water paddling, abseiling, rock climbing, rope ascending (jumar), compass and GPS navigation, with some proper off-road driving, rounded off with good deeds to the local communities that were passed through.

Certainly sounds out of this world... it was. It was a setting that any adventurer would dream about and for 20 of us fortunate enough to have been chosen for the National selections, this was a reality!

Looking at the names in amongst the 20 finalists were very well known names in paddling, adventure racing and multi-sport circles and individuals that I personally have looked up to for the past few years. Only thing, I was now rubbing shoulders with them and competing against them for a chance to make it through to the G4 International Selections to be held in Scotland with a Scottish Castle as the back drop! The McCain Addicts were well represented, with Andre Gie, Graham Bird, Jeanette Walder, Tatum Prins and Ryan Hodierne all making it through to this round.

The lead up to National selections was nail biting, very little was said about what we could expect and what they had in store for us in the 6 day event? Eventually, on 9 October the time had arrived, we were all to meet at the domestic arrivals terminal at O.R Tambo International Airport. As competitors arrived, it became a bit of a reunion as old friends and new ones met at the Regional selections gathered with excitement and suspense, not knowing what to expect.



McCain Adventure Addicts: Graham Bird, Tatum Prins, Andre Gie, Jeannette Walder and Ryan Hodierne

Day 1

Once everyone had arrived, we were whisked off by shuttle to a beautiful guest farm bordering the quaint little town of Clarens. Stepping off the bus, we were met by the awesome and greatly respected team of Magnetic South who had arranged and laid out the grueling week that lay ahead. Having done our rounds, Chester Foster from Land Rover Gear bombarded us with loads of kit that even out did my Christmas wish lists to Father Christmas all these years! Realizing then how fortunate we were to be the select few, it hit home that we were soon to experience the time of our lives, and an event that very little if anything could compare to.

We were treated to a buffet lunch that all the competitors took advantage of and while feeding our faces, Mark Collins from Magnetic South gave us a run down on what was expected of us and vital safety precautions we had to adhere to. With full tummies, the 20 finalists were rounded up and lead onto a military Saamel truck with all our kit. With 30min to go to our destination, the truck stopped and we were ordered to put blind folds on for what was to be a bumpy 4x4 drive into the mountains surrounding Fouriesberg. Finally we had arrived at the most amazing site I've seen in years, Destiny Castle, perched up on the edge of a sand stone cliff over-looking the rolling hills leading into the mountain kingdom of Lesotho.

With little time to take in the scenery, each competitor was called off individually and issued a race bib with our name on it, together with a Fluid Solo kayak and Land Rover mountain bike that were ours to put through their paces and maintain throughout the duration of the event. The female competitors were issued Land Rover Discovery 3's matching their bib number, where the male competitors got paired up with one of the girls and were to swap around each morning as allocated by the selectors, this felt much like a "swingers club", the girls found this very amusing.

Having organized ourselves in our pairs, one-by-one we were lead to the entrance of Destiny Castle, there we were met by a genuine knight in shining armor who took us through a little trap door which lead into a room where all the chief selectors were sitting, I giggled nervously, sat down and after an uncomfortable silence, was asked: "Ryan, why have we selected you as one of the G4 finalists?" This was a very daunting experience!

Still overwhelmed by what had happened from the moment we arrived, we soldiered on to our first task, The Siege of Destiny Castle. This task, a team task, involved GPS navigation on bike and on foot within the vicinity of the castle, finishing off with a rock climb up toward the castle. This proved to be challenging, as all competitors were still disorientated as to where we were exactly, so it was going to be a long, dark and lonely night out.

The majority of the events and tasks that lay ahead were predominantly individual, but due to the new format of the International G4 selections, selecting both a male and female representative from each country, many of the events were in a team format which required the mixed pairs to join forces and conquer the tasks together. This format was to be very exciting throughout the event, as strong competition developed amongst the paired teams.

On task completion, competitors were instructed to meet in the dining hall for the official welcoming and opening of the G4 National Selections.

Competitors, sponsors and media gathered for a feast within the castle, a treat many competitors dubbed, "the Last Supper". That night we headed to a cave where we would get a decent bit of shut eye prior to the action packed day that lay ahead.



Day 2

With an early start to the day, we were woken up to a spectacular view over the hills and rivers that we would compete in that day. After a scenic drive through the little town of Fouriesberg, we headed off-road and into a hilly, jagged area that marked the spot for our first 3 tasks.

Starting the competition off, was the Maluti Matrix, a special task, followed by some running, jumaring, caving and kloofing navigation, and then, a flat water kayak race that involved some scary seal launches into the river and around some buoys.



From there, we were off to the angry and chilly waters of the Ash River for some serious white water kayaking in the Fluid Solo's through a marked slalom course that the Olympic K2 pair usually

train on. After an effortless demonstration from some of the top paddlers around, it was our turn to try tame the raging waters of the Ash. This wasn't going to happen, as my trip down the course will be remembered for the rest of my life and was probably my most memorable experience the whole trip.

Much to my amazement, I made it down with a clean run and was still upright through the last gate, unbelievable!?

Heading through the same raging waters, next we had to race each other down the course then take-out and portage for a 2km stretch back to where the cars were parked, very tiring and it was only the 2nd day!

The final task for the day had competitor's abseiling down a steep cliff face in the dark and navigating through thick bushes running over loose terrain to gather 8 checkpoints along the way down to the campsite below.

Day 3

We were up again at sparrows for some mental preparation for the day that lay ahead, and what better way to start the day off than a strenuous 3 lap mountain run meandering through the surrounding hills. Day 3 was to be run in a rotation format, where each pod, 2 Discovery's and the pod leader in a Defender, were to find their way to each of 5 tasks using their Garmin GPS to navigate to each point.

The competitions comprised of mountain biking skills and endurance, confusing image orienteering, hairy 4x4 driving on a cliff and a welcoming refuel at the local petrol station, what a relief, no effort required! Once the rotations were completed, we headed off in convoy to the campsite at Oxbow for that evening. Not done yet, we had an alpine style mountain bike race at 3000m above sea level that headed straight up an almost vertical tarred mountain pass only to turn around and speed straight back down at break neck pace back to the campsite below.



Day 4

We had a chilly start to the day, with a traverse across a gorge followed by a cliff jump into Lesotho mountain water then a paddle over a rock feature and through a river course, this task was named the "Oxy More Run", interesting... Some paddling followed that ran in knock-out format with strength and skills both playing a role. We then proceeded through the highest motoring pass in the Southern Hemisphere, passing the Afri-Ski resort and Into Thin Air, our next orienteering task.

