

the Medalist

sport, science, knowledge



100
1908 - 2008



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University of Pretoria

April 2009

Football quiz for tomorrow's Bafanas

Which university's football club:

- Trains and educates aspiring footballers to reach the heights of professional football or reach their maximum potential as athletes?
- Has world-class facilities and the best possible environment in which footballers can attain their goals?



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- Is the only university club in the country with a fulltime football academy running, where all players are housed, educated and coached on the premises?
- Has a Junior Programme of over 300 aspiring young footballers and an extremely competitive men's and women's Residential League?
- Has groomed the likes of Lerato Chabangu, Robyn Johannes, Bongani Khumalo, George Maluleka, Dumisani Masilela and Clifford Mulenga?

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The University of Pretoria is one of South Africa's foremost research universities - a world-class institution where academic and sporting excellence is non-negotiable.

For more information please contact TuksFootball at 012 420 6001 or email: tuksfootball@up.ac.za

Leading minds in football.

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TuksSport

TuksFootball



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from the CEO'S OFFICE



At a recent press conference SASCOC's new president, Mr. Gideon Sam announced the strategy towards London 2012. SASCOC's goal is to select a team capable of winning 12 medals by 2012! Gideon made it clear that SASCOC will be demanding potential medal winning performances come Olympic selection time.

In his speech Gideon made it clear that a decentralized approach will be followed in terms of athlete preparation and support. This strategy will rely heavily on the sport scientific support and expertise as well as the facilities of the universities around South Africa.

I was one of the invited guests that listened to Gideon's plea for the sports fraternity to take up the challenge and step up in preparation for 2012. I subsequently directed my staff to prioritize the annual hpc sports science support sponsorships to current and potential Olympians. Twelve Olympians and six young promising athletes covering Swimming, Athletics, Rowing, Canoeing, Judo, Triathlon and Cricket were presented to me and also to the high performance manager of TuksSport, Mrs. Xilia Dreyer for consideration. The high performance centre in conjunction with TuksSport has committed our sports science and sports medical services, sports facilities and coaches to these athletes with the belief that it will significantly enhance their performances.

The hpc sports science & medical unit in partnership with the Institute for Sports Research of the University of Pretoria and the Sports medicine department, consists of some of the finest scientists and practitioners in South Africa. The high performance centre is unique in offering a truly multi-disciplinary sport scientific approach and demands close co-operation with the coaches. The unit consists of two divisions; namely the Performance enhancement division and the Medical and rehabilitation division. Each division is headed up by highly skilled and experienced managers ensuring quality control and best practice as well as mentoring of the young staff doing their internship.

All efforts are directed at empowering the coach and eventually improving the performance of the athlete. The hpc's state of the art "virtual web coaching system" has been developed in order to optimize the

scientific support as well as ensure a co-ordinated multi disciplinary service to coach and athlete. This Virtual Web Coaching system forms the backbone of the planning, integration and intervention available to the sponsored athletes and their coaches.

The hpc and TuksSport is proud to present our 12 sponsored Olympians and 6 potential Olympians as the first step in taking up SASCOC's challenge to win 12 medals by 2012. Special mention should be made of Roland Schoeman, Suzaan van Biljon, Ramon di Clemente, LJ van Zyl, Shaun Rubenstein, Bridgitte Hartley, Marlon August, Patrick Trezise and William Diering that feature prominently among those on the sponsored list. The hpc is proud to say that these athletes choose to base themselves at the University of Pretoria's hpc and actively make use of the sports science support provided to them and their coaches on a daily basis.

I just want to end off with an excerpt of a speech made by the famous Mickey Rooney who said "Wanting to be the best at what you do is possibly the most important psychological motivation and source of motivation that any athlete has. Success is personal – it's how you overcome your own shortcomings, and how you develop your own talent and skills by channelling your energy constructively. What is most important to understand is that the road to success is a bumpy one with its ups and downs, triumphs and setbacks and good fortune and adversity. There is a lot in life that you have no control over but if you just learn to control what you can control then you will know how to succeed and knowing you can handle the problems gives you the confidence to set your goals and keep them set to allow you to achieve your ultimate dream. Good athletes learn from the past, focus on the present and prepare for the future." The University of Pretoria and the high performance centre is here to assist you in realising your dreams.

The University's best wishes go to these athletes and their coaches as well as to SASCOC in their quest to represent South Africa in 2012 with pride 🇷🇦

Toby Sutcliffe

Good to Great

Professionalism in Sport

Text: Wayne Goldsmith, Moregold Performance Consulting

Every sporting organisation dreams of helping their athletes to enhance their performance and go from being **Good** (i.e. possessing a degree of talent) to **Great** (realising their potential as world class athletes).

Typically, **amateur** sporting organisations believe that the key to making a successful transition from **Good to Great** is to become **professional** – to be promoted to a professional league or professional competition in the belief that money is what being professional is all about – that **amateurism plus money = professionalism!**

WRONG!

Money provides the **OPPORTUNITY** to be successful.

Money provides the vehicle to create an **ENVIRONMENT OF EXCELLENCE.**

But money does not **guarantee success** nor does it make players, coaches, managers, teams or Clubs

professional just because they have a few extra Rand in their pocket.

The key to professionalism is attitude.



Professionalism is not a bank balance – it's a lifestyle and it's a choice to become the best of the best and to keep getting better!

Money, facilities, research programmes, talent identification frameworks, recovery centres etc do not constitute a professional programme. Professionalism begins and ends with an attitude that anything is possible and a commitment to creating and sustaining an environment where excellence is the minimum standard.

Amateur clubs can be professional in attitude, behaviour, preparation and thinking regardless of their financial situation. Likewise,

many professional teams are professional in name only – i.e. players, coaches and management get paid but in all other respects they are amateurs.

I was working with a professional football team recently.

They had a new multimillion dollar gym and sports training facility.

They had built their own altitude room where players could use treadmills and cycle Ergometers in simulated high altitude conditions.

They had a large professional quality kitchen where players could have nutritious meals made for them at any time of the day.

They had an integrated performance monitoring system where players had their heart rates continually monitored on and off the field and in the gym by a wireless measurement system.

They had a world class recovery centre with five ice baths, a large spa and sauna, massage room, multi jet high flow shower massage units and even a hyperbaric chamber to assist in injury rehabilitation.

They also had change rooms where players left used equipment, dirty clothes and used towels all over the floor.

They also had a record of poor discipline, bad behaviour and alcohol and social drug abuse.

Players sat around in their multimillion dollar gym and talked on their mobile phones between sets.

And what's more.....the team has not won a premiership for many many years.

The following week I went to another professional football club.

They had an old gym which was badly in need of some new equipment and a comprehensive facility upgrade.

They had change rooms that were built 80 years ago and needed painting and refurbishment.

They lacked any sophistication in sports science – the nearest thing they had to a heart rate monitor was a stop watch and a coach placing two fingers on a player's neck.