From there it was onto "blind date", this task involved some very tricky blindfolded driving under instruction. A very bumpy and steep mountain bike ride followed as we neared the Katse dam and after a spectacular off-road drive through the hill tops of Lesotho, competitors were faced with a multi adventure, this would comprise of an abseil off a bridge with a short swim to the Fluid Solo's on the bank, then a longish paddle to take out and a run up a very steep switch back track to a contour path and back down to the start finish, tough stuff!

That evening, it was down to some precision driving, where we had to penetrate a slotted target with a so called spear on the front of the vehicle. A lot of tactical thinking was required in this task, with functions in the vehicle coming into play.



Day 5

One of the shorter days, but by no means easy... we began the day with a multi adventure, abseiling off a 25m bridge with a boat and paddle attached. We had to carefully abseil ourselves into the boat, detach ourselves and paddle in zigzag, in and out between the bridge pillars, with a little run to conclude. Some team work was required in the very well thought of driving task that followed, negotiating the direction of 2 vehicles, one moving forward and the other in reverse.

Then for the speed merchants, an enjoyable next task that day that was based on the same principle as the flags in life-saving training with a little bit of musical chairs and knock-out involved. Two orienteering tasks followed, one with compass navigation and the other using a Garmin GPS to measure distance, where the main aim of the task was to get the shortest distance between points. That evening the campsite was alongside a trickling river in a majestic setting surrounded by the towering hills of Lesotho.

Day 6

The final day of competition and it was the one day that had been lurking in the back of each competitor's mind, as it was by far the most action packed day within the schedule comprising of 8 competitions for the day. Scary mountain bike riding on near vertical climbs and descents, with some tricky orienteering tasks, one involving the completion of a Suduko puzzle to determine the order of the points to collect and the other well named "Peeping Tom" orienteering task situated within and around an inhabited little Basutho village. The special task was Human Foosball, a very well thought out task that involved the whole team, each person being attached to a winch cable and only allowed to move sideways and not forward or backwards.

The team rope task, and final rope task of the event, that followed proved to be a stunner, again involving a good bit of team work within each pod of 4 competitors racing to jumar up a rope, traverse across a gorge, rock climb back up the cliff side to a short run and into a slippery abseil down a mossy waterfall.

From here, we traveled to the well known Black Mountain pass driving down it not realizing we were to head back up it on our bikes shortly after. All cars were

parked in a circular formation for the next task, we started off with a strenuous bike ride back up the pass, turned around and shot back down to the cars to swap wheels for shoes, then headed up the highest mountain in the vicinity and back down to the cars where we were to memorize 2 pairs of cars with matching sponsors logos in the engine bay. Not easy thinking on your feet after all that. Here I was amazed at the strength each person demonstrated throughout this task, no one gave up at any stage!

The final task for the day and for the entire G4 event, "The Fox Wears Pajamas", required each mixed pair to cover a 6km distance to Sani Top Chalets as quickly as possible with one mountain bike between each team. This task was exhausting as it was incredibly difficult to gauge distance and efficiency over the course, working hard on the run and trying to catch your breath on the bike. The end venue at Sani Top proved to be the most welcoming site competitors could see, this marked the end of the most grueling but amazing event in Adventure Sports history!

The evening marked the closing of the event, with a large spread of scrumptious food and flowing drinks, it was all so well deserved and tasted better than ever. Both Mark Collins and Roland Reid closed off with very moving speeches which certainly touched the hearts of each and every person in the room that evening.

Each competitor played a large role in making it such an incredible experience, and many many thanks need to go out to the organizers of a truly spectacular event, Magnetic South, what an unbelievable team of people. Then to each sponsor, without you the event would not have been possible, it truly was an honour to put your equipment to the ultimate test within such a demanding event.

An extra special thanks to Roland and the Land Rover team, your passion toward the event shone out in every word spoken and it spurred each competitor on to give it their utmost at each and every task, thank you so very much for everything.

Well done to Tatum Prins for being awarded the G4 Spirit Award, you certainly deserve it (waking up to the Johnny Clegg song on radio G4 the final morning, certainly closed the deal, that's the spirit!)

Congratulations to Jeannie Bomford and Hanlie Booijens you girls were awe inspiring and to Richard Kolbe and Craig Carter-Brown, well done guys, you're machines. I know the four of you will hold the flag high in Scotland and show the rest of the world how it's done, for sure.

To all competitors, it was an honour to race with each and everyone of you, I certainly gained so much respect for each of you, I was blown away by the potential you all demonstrated at every single task, both physically and mentally, very well done to you all.

Happy Adventures ☺



Get your cylinder to FIRE

Text: Andri Smuts (B.Physt,M.Physt sport)

Muscle balance:

The relationship between the tone or strength and length of the muscles around a joint is known as muscle balance. Muscles can be divided into two types:

MOBILISERS AND STABILISERS.

Mobilisers: These muscles are found close to the body's surface and tend to cross two joints. They are typically made up of fast twitch fibres that produce power but lack endurance. With time they tend to tighten and shorten. The mobilisers assist rapid or ballistic movement and produce high force.

Stabilisers: By contrast these muscles are situated deeper, cross only one joint and are made up of slow twitch fibres for endurance. They tend to become weak and long with time. Functionally the stabilisers assist postural holding and work against gravity

Muscle imbalance :

Whilst initially both groups of muscles work in a complementary fashion to stabilise and move, over time the stabilizers weaken from inactivity and the mobilisers then take over the action of the stabilizers and begin to stabilise on their own. This inhibition of the stabilisers and preferential recruitment of the mobilisers is central to the development of imbalance and must be prevented at all costs.

These imbalances develop in all of us over time as a result of overuse, stress, injury, trauma, dehydration and years of incorrect patterns of movement and bad posture. This then lead to structural abnormalities and pain is always an indicator that something is wrong.

Focus on muscle function:

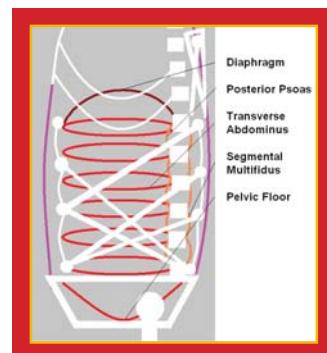
Function is integrated multi-dimensional movement involving mobilisation and stabilisation. Athletes should train and rehab in a functional environment to adequately develop functional strength and neuromuscular efficiency. Functional strength is the ability of the neuromuscular system to produce concentric force, isometrically stabilise and eccentrically decelerate the kinetic chain in all three planes of movement efficiently during functional activities.

The goal of functional reconditioning and training is to provide the athlete with optimum levels of functional strength, neuromuscular efficiency and core stability.

The most important link in the kinetic chain is the core. This is where all movement begins. A well developed core allows for improved forces output, neuromuscular efficiency and decreased incident of overuse injury. Most athletes have developed the functional strength

and power in their prime movers that will allow them to become successful in their particular sport, but they have not adequately developed functional stabilisation strength. This then leads to decreased performance and overuse injuries.