The closest thing they had to a world class

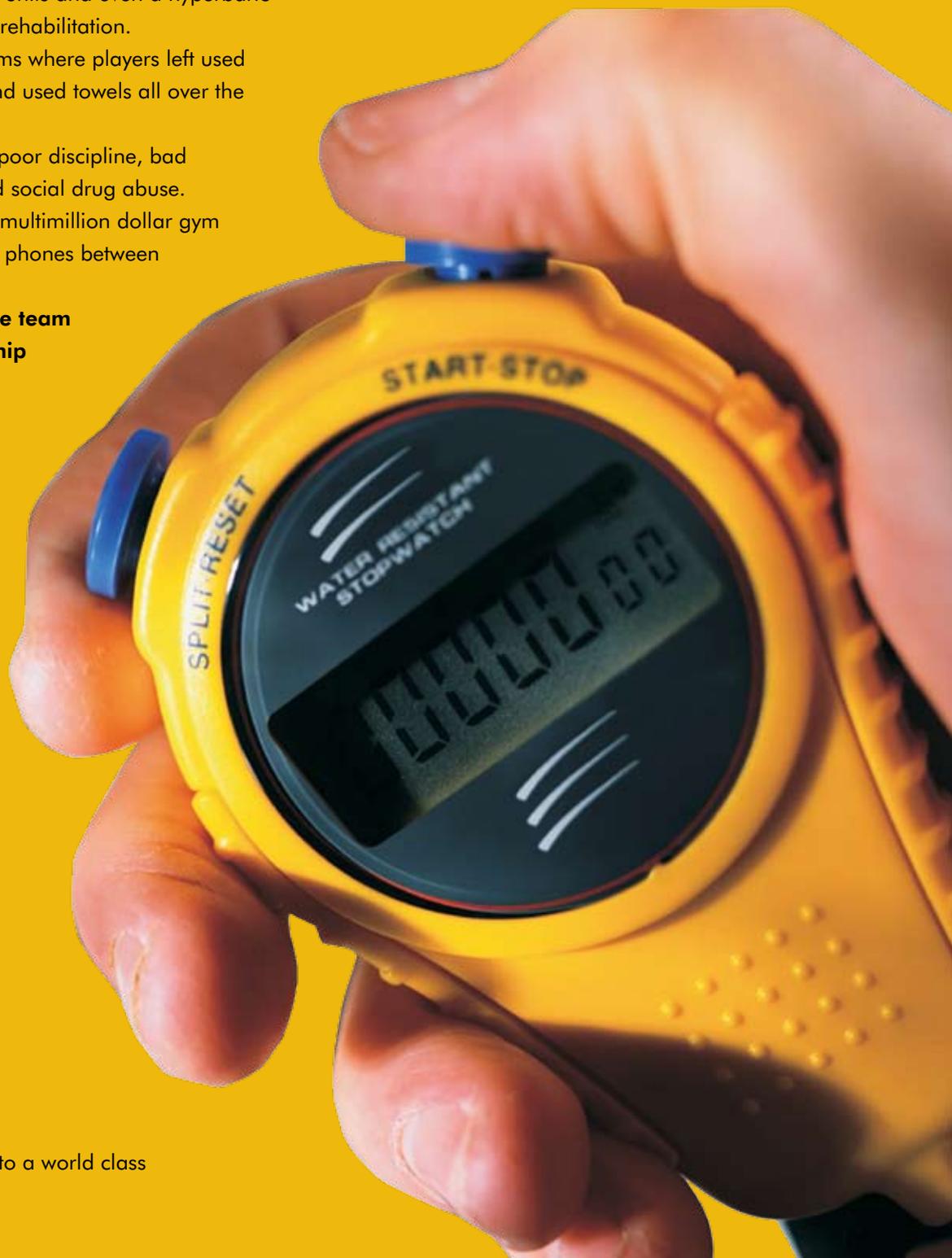
recovery centre was an old bath tub someone donated to the Club and an old guy called "Bill" who spent his time filling up ice bags for players to use after training and playing.

But they had consistently performed near the top of the competition for the past ten years.

Players continuously encouraged each other to strive for higher standards of achievement in their strength work in the gym and during on field training.

Leaders within the player group set the highest possible standards in their own training, preparation and off field behaviours and led by example.

Players, coaches, staff and



management worked as a team with open, honest, constructive communication.

Being successful and creating a winning culture which **sustains** success is the aim of all sporting organisations. Most organisations go about creating this winning culture the wrong way...**they try and buy it – rather than build it.**

The critical component in being professional is not money – **it's an attitude of professionalism in all things.** It's a belief that the responsibility for creating a winning environment is up to everyone in the organisation – players, coaches, staff, management, executive and Board. It's a commitment to excellence in everything that every member of the organisation does every day.

Buying someone a new Porsche does not make them a better driver. All it does it give them the potential to drive faster once they make the **commitment** to improve their driving skills.

Many athletes, coaches and teams believe all it takes is money and getting paid to become professional and improve their performance. Like the Porsche, all that professionalism provides is the **opportunity** to perform at your best – it does not guarantee success unless everyone in the organisation is committed to excellence and embraces a culture of continuous improvement.

Sporting organisations will often spend a great deal of money creating and maintaining a "professional" program that is in reality just an **amateur** program which pays money to players and coaches. Professionalism is so much more than just money – so much more than just being able to pay a salary to players, coaches and staff.

Imagine you won first prize in the lottery.

Does your knowledge of what to spend your money on improve just because you have more of it?

Does your understanding of how to manage money become enhanced just because you have a larger bank balance?

The majority of people who win major prizes in Lotteries end up just doing more of what they did before they won – i.e. they don't change their attitudes, knowledge, skills or understanding ("new stuff") – they just do more of the "old stuff".

Sporting organisations can be like this. They become part of a professional league but just continue to do all the things they did in their amateur days – money just allows them to do it more often.

Money is just the starting point in professional sport. Success comes from people, passion and performance. It comes from intelligence, innovation and imagination. It comes from consistency, confidence and creativity. **It does not come from dollars, drachmas and dinars.**

The seven golden rules

of creating a world class professional sporting environment are:

1

Start by creating a unique culture that embraces excellence and strives for continuous improvement;



2

Clearly identify things that will increase the likelihood of being successful and avoid **F.A.D.S – Fools All Dumb Sports people** – avoid gimmicks, quick fixes and things that promise huge improvement in performance;

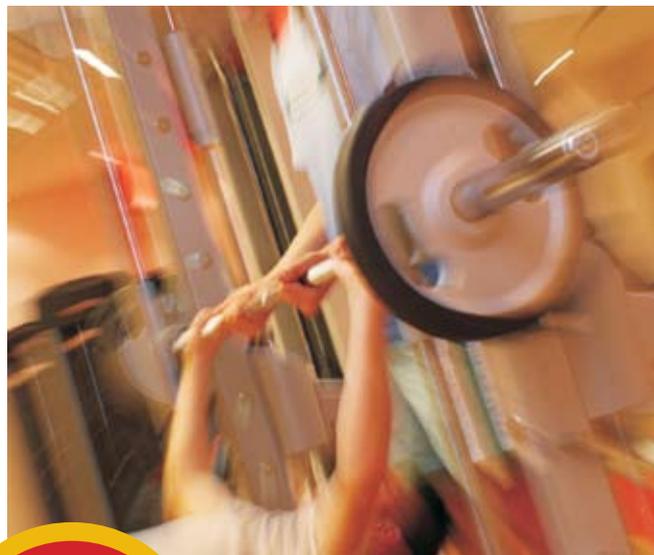
3

Talent is so much more than natural physical ability. Athletes only reach their

potential through the total development of physical, mental, technical and tactical abilities. **Spend twenty times more money on developing world class athletes than trying to find them. Real talent is harder to HIDE than find** – the real skill is in helping talented athletes realised their full potential.

4

World class Facilities do not by themselves constitute a successful professional performance environment – they provide the opportunity for excellence to flourish **if** the people who use those facilities are committed to excellence.



5

Sports science is only as good as the ability to apply it to enhancing the performance of athletes and coaches. Investing in altitude houses, recovery centres and heat chambers is a waste of money unless it is part of an overall integrated performance enhancement programme AND coaches are educated on how to incorporate into their training and preparation strategies.

6

Full time coaching is not as important as excellence and consistent quality in coaching. Just making a coach full time does not automatically make him / her a world class professional.

7

No money is no excuse – professionalism starts with passion: passion which drives consistent quality on and off the field in all aspects of preparation and performance.

The first step is to believe – “I can be the best in the world” – “I can be more professional, more consistently than my opposition”.

Then it is about commitment – “I will be the best athlete / coach in my sport”. “I will do this by being more committed, more determined and more professional than my opposition”.

The final stage is to sustain this commitment in everything you do every day.

Are you up to the challenge?

"Being at the Games was like living a fairy tale"

Text: Wilhelm de Swardt Image: Herman Verwey

I can do without my boyfriend.....I can do without my dog.....I can do without.....

Those were the words of an advertisement for a deodorant for ladies a few years ago.

Well Bridgitte Hartley can certainly relate to the words "I can do without", because she also has to do without a lot of things right now. All that really matters for her at the moment is to finish her degree at the University of Pretoria and to win another gold medal for South Africa.

Hartley made canoeing history last year when she became the first South African woman paddler to win a gold medal at the World Cup when she came first in the K1-race over a 1000 metres. She also represented South Africa at last year's Olympic Games in Beijing.

Bridgitte Hartley makes no secret of what her goals for this year are.

"I want to finish in the top three overall in the World Cup series and win a medal at the World Championships in either the 500 or 1000 metres race."

According to Hartley this year's racing is going to be really exciting.

"I think it is going to be the year of the wild card. I am saying this because I noticed at last year's Olympics that some of the women paddlers who won medals were getting older - over 30. Therefore I won't be surprised if they take things a little easier this year, which will mean that anybody who has done enough hard training stands a change of winning."

Hartley wants to be competitive in the 500 and 1000 metres.

"There is really not much difference in racing these

distances except that the 500 metres is somewhat faster. The secret in the case of both races is simply to start well, pick up the pace and kick hard at the right time."

Asked how it felt to represent South Africa at the Olympic Games, Hartley's first word was "amazing".

"Being at the Games was like living a fairy tale. In the beginning it felt like I needed my own personal manager just to tell me what to do and when to do it. One cannot really describe to anybody the feeling of being amongst the world's best athletes and everybody is there with one single purpose: to win a medal for themselves and their countries.

"It was also amazing to hear and see athletes like Michael Phelps (winner of 8 gold medals in the swimming) and Usain Bolt (winner of 3 gold medals on the track).

"But for me this was not the real highlight. As a canoeist the performance that really excited me was that of the Aussie paddler, Ken Wallace, who won gold and bronze medals. He proved to me that anything is possible. In the World Cup events leading up to the Olympic Games, Ken was not winning that many races, but he won when it really mattered."

Hartley makes no secret about the importance for her to be part of the hpc and of how much they are helping her.

"What I really like about the hpc is the fact that they keep records of every test they do. The hpc testing facility has really been very beneficial to me and I think in future it will be even more so. As a canoeist I can use the results of previous years to see where I am. The regular VO2Max-tests also help me a lot. And the role played by the physiotherapists to keep me fighting fit can not be underestimated" 🏆

Amazing H(E)ARTLY



For the love of Duminy

*Text: Rob Steen - sportswriter and senior lecturer in sports journalism at the University of Brighton
(Article first published on www.cricinfo.com) Images: Gallo Images*

Fallen in love twice this year already. Even for a stubbornly unrepentant hopeful romantic that takes some doing. True, one of these affairs lasted precisely one date (congrats, Jo, on succeeding Mushtaq Ahmed as owner of the most deceptive wrong 'un in Sussex). Fortunately the other shows every sign of blooming for some time to come - and not just for my own selfish gratification. Come on. How could you not fall head over heels for Test cricket's very first Jean-Paul? Since January 2007 international cricket has suffered an extraordinary, almost certainly unparalleled, spate of retirements. From the Olympian (Adam Gilchrist, Sanath Jayasuriya, Anil Kumble, Brian Lara, Glenn McGrath, Shaun Pollock and Shane Warne) to the merely marvellous (Sourav Ganguly, Stephen Fleming, Jason Gillespie, Matthew Hayden, Inzamam-ul-Haq, Justin Langer, Stuart MacGill), these are all grievous losses. Throw in the ICL-enforced exits of Shane Bond and Mohammad Yousuf, add Marcus Trescothick's depression, and you have an entire tour party's worth of seemingly irreplaceable parts, in the medium-term at the very least. Seemingly.

Yet, lo and behold, over the course of those two years a galleon chockfull of young shipmates with greatness in their grasp has cruised seamlessly, almost effortlessly, into view. Enough, indeed, to comprise a 2014 World Test XI - Gautam Gambhir, Hashim Amla, Duminy, AB

De Villiers, Ross Taylor, Shakib Al-Hasan, Prasanna Jayawardene (wk), Mitchell Johnson, Dale Steyn, Ishant Sharma, Ajantha Mendis. Throw in Stuart Broad, Shaun Marsh and the Morkels and, while arguably a touch light on top-order heft, the depth of skill, flexibility and temperament would surely satisfy all but the very fuzziest selector.



Of these, two stand out: Mendis, the Caliph of Carrom, for taking spin bowling into another era of mystery and wonder, and Duminy, the Strandfontein Strokemeister, for giving South Africa's overwhelming black majority their first batting superstar. This is not to denigrate or even diminish Amla and Ashwell Prince, much less Basil D'Oliveira, merely to propose that the masterclasses recently given by the lean, lissom left-hander against Australia give every indication that, at 24, "JP" possesses that aura of once-in-a-generation specialness, that cape of superheroism worn exclusively by the elite, the blessed and the excessively fortunate.

Anyone seeking confirmation that we have a star on our hands need only reflect on his feats in Australia. So rapidly, so suddenly, has he arrived on the global radar, notwithstanding that four-and-a-half-year international apprenticeship, that a refresher seems in order. Making his five-day debut in December's Perth Test, a stand-in for the injured Prince, he shrugged off a strokeless first-innings failure with remarkable aplomb,

Self-control, quite clearly, is another asset for Duminy. Not bad for a bloke whose heart-rate, 220 beats per minute, is some way above the norm. Then again, Cassius Clay's heart was racing madly when he comfortably outboxed Sonny Liston to win the world heavyweight title.

helping de Villiers add the last 111 in South Africa's monumental chase. Languid of stroke but never of application, there was more than a hint of his hero Brian Lara.

Then came Melbourne, where he emulated Lara's appetite for the long haul. Shortly before stumps on day two the tourists were 141 for 6, the follow-on mark still 54 runs distant, yet Duminy added 43 with Morne Morkel, 67 with Paul Harris and then 180, remarkably, with Dale Steyn, a few blows shy of a new Test ninth-wicket record. By the time Duminy was last out for 166, he had occupied his sentry box for a smidge under seven-and-a-half hours, a colossal piece of concentration by any standards. How many players in their first two Tests have shown this much nerve, this much self-assurance?

Two modest scores followed in Sydney, but it was as if he felt that, with the series won, he was entitled to draw breath, to drink it all in, to pinch himself that this was all really happening. It was. It still is. The adaptability was soon in evidence when the pace sharpened. In the first Twenty20 his 48-ball 78, a cultured, never remotely agricultural affair, full of exquisite placements and canny angles, was six-and-

a-half times the tourists' next highest score. Or a 550% improvement. However you crunch those numbers, however you express it, it was some one-man show.

There was, of course, a turning point. There always is. Long identified as a gilded talent and earmarked for the very toppermost, he made his ODI debut

in 2004 but was soon ditched. Eric Simons, then national coach, felt Duminy lacked hunger, not to mention the requisite attitude towards work and fitness. Jokes about the last were commonplace. "My confidence was shot," Duminy has admitted. "I didn't know if I was coming or going." Returning to the national academy, he was asked what his goals were - "I said I just wanted to enjoy the game again." A fruitful tour to Pakistan did the trick. "I got the enjoyment back into my game, and it's gone from strength to strength since then."

It was during this hiatus, reportedly, that Gary Kirsten ripped into Duminy. Not only, argued his then-Western Province team-

mate, had arrogance crept in on the field, fecklessness off it was also threatening to explode his future. In Kirsten's view, as related by Robert Craddock in the Melbourne Herald Sun, the solution was unequivocal: "You have more talent in your little finger than I have in my entire body, so use it." And now he is.



JP Duminy plays soccer during a South African training session held at the Sydney Cricket Ground January 22, 2009 in Sydney, Australia. (Image by Mark Nolan/Getty Images)

"Self-control, quite clearly, is another asset. Not bad for a bloke whose heart-rate, 220 beats per minute, is some way above the norm"

Now the hunger is unmistakable. "It's always been my ambition," Duminy told the Cape Times last October, "to be the best batsman in the world." Three months later, fulfillment seems eminently possible. His main strength, Simons now contends, is humility; so long as that remains the case, he believes, the boy is simply "unstoppable". For the sake of the lad from False Bay, as well as for the whole of cricketkind, we can only hope he remains true to himself.

How sobering, then, to consider this: had Kevin Pietersen not defected/emigrated (take your pick), it is almost impossible to see how Duminy could have helped South Africa finally break their Test series duck in Australia. Sure, he might have made the one-day and Twenty20 sides, but Pietersen, Amla, Kallis and de Villiers would have filled the middle order, with Prince in reserve. Granted, Amla or de Villiers could conceivably have been promoted to open with Smith, but neither seems, as yet, to have acquired the requisite mindset. Perhaps JP should render his heartiest thanks to KP?

In Brisbane two nights later he cracked an unbeaten 69 off 41 balls, 43 clear of the next-best contribution and accounting for almost half the runs off the bat. His ground fielding had impressed hugely in the Tests, drawing not entirely unfavourable comparisons with Jonty Rhodes, but now, at David Hussey's expense, came arguably the finest running catch seen in Australia since Steve Waugh's scampering effort to give Roger Harper a dollop of his own medicine at the MCG 20 years earlier, almost to the day. Had Duminy not misjudged a far less intimidating chance launched orbit-wards by Cameron White, South Africa might well have squared the series, but hell, nobody's perfect. Cue the first ODI in Melbourne, where Duminy once again dragged his side from strife to vibrant life, adding 123 with Neil McKenzie and top-scoring with 71. Again, there had been no real warning. Up to then, his highest 50-over score against quality opposition had been 46 against New Zealand 14 months earlier (those three half-centuries in his previous 31 knocks



had come against Kenya, West Indies and Zimbabwe). But it was the fine print that revealed the true extent of his measure: fleet enough to turn ones into twos and twos into threes, deft enough to pierce the infield gaps at will, not once did he find the boundary. Think about that. Not once. In a Test it would have been an astonishing statistic; in a one-dayer it beggared belief. Self-control, quite clearly, is another asset. Not bad for a bloke whose heart-rate, 220 beats per minute, is some way above the norm. Then again, Cassius Clay's heart was racing madly when he comfortably outboxed Sonny Liston to win the world heavyweight title, so perhaps we shouldn't be all that surprised. Back in Hobart, but for a needless run-out, Duminy might have hauled South Africa over the line. Moreover, his accurate, clever offspin outwitted Marsh for 78 and kept the reins tight enough to suggest that, had he bowled 10 overs instead of six, the result might have gone the other way. According to Graeme Smith, Duminy expects to take a wicket every time he comes on. Not hopes, or fancies his chances, but expects. The first man to amass 5000 runs in Tests left-handed while reeling in 100 victims right-handed? You wouldn't put it past him 🏏

hpc staff

conquer the

Subaru SANI 2 "C"

Text: Ryan Hodierne Image: Jon Ivins photography



The last weekend of the month of February saw 3 members of the hpc staff; namely me Ryan Hodierne, Roger Barrow and Gareth Brunie head off to conquer the infamous Sani 2 "C" 250km mountain bike stage race through Kwazulu Natal from Underberg to the coast in Scottburgh.