The concept of the 'core' has been expanded to include a more functional framework. The core is best represented as a double walled cylinder consisting of the lower back and abdomen and the upper back and chest (the trunk), which links to the limbs via the shoulder girdle and the pelvic girdle.



Local Cylinder

The inner wall of the core cylinder is made up of the deep local muscle system (inner core). The muscles with a local stability role include:

- The Diaphragm
- Posterior psoas
- Transversus Abdominus
- Segmental Multifidus
- The pelvic floor

Global shell

The outer wall of the core is made up of the outer global muscle system. These global muscles influence postural alignment and contribute to the production and control of range of motion. They include:

- Oblique abdominus
- Superficial multifidus and spinalis
- Anterior psoas
- Oblique fibres of quadrates lumborum

All these muscles have to work in harmony to provide enough stability to be able to perform at your peak

Examples of cylinder exercises



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Golden thoughts...

from Wayne Goldsmith

Text: Steven Ball, BA(HMS) (Hons) Biokinetics; CSCS(NSCA), Biokineticist, Certified Strength & Conditioning Specialist, ASCA Level 5 Coach

Recently the hpc and TUKS Sport hosted their first International Sport Science and Coaching Conference. The key note speaker for this event was world renown Sport Scientist and Performance Consultant Mr. Wayne Goldsmith. It was an honour to have Wayne here at the conference as he was able to bring many insights into the field of high performance sport, science and coaching. What made it even more applicable is that he could speak with authority on the practical aspects related to the implementation in the sporting arena.

Over the course of the 3 days Wayne openly shared his insights and experiences in the field and through this article I would like to highlight some key aspects that he touched on, addressed and explored. I will attempt (and hopefully not do him injustice) to share on what he was saying and what I understood from it.

One of the major things that Wayne discussed was his 10 principles. These 10 principles he believes in, play an important role in his life and in High Performance Sport. They are the following:

1

Challenge Everything

Complacency is easy but challenging the norm, the accepted ways of doing things is difficult. As professionals we need to constantly be challenging thoughts, routines, trends and the tried and tested. If we don't we will unfortunately remain in the age old routines and never re-invent ourselves.

2

Systems don't create excellence

The perception often in the market is that if we create a good system, excellence is a given. This however is not the case. Some of the best systems on paper have rarely produced the results they are destined to have. This is often due to the lack of implementation of the system on all levels. The implementation down falls could be due to various reasons and could include having the wrong person in the wrong position, the lack of skill within the system, personal ego or lack of discipline.

3

Money is rarely the real issue

Often the issue, especially in South Africa, of money comes to the fore. What often happens is that we use lack of money as a reason for failure. This could be failure of the 'system', failure of the athletes to perform or failure implement the appropriate strategies and going through with them. As Wayne mentioned more often, when you scratch a little deeper to determine the root causes of what is being seen, we find that money is not the issue but rather various other factors, including lack of follow through or implementation.

4

Embrace difference

As individuals we often shy away from difference. We don't want to face it and embrace. Difference is good and should be used to stimulate new thoughts, new concepts and different ways of approaching what we are busy doing.

5

Everything is connected

This statement made me think of the television advert many years ago which went along the lines of 'the hip bone is connected to the knee bone, the knee bone is connected to the ankle bone, the ankle bone is connected to the foot bone'. This is so true. Everything in high performance and developing sport is connected. Everything is interrelated in some way and to ignore this fact would be detrimental in trying to achieve success. Each process you follow, each thing you try and implement, can and will have a chain reaction and as they say in the classic "Your chain is only as strong as its weakest link".



6**Part time commitment = Part time results**

Being involved in high performance sport and trying to get the best out of your athletes requires full time commitment. As I have often said to colleagues, coaches and athletes sport and in particular high performance sport does not keep office hours. So in a world where everything is connected and where we need to consistently pushing the bar we as coaches, managers and administrators need to give full time commitment. This also applies on the other side of the spectrum to the athletes. Full time commitment is the minimum requirement when looking to become the next Usain Bolt or Michael Phelps. Limited commitment leads to minimal success.

7**You have to CONSTRUCT faster than the opposition DESTRUCT**

In the world of modern day sport hours and hours per week are spent by leading teams and individuals analysing, destructing (breaking down) and putting the opposition under microscopes. The modern day team has a full time analyst trying to find what their opposition are doing so that they can formulate their strategies around what others have done. From this they then construct (build up) their attacks, redirect programmes, try and copy training and participation strategies and pretty much do whatever it takes to be better than the opposition. The problem with this scenario is that the DESTRUCT part often takes way longer than the CONSTRUCT part and unless you are able to build, construct, rethink, and plan faster than your opposition is destructing, we will always be found wanting.

8**Passionately seek change**

Change is good, contrary to often what the common belief and perception is. Looking for change, trying to find ways to enhance and harness changes is crucial in the development of your programme. We need to not just say we are looking for the change but put our minds on finding ways to change and re-invent ourselves and our programmes.

9**Believe in yourself – REALLY**

Belief and faith is crucial in any programme. This is especially true in believing in yourself, your abilities, your talents and what you are putting yourself through. It is more than just saying it, it is truly living it.

10**Family and friends are Gold**

Family and friends must and should always form the cornerstone of your support system. Having supporting family and friends in our sporting lives makes the many hours of hard grind worth it, especially when we are able to share our successes with them.



One of the things that Wayne emphasised really early on in his presentations was the following: "**Success is a moving target**". This is so true if we look at the recent performances at the Beijing Olympics we once again saw how this was the truth and norm. What was good four years ago in Athens, was no longer (in many sports and events) even on the map. An example of this was the performance of our Golden Boys relay team from Athens to Beijing. So in Athens as we can all remember our 4x100m men freestyle relay team blasted their way (in a new world record) to the gold medal position winning by a body length to the next country. In Beijing this was a different story with the same team managing a respectable 7th place. Did they do that bad? Well in reality if we go on time the team managed to improve their time by around 0.4 of a second, but the reality is that in the 4 year slot between games, the Americans and the French were able to improve their time by almost 5 seconds. So what was good enough for Gold in 2004 was no longer good enough. Improvement in the smallest margin was not good enough. Success is changing daily, weekly, monthly and yearly and as sportsmen, coaches, trainers, managers and administrators we need to recognise that fact and see how we are able to contribute to the 5 sec improvement and take the next gold medal.

Hopefully, I have been able to share some of the pearls of wisdom of a man with a reputation of innovation, thinking out of the box, pushing the limits and passion for high performance. In an article like this I hope that I have not done him an injustice but rather provided us all with a snapshot at the thinking of a leader in the field.