The race takes place over 3 days and sets off from the little midlands town of Underberg on the 1st day, taking cyclists over hills, meandering through forests and negotiating precarious floating bridges (the highlight of the race for many) en route to Mackenzie Country club in Ixopo, a total distance of 82km with 1110m ascending at the close of the day.

Day 2 (the meaningful **2** in "Sani **2** C") being the monster day of 97km in total distance with in the region of 2200m of climbing. If that wasn't enough, the heavens tortured us with some overnight rain spicing things up on the day a bit. After an early morning start some serious mountain biking took place on day 2, with the most awesome single track through Murray's meander and down Nic's pass into the slippery and muddy Umkomaas valley that tortured our trusty steeds (untrustworthy for some). After a few complications, we headed up, out and over the valley racing toward

the 2nd day finish at Jollivet farm in amongst the macadamia plantations.

Most riders had difficulty waking up for the 3rd and final day due to the fact that bums were sore and muscles were aching, however we were soon raring to go. Day 3 had bikers weaving through sugar cane plantations and along some super fast district roads, over one ass pinching floating bridge past Scottburgh main beach and up to Scottburgh School for the final finish.

We all faired really well, despite numerous war stories each of us could tell, we made it to the finish in one piece with grubby bikes and smelly cycling kit. I consider it an impressive feat taking that there were 1400 starters and 653 finishers.

A very very big thanks to all the organisers, sponsors, farmers and helpers along the way that helped make the experience an unforgettable one. Sani 2 "C" is truly the best mountain bike race in the country if not the world and I will recommend it to any and every one out there.

As far as I am concerned, it's the most fun you can have on a bicycle! 🚴

Bessie Windell

Coach, Mentor, Friend

Text: Manfred Seidler

Ask anyone you meet who has had some form of contact with Bessie Windell and the response will always be along the same lines. "What a wonderful person." "Her strength in her faith was unbelievable". "Always positive, always full of life." "Her leaving is a great loss to athletics."

Her leaving? Yes sadly Bessie Windell passed away in September 2008, losing a ten month battle to cancer at the age of 65. For 30 or so years, Bessie Windell encouraged, cajoled and made champions in the athletics World. Names such as Myrtle Bothma – whose SA Record in the 400mh still stands since 1986 – Yvette De Klerk, her SA record in both the 100 and 200m are also still head the stats lists; Marcel Winkler, Hennie Kotze, former SA Record Holder in the 400mh, all ascribed their success to her influence.

But not only did she coach, she also left legacies. Nico Van Heerden, coach of Llewellyn Herbert and LJ Van Zyl learnt a big part of his trade from her. Hennie Kotze took what he learned from Bessie both as an athlete and later as a coach, to take Alwyn Myburgh to an Olympic Final. When Hennie Kotze left for a position to coach in Saudi Arabia, one of his star athletes, Ter De Villiers,

went over to Bessie to prepare for Beijing. And when she passed away Ter had nowhere else to go. "She was the best. So where could I have gone to?" Myrtle Bothma can now be found coaching school kids along the very same principles that she learned for "Tannie Bessie" at Oos Moot School in Pretoria North.

But it was in more than athletics that Bessie left a legacy. "She taught me to dance," says Nico Van Heerden. For Ter De Villiers it was so much more. "When I think about her, I see her, this small stature of a person, full of love for Jesus Christ, and a will above all to live for Him and His glory. I think of how she with so much love in her voice could get me to do basically any training session. I would be half dead, but she would have no mercy. I think of how she opened up her house to us, whether it be for advice, motivation, direction, love or just companionship. I think of how she and her husband Oom Henry portrayed one of the Godliest marriages I have ever experienced. I think of "Loveday", the street, where we use to do hill training, and I see her shouting at us, motivating us to keep on fighting to the top of the hill. I see her, with a bandage around her arm from the morning's chemo, standing next to the track coaching us, not complaining once. I see her

Padlang

John Short

Windells is 'n aanwins vir atletiek

NA 'n baie suksesvolle Suid-Afrikaanse atletiekampioenskap in Durban is dit gewoonte om so 'n bietjie prag te sit en nabetraging te hou.

Dat die Noord-Transvaalse atlete die res van Suid-Afrika ver voer is, is duidelik. Hulke het twee keer meer medaljes verower as die provinsie naaste aan hulle, Wes-

Transvaal, met Transvaal in die derde plek. Anders as met ons rugbyvriende in die Kaap het hulle atlete nie watters gemaak nie.

Vir Noord-Transvaal se sukses wil ons graag hulle bring aan die egsaap Henry en Bessie Windell van Normaalkollege. Is daar 'n egsaap in Suid-Afrika beter as dié twee? Men Dinamiese Henry aan die stuur het Normaalkollege enkele jare gelede nie eers 'n aktiewe klub gehad nie, en nou het hulle uitge- stey tot een van die top-klubs in Suid-Afrika.

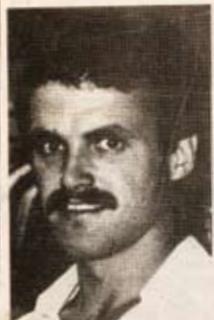
Wie dink vandag aan NKP son- der om aan die Windells of atletiek te dink? In dié egsaap het NKP twee kulture juwels.

Op die gebied van die atgring het Bessie nie haar geëkte nie. Vrou of te not. Die reamposisie van die vrou het in haar

oort nee nie. Goed of sleg of middelmating, daar is altyd plek in haar kamp en in haar hart vir nog een.

Aan bewind as voorsitter in Noord-Transvaal is die rustelike Henry altyd aan die woel. Dat alles wat hy doen, nie altyd beproef of ortodoks is nie, is waar. Maar dat hy die "stability" en oederm- ingsges het, lei geen twyfel nie. Gee hulle nog 'n jaar of twee en alles draai om Noord-Transvaal. Henry en Bessie, omv in die Blok- kamp is dankbaar vir wat julle doen. Gimnastiek se verlies was atletiek se wins. Mag ons nog baie jare die voordeel van jul en- ousame, volharding en toewy- ding trek.

Alhoewel baie kriek ook julle kant toe kom, is die uit-



Hennie Kotze, een van die pulk Noord-Transvaalse atlete.

ver uitge- man is wo- sie. Wie Afrikaans bokke at- hute is hu- haar ewen

Athletics

Pressure on in tough hur

By Gerrit Erasmus

The pressure will be on student teacher Hennie Kotze at Pilditch Stadium tonight.

The 23-year old Spring- bok will attempt to bet- ter two South African records when he contests the 400m hurdles in the Sanlam one-hour track and field meeting.

Kotze clocked a stin- gling 49.3 sec against a strong headwind at Saseh- burg last Saturday to equal Gert Potgieter's national record — estab- lished in Bloemfontein in April 1968 and at the time a world record.

The in-form Kotze is almost certain to im- prove on the South Afri- can electronic record of

49.92 sec Alan St in Johannesburg years ago. The Kotze registered solburg was the el- ent of an electron of 49.44 sec.

"Saturday's ri- equalling effort ca- Kotze's coach, Mrs. Windell, today.

"Hennie's being pared to reach his at the South Afri- Championships in El- fenstein in April, I told him to run the hurdles on Saturday, instead of the 400m just to change his rou-

"His time of 49.3 against a strong wind the final straight in- vined me that he e- soon clock below 48



Bessie rig hierdie sesde vyftig atlete af. Hulke is vi Tukkes, die Weermag, Po Pretoriase Technikon, G rudiens en 'n paar skool- help ook met die atgrit- skoolgroepe.

Die name van Bessie se lede die sesde klink na 'n gel ut die atletiekwêreld se wie.

Myrle Bothma het van- ruf die glansstatus van s- bakry toe sy die 400 hekk- gekrynte naver SA en A- vordyd van 54.35 sekond- wêl het. Dit maak haar ne- vinnigste Westerse vrou- rekkenommer nie, ma- maar ook tiende op die v- van beste verlonings van- leppe vertel dat die jong- ke nog glad nie haar loop- het nie. "Sy is nou ee- hart. Sy is van wêreldge- vveste Armstrong, hou- Afrika-rekords (100, word ook deur Bessie

Bessie 6 Brekers



TOE Pretoria een van sy se nagedoen, wa soos die res van tyd nie.

Pretoria het...
...daguand hoor...
...Ratolates...
...erstorm oor die...
...50.0 be-
...Suidwe-
...NKP, waar
...haar man — sportorgani-
...seerder is:
* Rodolf van Niekerk, oek 22. SA kampioen met

produktiwiteit — jy moet energie gee voordat jy dit kan kry

loopbaan bestaan. Ons sal dan beter atlete kan lever.

"Op die oomblik moet jong at- lets ná hul studie heeltyds gaan werk en moet baie boeop 'n huring leraar hulle top-atlete pro- sine kar- gelyk is daar- jong atlete beh- die jaar nadat h- door het — totdat is — help te wo- Bessie vertel d- al die ouer atleet- goet presteer. " dikwels vroue in het kinders. Dit is- ken en fisiek op 'n- taal hulle babas gened het." As voorbeeld noem Bessie ook die hoogspringer Hennie Kotze. "Na naar babo is sy baie sterker en betet." Ook Riana Roath, wat nou

rig.
Die kampioens- cos Fouche is al die- jaar die Suid-Afrika- Nog uitbrenkers is Ha-
Bessie se- die hoogspringer- Hennie Kotze en die- ge Annelize Bigma- hoop dat vanjaar se- sse vir haar vier Sch- plesier."
"Ek kan nooit m- nestasies op die- " se s-
kyk en omdat weer aan d- moet spring. Daar is altyd i- leel wat wen en ander wat kan doen ..."

with her sun hat and crocs waving at us to start running. I see her giving every athlete a hug. And so I can go on..."

For 9 time 400m Hurdles SA Record Holder Myrtle Bothma, Tannie Bessie was probably the biggest influence in her life. "I was still an U18 athlete from East London when she saw me compete at Pilditch in Pretoria. She spoke to me about a career in teaching. You see it was not only about athletics was it? A teacher has such a huge influence on our lives and she was already thinking of the next generation. My parents thought it a great idea and at the end of 1982 I jumped on a train to Pretoria to study at NKP. We became more than just athlete and coach, we became friends. In the semester holidays I would stay with her. It was an amazing time and had such a huge influence on my life."

Hennie Kotze feels the same. It was Windell who coached him to success in the 400mh when he broke the 23-year-old SA Record of Gert Potgieter. His time is still the 10th fastest of all time in South Africa. "For every athlete she was a role model in all aspects of life, not just on the track. She was always there for me in good and bad times and she and her Husband Henry are the godparents of my children. Their love and loyalty towards my family and I will always be remembered." Like with Myrtle and every other athlete she coached, Bessie also "adopted" the Kotze family as her own.

Her trademark was her incredibly positive attitude to life in all aspects. "Even when she was deteriorating fast in the last months on earth she still stayed positive. You see it was her Faith that gave her such amazing strength and peace of mind," says Van Heerden. "It feels strange not to see her next to the track anymore with her stop watch in her hand." You could see Bessie wearing her sunhat and crocs everyday on the track. But Hennie adds something more personal. "There was always something sweet in her tog bag."

Hennie feels that her positive outlook on life was

addictive to anyone who crossed her path.

What made her such a successful coach, she was responsible for 9 athletes getting their Springbok Colours, was her amazing feeling for movement. She could immediately pick up any flaws in an athletes technique no matter how small. She also always believed in her athletes no matter what the talent and it was that ability that ensured she was always able to get the best out of all her athletes.

It is clear that Bessie made a huge impact on everyone who crossed her path. As Ter De Villiers says, "The way she would always acknowledge Jesus in whatever she did. Whether it was in her stories of what they achieved in the past, whether it was how we will achieve what we set out to do, or whether it was just general talk. You knew this was a God fearing woman that would not compromise her belief for anything. She also never complained, never, never, never. To me that was such an inspiration. I mean here you have a woman, diagnosed with one of the most aggressive cancers, but yet living life to the fullest. Giving, of herself and her time, to not only her family, but to athletes she did not really know. I miss to see her way of life, the way she approached it. The way she silenced the unspoken critics. The way she did not just roll with the punches, but actually punched back so hard, it was scary. The way she just took the deck of cards she was dealt, and made something of it. I learned so much from this woman in the eight months I was coached by her, that I would not trade it for anything. If she entered your life, she made an impact on it. I was coached on the track by Tannie Bessie with precision and little mercy, but above that, I was unknowingly coached in my approach to life. And for that I truly thank Jesus Christ for bringing her on my road. It is just amazing to see the people He uses."

Quite clearly Bessie's passing away has left a huge hole not only in athletics but also in the lives of many. Bessie Windell a true Legend, may her soul rest in peace 🌈

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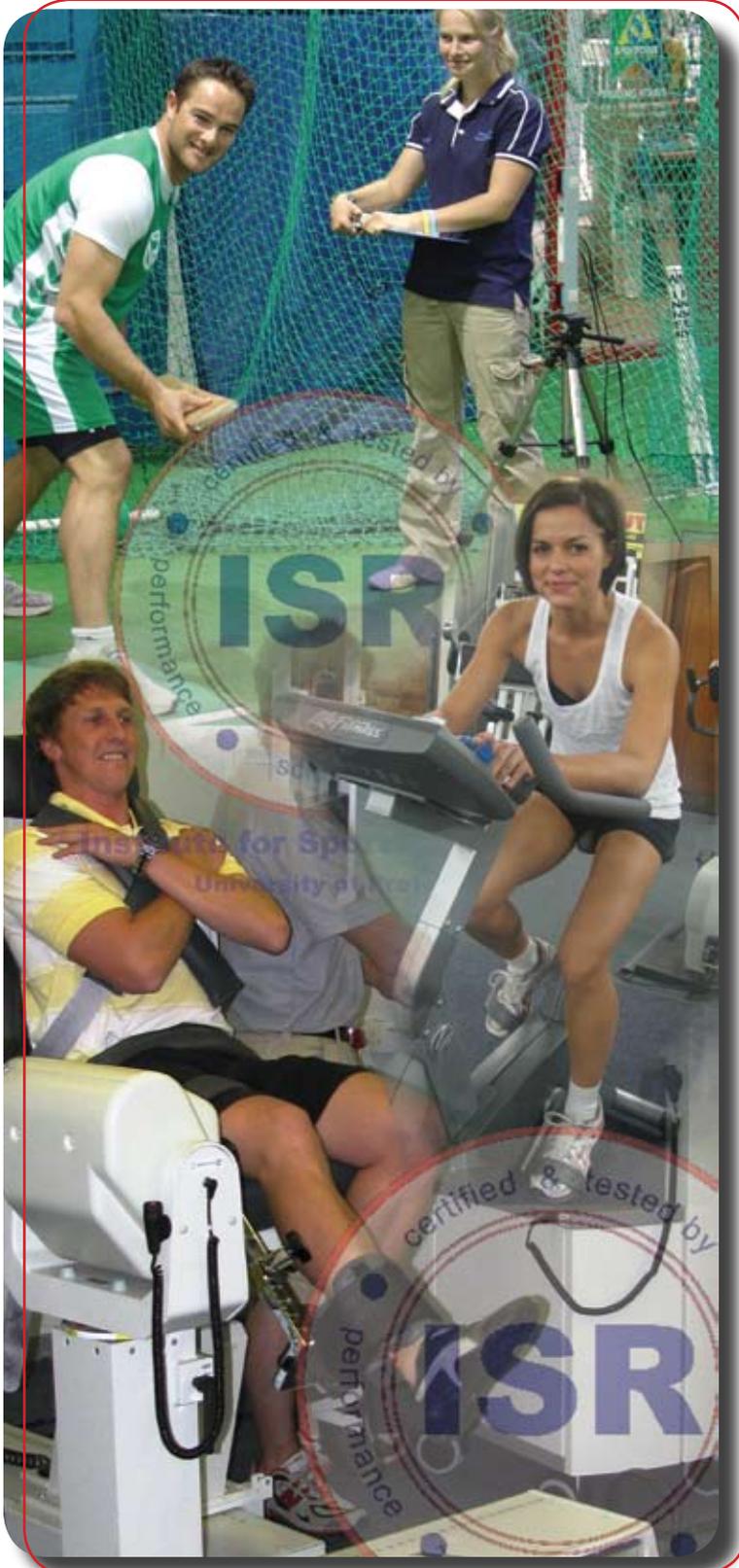
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The University of Pretoria Football Club is fast becoming recognized as one of the premier development clubs in the country. This has been reiterated by the fact that the Premier Soccer League is home to a large contingent of players that have been associated with the club at some stage of their careers. Only a handful of clubs in South Africa can boast to run a youth development programme to rival that of the club namely Bidvest Wits and Ajax Cape Town. The University of Pretoria offer a unique environment for aspiring young footballers. The initial exposure to the beautiful game comes in the shape of the TuksFootball Junior Programme. The club offers youngsters a start in football from the age-group of u/6 and run all the way through to u/18. If a player comes through the ranks the opportunity exists to join the HPC Football Academy from Grade 8 which runs in conjunction with the junior programme.