MATCH-FIXING IN SPORT

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

Although the problem of match-fixing and corruption in sport is an international phenomenon, it is also a matter which has become all too familiar in South African sport. It first received public prominence when the former captain of the South African national cricket team, Hansie Cronjé, admitted his involvement with certain unsavoury bookmakers in India, as well as attempts to manipulate the outcome of certain cricket matches [*Cronje v United Cricket Board of South Africa 2001 4 SA 1361 (T)*]. This was followed more recently by the arrest of almost all the premier league football referees and some team officials and the revelation that match

fixing seemed to be rife in South African football.

Because of the public outcry following Hansie Cronjé's fall from grace, there was a feeling amongst South African lawmakers, rightly or wrongly, that existing measures against corruption were not sufficient to deal with the unique problems encountered in sport. And since Parliament was in any event reviewing the Corruption Act 94 of 1992, it was decided to include the so-called "Hansie-clause" in the new Prevention and Combating of Corrupt Activities Act 12 of 2004 [the PCCA] which came into operation on 27 April 2004.

Cheating to lose is even worse than cheating to win

Section 15 of the PCCAA expressly provides for the offence of corrupt activities relating to sporting events. The Act defines "sporting event" as any event or contest in any sport, between individuals or teams, or in which an animal competes, and which is usually attended by the public. This definition is wide enough to include all organised sport, including sports such as horse racing, show jumping, polocrosse, pigeon racing (which has some of the richest prizes in South African sport) and even dog contests. Greyhound racing and some other sports involving animals, such as rodeos and blood sports, such as dog fighting, cock fighting and bull fighting, have been banned in South Africa.

In terms of the Act the offence of corrupt activities relating to sporting events is committed where a person induces another person or a person is induced to perform any act which undermines the integrity of any sporting event, including, in any way, influencing the run of play or the outcome of a sporting event. This provision is clearly aimed at match-fixing. It acknowledges the fact that match-fixing takes place not only when the final result is rigged. Punters often bet

on the occurrence of particular events which may seem innocuous in the greater scheme of a match, such as when the first free kick will be awarded, the number of corners conceded in a football match, the number of wides bowled in a cricket match or how many yellow cards will be awarded in a particular match.

It is important to note that any person who is convicted of match-fixing or corruption in sport can be imprisoned for life! Section 35 of the PCCAA further provides for extraterritorial jurisdiction. Any act alleged to constitute an offence under the PCCAA and which is committed outside South Africa by a person is deemed to have been committed also in South Africa.

All sport bodies have a duty and responsibility to commit resources to the prevention and detection of corruption in their respective sport. The overall aim should be to create an environment where those looking to cheat, whether they are participants or from outside the sport, are dissuaded from doing so for fear of being caught.

Source: Cloete Introduction to Sports Law in SA [par 2.19 – 2.36]

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For more information, please contact: Prof Rian Cloete
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Smart, Resilient, Competitive

Text: Hettie de Villiers, Principal: TuksSport Combined School Image: Diane Reid-Ross

Meet the members of our new Student Representative Council.

There's a buoyant expectancy emanating from the motley crew of Grade 11s gathered on the grass outside my office. They're always a lively bunch, but there's something different about them today – and it's not only because they're missing Maths for this interview, nor because it's civvies day.

It is this same tangible energy that surrounds them that prompted the facilitator at the SRC camp to say that he's never come across a group with such strong leadership qualities – nor such extreme competitiveness. Helloooo. What did he expect? They are after all TuksSport High School's new SRC. To use the lingo most of us are more familiar with – they are the school's newly elected prefects. And they're in a sport school. Being competitive comes with the package.

We sit down in a circle on the grass outside my office. Forgetting for a moment what I was taught in Questioning Techniques 101, I ask the group whether they enjoyed the leadership camp.

The spontaneous eruption of excited (read loud) affirmations make me realise I have to approach this group in a more structured way. I lay down the rules for the discussion:

1. One at a time
2. Don't answer for somebody else
3. Keep voice levels below 60 decibels

Alas, the excitement of ratting out each other's weaknesses and most embarrassing moments proves too big a temptation and after five minutes I feel a bit like a traffic control officer in the middle of the highway – my arms swaying this way and that in an attempt to control the good-natured insults flying around.

I finally succeed in establishing some sense of order and put a question to the group.

What did you learn about one other at the camp that you did not know before?

We start with **Isabel**, next year's head girl. The responses come fast and furious. In public interest I'll edit, summarise and soften the comments volunteered by the group.

"Isabel's a major control freak, Ma'am. Ma-jor!" No one disagrees, not even Isabel. "She's strong-willed and likes to have her own way. She's like

Vaughn, but doesn't talk as much."

"She's a red hat, Ma'am."

I take it they learnt about de Bono's thinking hats at the camp. Red-hat people are characterised as emotional, fiery and often opinionated. Isabel merely smiles and accepts the accolades with grace.

Yolandi (deputy head girl)

"An organising freak", they dub her (they have a penchant for the word *freak* I notice). She plans everything down to the minutest detail.

Leonel shakes his head. "That's not true. Yolandi doesn't just plan. She plans her planning."

Jodi adds a valuable insight – if he had to sack race with anyone, he'd want to do it with Yolandi. She's the best sack-racer ever, he exclaims. (Good to know what you like in a girl, Jodi.)

Moira

The group is unanimous in their verdict – Moira is a straight talker – what you see is what you get. But she also has an analytical side to her, they say. She always anticipates things that can go wrong – she thinks things through.

"She has a short fuse," Pierre ventures.

"Very short," someone else whispers from a safe distance.

"She has sophistry", Koketjo adds.

Impressed, I ask what it means. "I don't exactly know", he says. "Sophistry", he repeats softly, as if the meaning will become clear by saying it a second time. "I learnt it at my previous school." That explains it, Koketjo. Now we all know what it means.

Monica

Monica is chilled, I learn. She's cool. And reserved. A typical Russian bear, the boys say, referring to her Russian ancestry. And like a bear she's easily offended, Pierre remarks.

"Maybe, but that's only because everyone keeps offending me," Monica quips.

Ntabiseng

No one argues when Yolandi reveals that Ntabiseng is extremely funny. "She totally cracks us up, one of them says. "Yeah. If she's awake, that is."

It seems a sense of humour is not Ntabiseng's only virtue. Chantel points out that she's extremely logical. The others nod in affirmation. A much needed characteristic in this group, I think to myself. But I say nothing.

Chantel

"She's got great balance" one of the boys shouts. I wonder aloud whether they are referring to physical or emotional balance. It seems both – she's a gymnast after all. "She's a female Jodi" Vaughn says. "Quiet but firm."

"A bit of a dictator, I'd say," Leonel contributes, and just manages to get his leg out of punching reach in time.

Things start to unravel when I get to the boys. I ask what they learnt about **Vaughn**.

"We knew it before we went, but now we know it for certain. He's a BAD loser!"

Vaughn nods in agreement. "I hate losing, it's true." But he cares for his friends, they all say. And he's not influenced easily. He sticks to his guns.

"He's definitely not husband material," one of the girls ventures. "He can't listen!" (I can actually see a few teachers nodding their heads vigorously upon reading this.) From the mouths of the babes...

Leonel

Looks deceive when it comes to Leonel, the group informs me. He might appear to be quiet, but he's most skilled at *dissing* others. "He's sharp. And he has *vasbyt*," they say. He never gives up, no matter what. His motto says it all – *it's not about the size of the dog in the fight, it's about the size of the fight in the dog*.

Lucky is away and the group decides to be gentle as he cannot defend himself. "Lucky is sleep-deprived, Ma'am" they chorus. And his favourite saying paints a very true picture of him– *don't trouble trouble before trouble troubles you!* Pure undiluted Lucky.

I try to retain some order and ask what they learnt about the deputy head boy.

The girls shriek with laughter. "**Pierre** is scared of frogs and all things small and slimy." He doesn't even try to deny this. He hates insects and creepy crawlies. "And he complains about it all the time," Yolandi says. "But apart from that, he has the most positive attitude of all in the group." He's declared a true team player

by all.

"And he has the best hip-action of all the boys," one of the other boys call out.

They notice my startled look and hurry to explain that they only know this because one of the activities on the camp required them to wiggle a hoolah-hoop. And Pierre was crowned king, with Koketjo coming a close second.

Koketjo's name has been bandied around quite a bit, and I ask what they group learned about him. Apart from his hoolah-hoop skills, that is.

"Pride comes before a fall," they say, as if that explains everything. In response to my quizzical look they explain that he was well ahead in one of the competitions, but stopped short of the winning line to do a victory dance – and was overtaken by someone else!

It seems vanity is his biggest flaw. Word has it that Koketjo is a real fashionista. At the camp he refused to brave the slimy dam water without his blindingly bright orange swimming cap. Apparently dread locks and dam water don't go together – and looks is everything after all.

Nothing wrong with that, Koketjo.

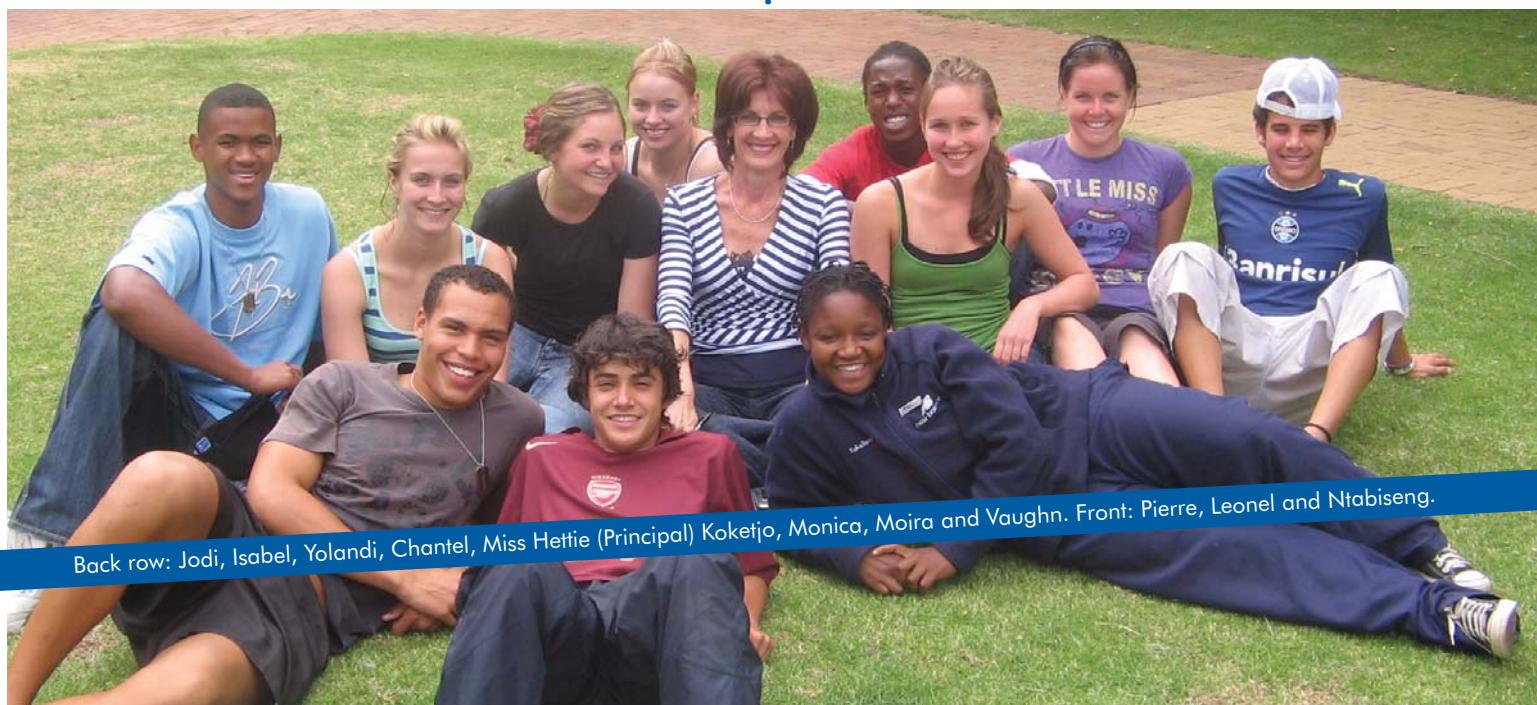
And the head boy, Jodi? The man of few words? What did they learn about him?

"**Jodi's** my man," Vaughn declares with conviction. He's all the things a head boy should be, the group agrees. Analytical, caring and trustworthy.

"He says very little," Chantel says, "but when he speaks we all listen."

But no-one says it better than Jodi himself – "all the so-called secrets of success won't work if you don't. And we plan to do just that."

I raise an imaginary glass to Jodi's sage words. Here's to the SRC of 2009!



TuksSport News

TuksSport Honorary Colours & Awards

17 October 2008

At the University of Pretoria, the year 2008 is memorable in more ways than one – the University is celebrating its centenary and TuksSport proudly celebrates the successes and achievements of its athletes.

In 2008 the University of Pretoria delivered a total of 89 Senior Proteas & Springboks. An exceptional achievement was the 28 Tuks athletes and 2 coaches that represented South Africa at the Beijing Olympics (26 athletes & 1 coach) and Paralympics (2 athletes & 1 coach) Games – who would ever forget Oscar Pistorius' 3 gold medals. The successes the University's athletes had on the sporting fields cover a wide spectrum of sport disciplines:

TuksRugby had an outstanding year – winning the Carlton Cup for the 2nd year running and making a clean sweep in all the other BBRU leagues. The Women's basketball team made their mark with a star performance at student and national level. Hockey (men), Squash, Basketball (women), Tennis (men) & Swimming are all current USSA (University Sport SA) champions.