In the professional football industry, and particularly when it comes to grassroots football, the need to place emphasis on youth development has become more apparent as the financial strain begins to take its toll on clubs, not just in South Africa, but the world over. Every country in the world has their exceptions, the elite clubs that don't have to place too much attention on youth development because they are wealthy enough to identify the players they want and make an offer to the club and the player and add them to their squad. For the smaller clubs, emphasis on youth development is key to securing the future of the club, and from this perspective University of Pretoria is not exempt. The club is reliant on their system to produce footballers who can be sold, not only to clubs in South Africa, but hopefully in the future to also be able to sell players to the best clubs in European football.

While the ultimate goal remains winning promotion to the Premier Soccer League the club is realistic enough to know that producing young talented footballers will always be a key philosophy of the club regardless of what division they find themselves playing in. Promotion to the Premier Soccer League brings a whole new dimension to club finances but not to the level that the clubs like Kaizer

Chiefs, Orlando Pirates and Mamelodi Sundowns are operating at thanks mainly to huge supporter bases and additional income through various sponsorships from corporate South Africa. University of Pretoria will continue to place emphasis on a development programme that is unique and that produces talented footballers for South African football.

Several 'home-grown' products have already reached the very top level of South African football as Lerato Chabangu, Robyn Johannes and Bongani Khumalo have all represented the South African National Team, Bafana Bafana. Several other players have made their mark at the junior National Team level. While clubs like Mamelodi Sundowns, SuperSport United, Moroka



Swallows, Thanda Royal Zulu, Santos and Free State Stars are a few of the teams that currently boast players that have come through the Tuks system.

At the beginning of the 2008/2009 season Mark van Heerden, Clifford Mulenga and Davis Nkaisu signed for AmaZulu, Bidvest Wits and SuperSport United respectively and have all cemented their status as Premier Soccer League players. It is a testament to the work being done at the club that every season the Tuks players are amongst the most sought after in the country by the Premier Soccer League outfits.

In an ideal scenario Tuks would like to be in a position to keep hold of their star players but while the club

campaign in the National First Division it becomes increasingly difficult to deny players the opportunity to earn more lucrative salaries playing in the Premier Soccer League which is why the club is striving to gain promotion and are well-placed to achieve that goal this season. And this brings us to the next generation of the University of Pretoria Football Club stars of the future.

The following group of players are seen as integral to the future of, not only the club, but also having the ability to make an impact on South African football. The goal is to see these talented individuals performing in the Premier Soccer League for AmaTuks in the not too distant future

next generation

Text: Andreas Koshiaris Image: Herman Verwey



NAME: Siya Mngoma
 DOB: 06/07/1988
 POSITION: Goalkeeper
 SQUAD NUMBER: 31

Siya Mngoma signed for the club from Durban Stars via the Bootlaces Academy which was founded by FIFA-Accredited Agent Mike Makaab. The talented young goalkeeper was recommended to the club by former coach Sammy Troughton and has quickly established himself as the number one keeper at the club with a string of excellent performances for AmaTuks. Mngoma boasts impressive handling ability, positioning, distribution and quality shot-stopping. Already part of the South African National Development Squad Mngoma looks destined for a bright future in the game.

NAME: Mpho Matsi
 DOB: 07/02/1990
 POSITION: Defender
 SQUAD NUMBER: 33

Mpho Matsi joined the club from local rivals Arcadia Shepherds and was promoted from the youth ranks to the first team after an impressive showing in a prestigious junior club tournament that caught the attention of SuperSport United and Thanda Royal Zulu. Matsi has shown tremendous growth in a short period of time and has already made his debut for AmaTuks. Boasting height, pace and a good football brain Matsi has the potential to become a top-notch centre back while also comfortable playing a holding midfield role.

NAME: Andile Jali
 DOB: 10/04/1990
 POSITION: Midfielder
 SQUAD NUMBER: 23

Andile Jali joined the club from Vodacom Second Division outfit Matatiele Professionals but was scouted via the Coca-Cola Football Stars programme. Described by former Bafana Bafana head coach Clive Barker as an extremely promising young talent, Jali has not disappointed as he has consistently delivered for the University of Pretoria. Playing a central midfield role he is brave, strong, quick, has a high work-rate and boasts a good range of passing this young prodigy has the talent to make a huge name for himself provided he stays grounded and level-headed.

NAME: Thabang Monare
 DOB: 16/09/1989
 POSITION: Midfielder
 SQUAD NUMBER: 4

Thabang Monare followed in the steps of Siya Mngoma by signing for the club from Bootlaces Academy. While initially only signing in readiness for the 2009/2010 season it was clear from his early performances in training that he was ready almost instantly for the rigours of National First Division football and was duly registered. The youngster wasted little time in making an impact and has already become an integral member. Brave, agile, good passing ability and direct Monare has become a rough diamond who will sparkle when he is polished in the months and years ahead.

NAME: Aubrey Ngoma
 DOB: 16/09/1989
 POSITION: Midfielder
 SQUAD NUMBER: 24

Aubrey Ngoma joined the TuksFootball junior club programme at a relatively young age and has quickly emerged through the ranks to become a key player for the club. Despite his small stature this left-sided midfielder has dazzled this season with some wonderful displays while also weighing in with his fair share of goals. Extremely quick, agile, crossing ability and very skilful Ngoma is quite at home giving defenders a horrid time and his end product is efficient.

NAME: Thokozani Sekotlong
 DOB: 07/11/1989
 POSITION: Striker
 SQUAD NUMBER: 25

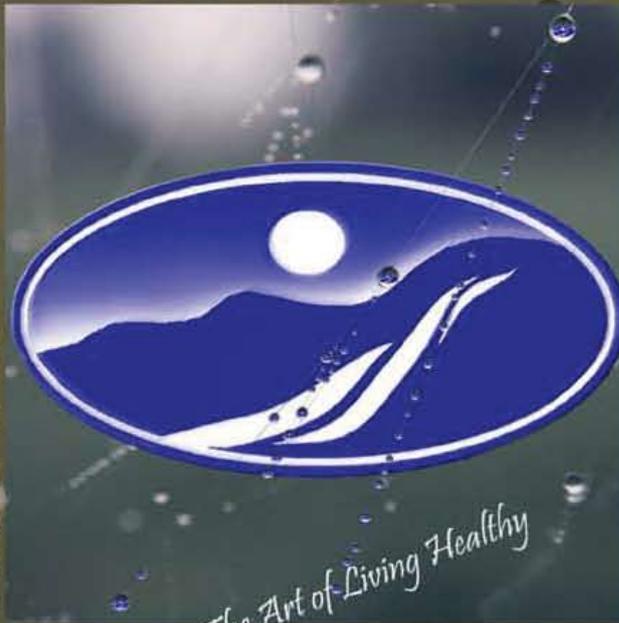
Thokozani Sekotlong is the first 'true' graduate of the TuksFootball junior club programme as he has been with the club from a young age. Sekotlong was rewarded with his first professional contract following an impressive showing in pre-season training and he has been making steady progress in his first season culminating in his first senior goal in the Nedbank Cup against Blackburn Rovers in East London. Sekotlong has strength, pace and an excellent strike technique of the ball but needs to ensure that he steps up his work-rate and consistency as he develops into a top striker 

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.

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.

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“Shadow Match” is a tool that can assist sports people, coaches and support staff by firstly understanding the habits of sports people, before judging them as weak or giving up on them.

What is a habit?

A habit is an action that repeats itself with no or minimal conscious planning and are formed through repetition. Habits are developed for a reason and associated with some meaningful goal or purpose. This goal or purpose might be something like avoiding discomfort, being successful or being efficient. Any behaviour can become a habit such as waking up early in the morning to go to training. The goal of this habit is to help a person succeed in sport. Another example of a habit is when a tennis player throws his racket due to frustration after making a mistake. It is learned behaviour where the purpose is to relieve his frustration. When sports people cannot freely live by their habits, they find it difficult to function properly and therefore battle to be successful in a specific context. A simple example is a swimmer who is consistently struggling to wake up early in the morning and therefore, misses early morning training sessions on a continuous basis. This swimmer will always be in trouble, will also struggle to complete all his training and therefore, might struggle to succeed.