164 Tuks sportsmen & -women and 24 officials, represented South Africa in various sport codes and teams and 185 received honorary colours for sport, from the University of Pretoria.

- 89 Proteas & Springboks
- 42 Other National teams (SA Age groups & other categories)
- 33 USSA National teams
- 185 Honorary colours
- 24 Officials

Awards:

Student Sport Administrator of the Year:
Miki Vermeulen - Student Sport Committee

Administrator's Award:
Dawie Kotze - Triathlon

Coach of the Year – Individual sport:
Igor Omelchenko - Swimming

Coach of the Year – Team sport:
David Viney - Hockey

Sport Personality of the Year:
Prof Roelf Sandenbergh - Squash

Newsmaker of the Year:
Oscar Pistorius - Athletics

Student Sport Club of the Year:
Rugby

Sport Teams of the Year:
Basketball Women's 1st team
Hockey Men's 1st team

Sport Club of the Year:
Swimming

Student Sportswoman of the Year:
Lize-Mari Retief - Swimming
Other candidates were:
(Erin Burger, Isabel le Roux)

Student Sportsman of the Year:
William Diering - Swimming
Other candidates were:
(Hannes Dreyer, Melton Rasimphi)

Sportswomen of the Year:
Suzaan van Biljon - Swimming
Bridgitte Hartley - Canoeing
Other candidate:
(Rachael Nanchula)

Sportsmen of the Year
LJ van Zyl - Athletics
Oscar Pistorius - Athletics
Other candidate:
(Marlon August)



LJ van Zyl - Sportsman of the Year with Mr Gert Oosthuizen, Deputy Minister of Sport.
(Oscar Pistorius, sharing the award of sportsman of the year, was unable to attend)



Lize-Mari Retief - Student Sportswoman of the Year with Prof Chris de Beer, Vice Principal University of Pretoria



Bridgitte Hartley - Sportswoman of the year with Prof Antonie die Klerk, Executive Director : UP
(Suzaan van Biljon, sharing the award, was unable to attend.)



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TuksSport

Inside News



Text: Rick de Villiers

Image: Susan du Toit

THE MAN WITH THE PLAN

While the hpc has always been the home of high performance, Roger Barrow believes it is time for new heights to be reached.

Roger Barrow seems a man possessed.

He sits down at the table, glass of orange juice in hand, and smiles. His face carries a slight shadow of stubble and there is an electricity in his eyes (not too un-Rasputinesque). Either he's been drinking way too much coffee, or he's haunted by an idea.

Only two months and 13 days into his appointment as the new High Performance Manager of the hpc, Barrow is already shaking things up. Ostensibly, he is in charge of the Sport Science and Medical Unit (SSMU) and is supposed to ensure cohesion between athletes and the specialist service providers of the unit. But in reality his job is much more expansive: he has been given free reign to put the 'High' back into High Performance.

'I've been working with the hpc for three years now, but I always stood on the other side of the fence,' he says. 'During that time I was very critical of the system. Now I'm on the inside and in a position to do something about it.'

He seems to think that the general attitude around the centre has become one of complacency. 'Hard discipline and hard training – that's what is needed. My main objective is to make the staff accountable and the athletes responsible.'

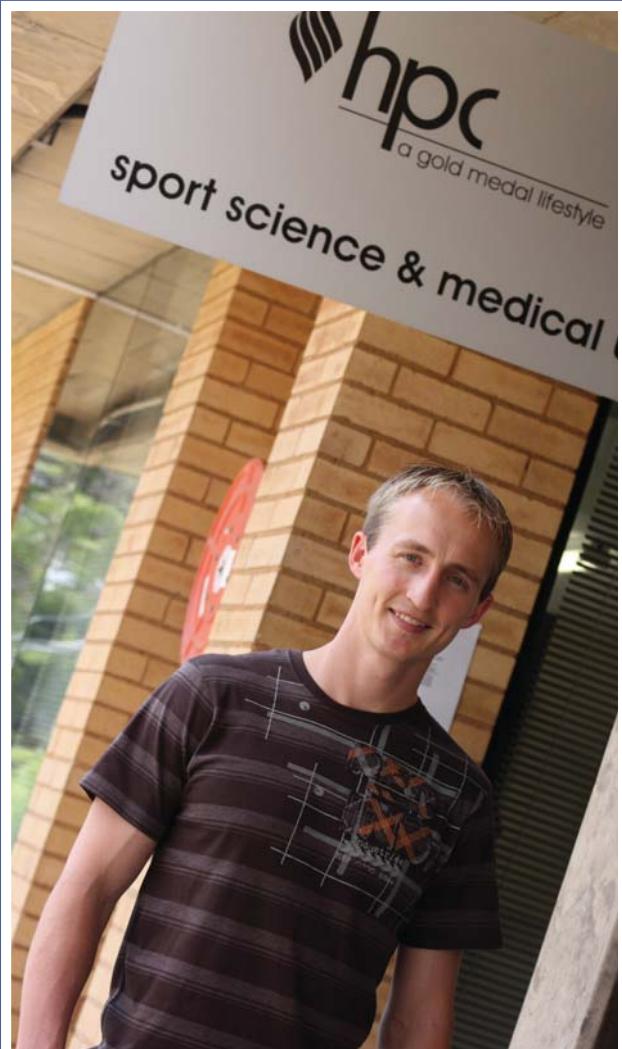
According to Barrow, he is still 'finding his feet' in the new position. But the more he is prompted to explain

his plans, the clearer it becomes that his vision is to take the hpc to heights unknown. His eyes flash. 'This place must become the home of 'the really good', and by really good I mean athletes who are internationally within the top-five of their discipline. More than ever we must be driven by results. That way people will realise that their being here and having access to these services and facilities will make them better athletes.'

Despite the promise he sees in a newly-structured hpc, Barrow's experience in coaching (he is still the coach of the national Olympic rowing team) has taught him that a horse can only be led to the water, it can't be made to drink. 'We don't make champions,' he explains, 'we provide a service. Obviously we care very much about the end result and we're not merely concerned with delivering a service, but the athletes need to realise their share in it all. They have to take responsibility.'

'Everyone who comes through these doors can't expect to be treated like a Ryk Neethling or a Ramon di Clemente unless they are that good. In future, admittance to the academies and school will become much stricter. We want the best.'

There is no doubt that this vision for the hpc is ambitious. Radical restructuring will come at a high price and some feathers will certainly be ruffled in the process. But Roger Barrow is driven. His passion is not the product of a caffeine overdose, nor is it a symptom of the zealous but naïve newcomer. His passion is what lies at the very foundation of the hpc's philosophy – the desire for excellence 



NEW DOC ON THE BLOCK

Text: Rick de Villiers Image: Susan du Toit

Another addition to the SSMU staff is Dr Ewoudt van der Linde. While Ewoudt will probably soon win renown at the hpc for his medical expertise, he is already somewhat of a celebrity in another field.

From 2002-2007 the new doc on the block proudly served as the Blue Bulls' mascot. Come rain, snow or a Curry Cup match against the Sharks, Ewoudt would be out on Loftus doing cartwheels in an oversized bull costume.

But what he brings to the hpc does not concern acrobatic stunts. As a sportsman himself (he represented South Africa in gymnastics at the 1998 World Youth Games and was a traveling reserve during the 2006 Commonwealth Games), Ewoudt understands how negatively injuries can impact on athletes. For this reason, the kind of medical attention that will be provided by him and others at the SSMU is injury-specific. 'While other doctors often dissuade injured athletes from being at all physically active, we design programmes which work around the injury so that the athlete's other muscles aren't neglected during recuperation,' says Ewoudt.

So from November of this year, you are more likely to see Ewoudt out and about in a pair of white gloves rather than his beloved bull suit. That is unless he is a firm believer in the healing power of laughter ☺

Inside News

18 July 2008

Ms Hettie de Villiers
 Principal: Tuks Study Centre
 University of Pretoria

Dear Hettie

Re: Report - Lucky Radebe's participation at 2009 World Games Test Event, Kaohsiung, Tapei

I wish to confirm that Benjamin Lucky Radebe a Grade 11 learner at Tuks Study Centre competed at the test event for the 2009 World Games, in Kaohsiung, Tapei, 29 October - 04 November 2008. Only ten Double-mini Trampoline Gymnasts in the World could qualify for and have qualified for the World Games. These gymnasts qualified at the 2007 World Championships, Quebec, Canada.

In actual fact Offering Tlaka, grade 12 learner at Tuks Study Centre qualified for the World Games with Morne Olivier from South Africa as the 1st reserve and a trampoline gymnast from New-Zealand as 2nd reserve. Regretfully both Offering and Morne suffered injuries, a motivated request and medical certificates were submitted to the FIG requesting permission for Lucky Radebe to compete instead. Permission was granted.

I am extremely pleased to report that Lucky Radebe gave an excellent performance, although he was the youngest and most inexperienced competitor at the competition. At the end of the two preliminary rounds Lucky was lying in 3rd position! The finalists went into the finals in the following order:

1.	Evgeniy Chernoivanav	Russia	2007 World Champion
2.	Kirill Ivanov	Russia -	
3.	Lucky Radebe	South Africa	bronze medalist at 2007 World Championships
4.	Alexander Seifert	Canada -	silver medalist at 2007 World Championships and 2008
5.	Andre Lico	Portugal -	Cup Champion.

They started the two final routines with a zero score. Lucky was a nervous wreck! He did not jump as well as in the preliminaries but still did extremely well and we are very proud of him. Final result as follows:

1.	Kirill Ivanov	Russia -	2007 World Champion
2.	Andre Lico	Portugal -	silver medalist at 2007 World Championships and 2008
3.	Alexander Seifert	Canada -	World Cup Champion.
4.	Lucky Radebe	South Africa	bronze medalist at 2007 World Championships

It will be sincerely appreciated if arrangements could be made to enable Lucky to write the exam subject he missed, while at the World Games Test event.

With appreciation for all that you and your staff do for the gymnasts and a big thank you.



Helen van der Walt
 PRESIDENT: UAG TRAMPOLINE
 PROGRAMME MANAGER: SAGF TRAMPOLINE



Nagel and Wittstock to join hpc

Text: Manfred Seidler

South African 200m Record Holder and 2001 4x100m relay World Championship Gold Medalist, Morne Nagel and his training partner Estie Wittstock are the latest elite athletes to make use of the High Performance Centre, University of Pretoria.



Morne is no stranger to the hpc as he has already been making use of their World Class Gym facilities for some time now. The talent that Morne has is incredible. In 2002 he set the indoor circuit alight, winning the Euro Energizer Indoor Grand Prix, the Indoor Equivalent of the Golden League. Morne won 5 of his 6 races, the 6th was a tie.

He then came home to break the 7-year old SA 200m Record of Riaan Dempers, and had he not slacked off in the final 10 or so meters, many believe he could have broken 20sec.



In 2007 Morne decided to move up to the 400m. Just how good he could be in the quarter mile was demonstrated at the annual Engen Meet in Cape Town in December last year. Morne clocked just over 32sec for 300m, the fastest ever by a South Africa. In February this year at the Yellow Pages Meeting in Durban, Morne snapped his Achilles Tendon and the Olympic Dream was over.

Since then Morne has been in rehab at the hpc. "I have been making use of the Physio's at the hpc and things are looking good. I can't train in spikes yet, so will only race some time from May or June next year, where I will be focusing on the 200 and 400m."

For Estie it's a bit more tricky as she juggles her role as an accountant at Sizwe Ntsaluba with an athletics career. The tricky part comes in, when she heads for Europe in June (neither Morne nor Estie have yet fixed their races) for the final preparation for the World Championships in Berlin in August. Unlike Morne, who will only be able to start racing in May, Estie will be competing in some of the Yellow Pages Meetings which mark the South African Season. "Pretoria is definitely on the cards." That one happening on 30 January at the LC De Villiers Stadium.

Morne and Estie will be making use of the world-class sports science services on offer at the hpc 

Emile Smith of the hpc and his hockey team mates doing SA proud at the Olympics



Inside News

Van Den Burgh lowers record again; & Diering bags another Silver

Text: Manfred Seidler

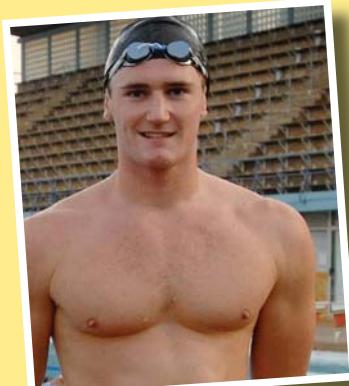
The Tuks duo of Cameron Van Den Burgh and William Diering were at it again this past weekend at the 4th leg of the 7 stage Fina World Cup.

University Pretoria Swimmer Cameron Van Den Burgh is certainly on fire these days over the shorter distances. Two weeks ago at the Fina World Cup in Durban he lowered his own Africa and South African record in the 50m breaststroke and came within 7/100th of sec to lowering the 100m-breaststroke record to.