The role of habits in sport?

Habits play a crucial role in sport. Habits indicate the level of ease with which a sport person can act. If a specific behaviour has been developed as a strong habit, that behaviour is easy to execute and normally requires minimum thinking or energy. This is as if the person is on auto pilot which hopefully increases chances of success. The person will just act with minimum effort and can use all energy on his performance instead of thinking about habits first. However, when an athlete does not have a habit of behaving in a specific way, it doesn't indicate an inability to do it. It means that the athlete doesn't do this as a habit. This athlete might find it more challenging and invest more emotional energy to act in a manner that is not developed as a behavioural habit. For example, a cricketer that is prone to engage in behaviour such as drinking, smoking and staying up late. This does not mean that he can't change his habits. It means that it will take more conscious efforts and emotional energy to live healthy in comparison with someone who has the habit of engaging in a healthy life style.

How can we measure habits?

“Shadow Match” is a tool that measures habits. Sports

people can complete the “Shadow Match” worksheet online. This specific profile is then compared to other successful sports people. Detailed feedback on the sports people strong and weak habits are given after completion.

What does “Shadow Match” do?

“Shadow Match” creates a benchmark of the habits of successful sports people in a specific environment doing a specific job. It then compares individuals to this benchmark and provide results on the match.

What habits does “Shadow Match” identify?

“Shadow Match” provides information on a variety of habits. This article only allows or the discussion of 10 crucial habits.

1. Resilience:

Refers to sports people who give up easily or don't try at all when faced with a challenge versus sports people who apply themselves relentlessly to overcome challenges.

2. Propensity to change:

Refers to sports people who find it very difficult to adapt to change and get comfortable with new ways of doing things or a new environment, for example, sports people that struggle to adapt to a new coach or training programme. The other side is sports people who embrace change and are very comfortable with anything new such as a new training programme or team mates.

3. Propensity to handle frustration:

Frustration occurs when an athlete is obstructed from reaching his/her goals. “Shadow Match” gives an indication whether the athlete has a habit towards applying positive behaviour when dealing with frustrating circumstances.

4. Team / individual inclination:

Refers to whether an athlete prefers to be part of a team or working as an individual. This is an important indicator when choices have to be made between individual or team sport.

“Shadow Match”

as a tool used in sport to understand habits of sports people

Text: Monja Muller: monja.muller@hpc.co.za

5. Self motivation:

Refers to sports people that have the habit of energising themselves (internal motivation) versus sports people who are dependent on external energisers (external motivation) to stay positive, driven and active. Self motivation is the behaviour of continuous positive action to achieve a goal despite the absence of external energisers such as encouragement from coaches, team mates or the crowd.

6. Routine:

Refers to whether sports people have a habit towards structure, repetition, mundane activities and patterns of behaviour sameness.

7. Responsiveness:

Refers to sports people reaction speed, thus, the habit of acting immediately and quickly if and when necessary. Some sport requires sports people to act quickly whilst others allow time to wait and think very thoroughly before acting.

8. Discipline:

Refers to the habit of working under extreme levels of discipline, where adherence to structure, rules, regulations and time frames are imperative.

9. Self confidence:

Refers to athletes ability to act with conviction and stay with a decision they made. The athlete displays high levels of trust in their own abilities, qualities of judgement, and knowing their own strengths and limitations.

10. Leadership:

Refers to the ability to integrate resilience, discipline, team oriented approach, and self confidence with a positive attitude.

These are amongst others some of the habits that “Shadow Match” provides information on.

To conclude

If athletes display specific behaviour it might be wise to find out whether this is a strong habit or not. For example if an athlete has a habit of giving up in races where they are experiencing failure it might be wise to find out more about the athlete’s habits. Perhaps resilience is just a very weak habit and if the athlete knows this he can change the habit and therefore make it stronger. This will benefit his sporting career. “Shadow Match” is a tool that can assist sports people, coaches and support staff by firstly understanding the habits of sports people, before judging them as weak or giving up on them. Everyone needs a chance in developing their potential and therefore being the best they can be! 🏆



5 parent's questions

Text: Lyndsey Parry and Ryan Hodierne

What does my child need to do to make it to the top?

Depending on the sport that your child has chosen it is important to determine at what age athletes tend to peak in that particular sport and how long athletes remain at the top. These two factors will play a large roll in the training load that is required by your child now and as you move forward on this journey to the top.

In essence though, getting to the top requires a HUGE amount of effort, in most Olympic codes we talk about 10 000 man hours or 10 years of focused training to get to the top.



How good is my child?

The best way to determine your child's potential is by looking at his/her current results. Does your child win or stand out from other children in the same age category? How does your child compare to the records and statistics of previous performers in his/her age category?

If the performances are superior on both counts then your child is good, the next part is unpredictable. You will need to monitor the results when your child is nearing the end of his/her development. Were they an early developer? Is the competition catching up?

Simply put, it is a continuous question with an open answer that needs to be assessed all the way through.



Will my child make it in Sport?

The first and foremost determinant would be whether your child enjoys participating in sport and physical activity.

Through childhood it is vitally important that your child has fun and enjoys participating in not one but a variety of sports for a time to determine which suites them best. It is good for a child to have a sporting focus, but that's not to say that's all that should be done.

By allowing the child to choose their sporting preferences within a variety of sporting codes and by limiting the pressures to perform, it enables them to participate in a relatively informal manner with limited structure leading to a longer sporting career with far more enjoyment.

So provided the inner motivation and natural love for the sport is present, with a bit of direction any talented child could make it.



What supplements should my child be taking?

Adolescents should get the majority of their nutrition through healthy, regular meals only using Energy drinks during and after training. An over reliance on supplementation can deprive your child of micro nutrients important for immune function and development.

As your child nears the end of high school and activity level increases, recovery supplements can be added to help get in extra calories and nutrients that are required. The emphasis should still be on regular, healthy meals.



What weight training should my child be doing?

Weight training is a big no no for children! Body weight training and sporting variety is the way to go. Through own body weight training with the focus on range of motion within movements and stability type exercises, it allows children to learn and to grow into their bodies.

Body weight training, together with a variety of sport and general activity through adolescence develops the base for more structured training in furthering a successful sporting career.

Weight training should only be considered once the child has completed his or her "growth spurt" in the development stages, usually around the ages of 16 and up. Even then, the focus is on very light weight training allowing full joint range of motion, but most importantly with good technique.

the art of Swing Bowling

Text: Rob Walter, Director of Cricket, Tukes Cricket Club

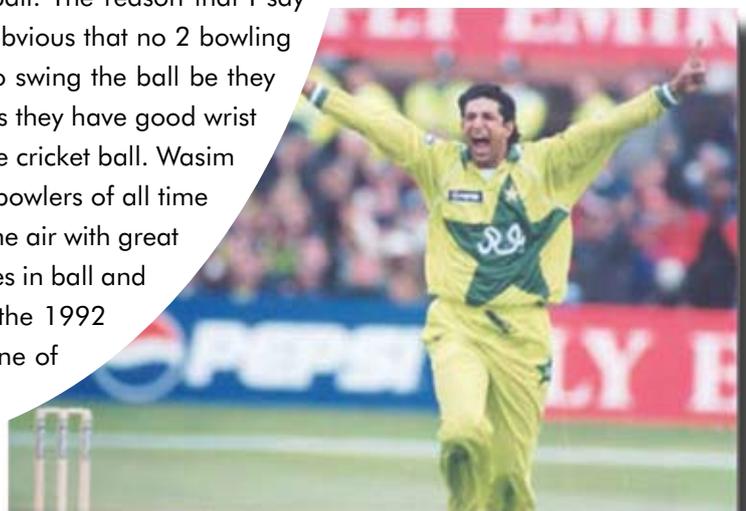
There are few more exciting or satisfying things to watch in cricket than a fast bowler who has the ability to swing the ball both ways in the air causing confusion for batters and sending balls careering into the wickets or flying to the slip fielders but what is often underestimated by the viewing public is the skill involved in creating this deception. To fully describe the intricacies of swing bowling would take far more than a single pager in a sports magazine but what this article aims to do is provide the basic knowledge for the avid cricket watcher or even the social cricket supporter thereby allowing a deeper understanding of the finer details of the game and the skill required to play it at the highest level.

Firstly the bowling action itself is a complex action but can be broadly categorised into open, closed and mixed according to the way the bowlers feet land and the position of the upper body on release of the ball. Traditionally the side on bowlers have been the bigger swingers of the ball but due to the stresses of bowling on the body it is becoming increasingly common for bowlers to adopt a more front on action in an attempt predominantly to limit injury. With this in mind and the fact that the ability to swing the ball in the air is arguably the biggest weapon for a bowler, they have had to adapt or die in a game which is more and more geared towards the batting side. So the question then is HOW?