On 1 November in Singapore, 20 year old Van Den Burgh lowered his own Africa and SA record in the 50m breaststroke to 26.37sec – a mere 2/10th off the World Record Ukraine's Oleg Lisogor.

Van Den Burgh then went on to win the 100m breaststroke on 2 November. That means that Cameron has won the 50m and 100m breaststroke titles in both the World Cup Competitions (Durban and Singapore) he has entered.

William Diering who swims for Tuks and the hpc once again won



silver in the 200m breaststroke. Diering does not appear to be in the same shape he was in when he won the silver in Durban in the 200m with a new SA and Africa record, but he continues to grind out the results that will stand him in good stead at the bigger competitions.

Diering covered the 200m in 2:09;09. Three seconds off his record, but still an improvement over the 2:09;70 he swam in Sydney a week ago. William was faster at every split compared to Sydney, covering the first 50 in 28.89 sec (Sydney 29:52) 100m in 1:01;70 for a 32.81sec for the second 50m (Sydney 1:02;34). 150m was passed in 1:35;40 (Sydney 1:36;06) and he touched the wall in 2:09;09 for a 33.69sec last 50m.

William had to place second fiddle yet again to Australia's Christian Sprenger who finished the 200m in 2:05.48. Germany's Marco Koch took the Bronze. The three have had an interesting battle to date with Sprenger coming up trumps on all three occasions. William having to settle for silver three times and Marco Koch finishing 4th in Durban and now third in Singapore.

The Fina World Cup now moves to Moscow on the 8/9 November and should provide more fireworks!

Official Opening of the Deck

On Thursday the 16th of October, the newly built Wooden Deck was officially opened by Club President Hein Raath. The opening was followed by a capping ceremony to ex and current Tuks players who have played more than 100 games for the 1st Team. Not only was it a beautiful evening to be outside, but it was a special night for all Club Members who now have this wonderful piece of architecture to sit back on and enjoy watching some cricket. I have absolutely no doubt that there will be copious amounts of beer being enjoyed while watching Tuks display their skills on our 1st Class field.

The atmosphere that the Deck alone will create for all our spectators and visitors alike will be hard to find at any other venue. The four ex 1st Team players that had the honour of being capped, were full of praise for the Club and you could hear in their stories, a great sense of nostalgia, of seasons gone by and great sixes being hit to various parts of the ground. The younger players in the Club were literally hanging on every word being spoken as these are the players who set records and created standards that we all try to emulate and follow respectively.

The hpc provided some quality snacks for the guests to enjoy and I think I speak on behalf of all the people who were present that the evening had a fun and relaxed atmosphere for all to enjoy. The ambience that the Deck creates plays a big roll it has to be said. With a perfect view of the field, and acres of space to enjoy, what more could one ask for?

Once again on behalf of Tuks Cricket Club, I would like to thank all the role players involved in making the Deck a reality, for us to enjoy for generations to come. A special thank to our Club Chairman and President Messer's Sollie Barnard and Hein Raath, who really put in a lot of effort get this project off the ground.

This coming weekend see's the 1st Team playing a double header against Mamelodi and Sinoville on Saturday and Sunday. As we are in the process of building a bar inside the Clubhouse, it is requested that all spectators bring their own refreshments to enjoy lazily out upon the Deck. Matches start at 09h30AM with lunch starting round 13h00PM. We hope to see all you guys out there as the 1st Team set out to retain the League title and Knockout Cup.

Yours in Cricket

Anton Roux



The Deck



Jon Mackey, Gerrit Deist, Pieter van Rooyen, Ryan Mackenzie



**Club Chairman Sollie Barnard,
Club President Hein Raath,
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Rensburg**

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from the sideline

Text: Lester Mills



If this is the final edition of the Medalist for 2008, the year must also be drawing to a close and what better way to see it out than with some enduring sporting memories.

An action packed 2008 has been, what with the Olympics and Paralympics adding spice to the usual fare of rugby, soccer, and cricket.

Personally, I can't get much past the image of Oscar Pistorius literally blasting past American Jerome Singleton to win the 100m at the Paralympics.

On a wet September 10 Beijing evening, Pistorius, taking on the most difficult of the three events he had set his sights to win gold in, got off to a terrible start and by the 50m mark was still stone last. In racing terms he was "dead and buried." That's what the world thought anyway. Pistorius had other plans, put on the after-burners and blasted through the field to win (11.17) ad opposed to Singleton's (11.20), close yes, but gold and glory it was too. What a race, what an athlete.

I had the privilege of being able to have a word with the young man ahead of his trip to Beijing.

Pistorius and the University of Pretoria's other Paralympians were getting a send-off from Tuks Sport, but among the usual pomp and stiffness surrounding such events, Oscar was relaxed and focussed, he even promised one local photographer he would bring home three gold medals and he did.

Don't mistake that for arrogance. He was simply confident. In fact, anyone who knows "The Blade Runner" will know he is one of the more humble sorts you'll find in this business.

One South African sportsman, who many may have difficulty in describing as humble is our national cricket team captain Graeme Smith.

Generally brash and in your face, "Biff", as his team mates call him did at times earlier in his career probably confuse confidence with arrogant. Not so in England earlier this year.

He led South Africa to a famous Test series win over England and in so doing also put one a superb display of batting in the third Test.

The memory of Smith leaving the field after having seen the Proteas to a fantastic series win having himself been the mainstay of the innings making an unbeaten 154 will also stick. Smith was calm and, yes, dare we say it gracious in victory. He under played his phenomenal personal achievements and put his team and country first.

It was the year, Smith came of age as a world class cricketer.

Another sporting memory which must stand out for most Springbok rugby fans this year, was the sight of coach Peter de Villiers banging on that desk in Dunedin after Ricky Januarie has scored what was to be the winning try against New Zealand.

In a year of rugby ups and downs, beating the All Blacks at the "House of Pain" in Dunedin was certainly the mountain top moment.

De Villiers, had up until then endure a fair amount of criticism and yes, he has also copped some since then, but having having achieved what no other Bok team could have in 100 years, De Villiers earned himself a piece of sporting history which no one can take away from him.

No 2008 sporting memorable moments can go by without mention of Natalie du Toit, she popped at the able-bodied Olympics to take part in the 10km open water swim and finished a brilliant 11th. An endless stream of pictures of here unstrapping her leg to get into the water were flashed around the world. Natalie took it all in her stride.

At the Paralympics, she was simply great winning five gold medals in a magnificent display of swimming.

In a year when most would say their were only "low lights" for out National soccer team, things also started to happen towards the end of the year with some young blood coming through and if I were a betting man I would even wager a few rand that South Africa actually do themselves proud at the Confederations Cup being held here next year and, of course, the World Cup in 2010.

Indeed, expect the buzz word to be SOCCER for the next two years. It's going to be great 



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