Quite simply, I believe, the wrist and ball position of the bowler has become the single most important factor in swinging a cricket ball. The reason that I say this, is if you look at swing bowlers world wide it is obvious that no 2 bowling actions are the same yet the top bowlers are able to swing the ball be they front, mixed or side on bowlers. The reason for this is they have good wrist position and wrist action during and on release of the cricket ball. Wasim Akram was without doubt one of the greatest swing bowlers of all time because he was able to swing the ball both ways in the air with great precision and accuracy merely through subtle changes in ball and wrist position. His performance against England in the 1992

Cricket World Cup will forever stand out to me as one of

the greatest displays of swing bowling you would ever wish to see.



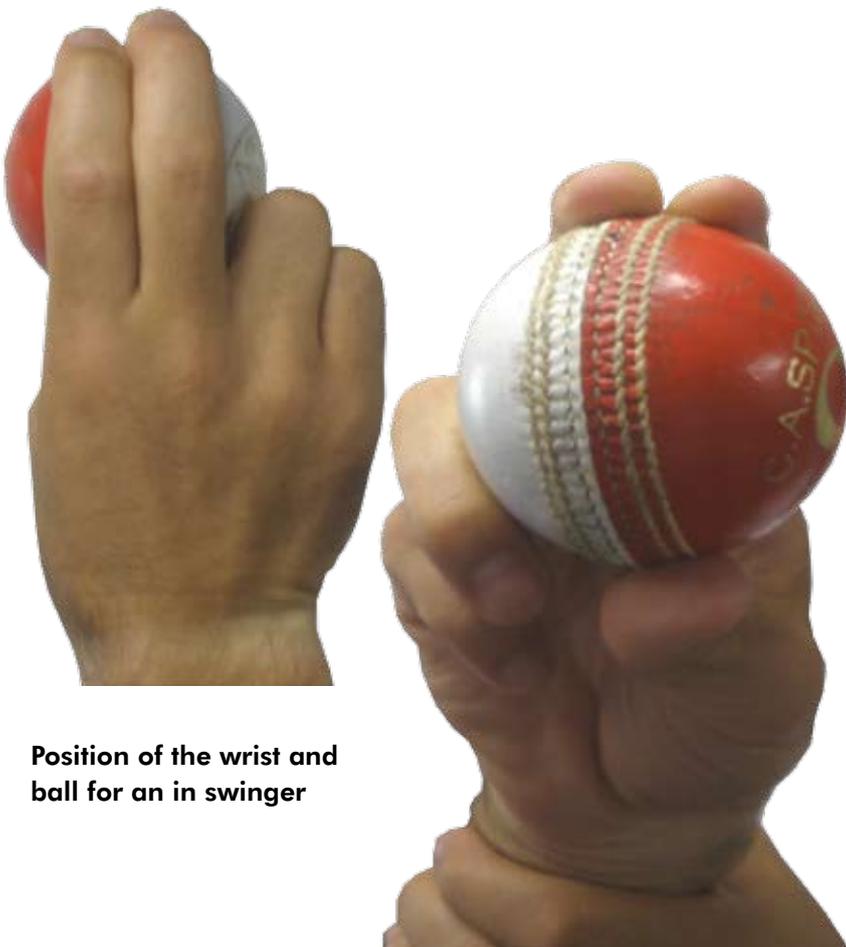
The legendary Wasim Akram celebrates another success.

So how do you bowl an in and out swinger?

The wrist and ball positions below illustrate the different ball and wrist positions for the out and in-swingers:



Position of the wrist and ball for an out swinger



Position of the wrist and ball for an in swinger

Another key component to swing bowling be it traditional swing or reverse swing is the condition of the ball and that is why you often see fielders and bowlers shining the ball on their pants and sometimes various other less legal things to change the condition of the ball and the consequently the path it travels through the air. Hopefully this article gives you some insight into the skill of swing bowling and allows you even greater satisfaction the next time Dale Steyn sends a batters off stump cart wheeling out of the ground with an unplayable swinging delivery 🏏

PERIODISED TRAINING AND NUTRITION

The standard of sport/athletic performance, technical efficiency, skill levels and the level of conditioning has increased dramatically over the past decades. Sport science has undoubtedly contributed and played an important role. One thing remains certain: the increase in athletic performance will continue. The question is whether one will be able to lead the way. Just keeping up is simply not good enough in the business of sport performance.

The purpose of any training and nutritional programme should be to prepare athletes and teams for peak performance in competition. Following a sport-specific periodised conditioning and nutritional programme is a prerequisite for success. To move beyond inherited talent or genetic potential, coaches and athletes must focus, among other things, on the physiological and metabolic adaptations required for peak performance. Providing dietary and training stimulus to appropriately stress homeostasis is crucial for required and necessary adaptations (physiological, metabolic and structural). Unfortunately, a traditional sports nutritional approach is often recommended and followed.

Traditional nutritional approaches normally balance macronutrient intake to provide athletes with the necessary energy during competition and training whilst not accommodating the fact that training regimes differ throughout a year or season and that the training of athletes are periodised to achieve specific physiological, structural and metabolic goals. Traditional guidelines will not assist players to achieve specific training phase-related goals.

PVM has developed a practical systematic approach that assists athletes and coaches with the effective implementation of nutrition into periodised training programmes. This approach has been the culmination of over 40 years experience in clinical-, therapeutic- and sport nutrition. Different eating and supplement guidelines are given for various training phases. Eating and supplement guidelines are individualised and based on specified physiological and metabolic goals.

Athletes are monitored either weekly or bi-weekly by means of various objective and subjective assessment protocols to gauge the physiological and metabolic state against specified goals. Continuous changes and recommendations are made accordingly. The focus is on pragmatic, practical problem solving and on effective implementation across various disciplines. Theory without practice is meaningless, and recommendations are only as good as the effective implementation thereof.

Sport nutritional guidelines should not only be based on healthy eating guidelines but should also focus on the ability of the body to adapt due to controlled stressing of homeostasis through the use of appropriate training and nutritional stimulus. This approach requires making use of innovative nutritional and training strategies to take players out of their comfort zones in a controlled manner. The synchronisation of periodised nutritional and training programmes is of crucial importance for athletes preparing for peak performance.

Alfred Rheeder & Peppie Janse van Rensburg (RD Dietitian/
Biochemist) ©PVM Nutritional Sciences 2009

About the Authors



Superior nutrition through applied science. PVM Nutritional Sciences is the producer of the World's Original Energy Bar. Since 1968 PVM has remained dedicated to a cutting edge understanding of the biology of energy exchanges between humans and their environment. PVM is involved with numerous top athletes and sport teams. Recently the FS Rugby Union subcontracted PVM to take charge of the conditioning of the rugby players.

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CONCUSSION

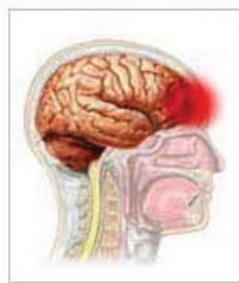
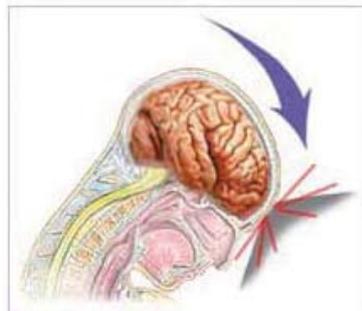
*Text: Dr. Ewoudt van der Linde
(Sports Physician hpc)*

Concussion is one of the most common mild traumatic brain injuries (MTBI) found in all types of contact sports. It is defined as a pathophysiological process that affects the brain as a result of a direct or indirect blow to the head and symptoms include dizziness, short term memory loss, nausea with/without vomiting, loss of consciousness, headache and drowsiness. It is definitely the most common injury found during hostel rugby matches here at TUKS and could be fatal if not understood or managed correctly.

If only a MILD traumatic brain injury then why all the fuss?

If the condition is not correctly diagnosed and appropriately managed symptoms are likely to persist for longer and hamper the recovery. As many of the symptoms listed represent changes to brain function, the developing brain of a young athlete may be significantly compromised not only in a sporting, but importantly also in a learning and social environment. A **Post Concussion Syndrome** comprising persistent headaches, sensitive eyes, poor concentration, fatigue and drowsiness, and disturbed sleep patterns may wreak havoc with the learner's performance in the classroom. Other symptoms such as mood changes and depression impact on the athlete's interaction with family and peers. Poor coordination, delayed reaction times, exercise-induced headaches and dizziness, and compromised vision will affect performance on the sports field, thereby greatly increasing the risk of recurrent head or other injury.

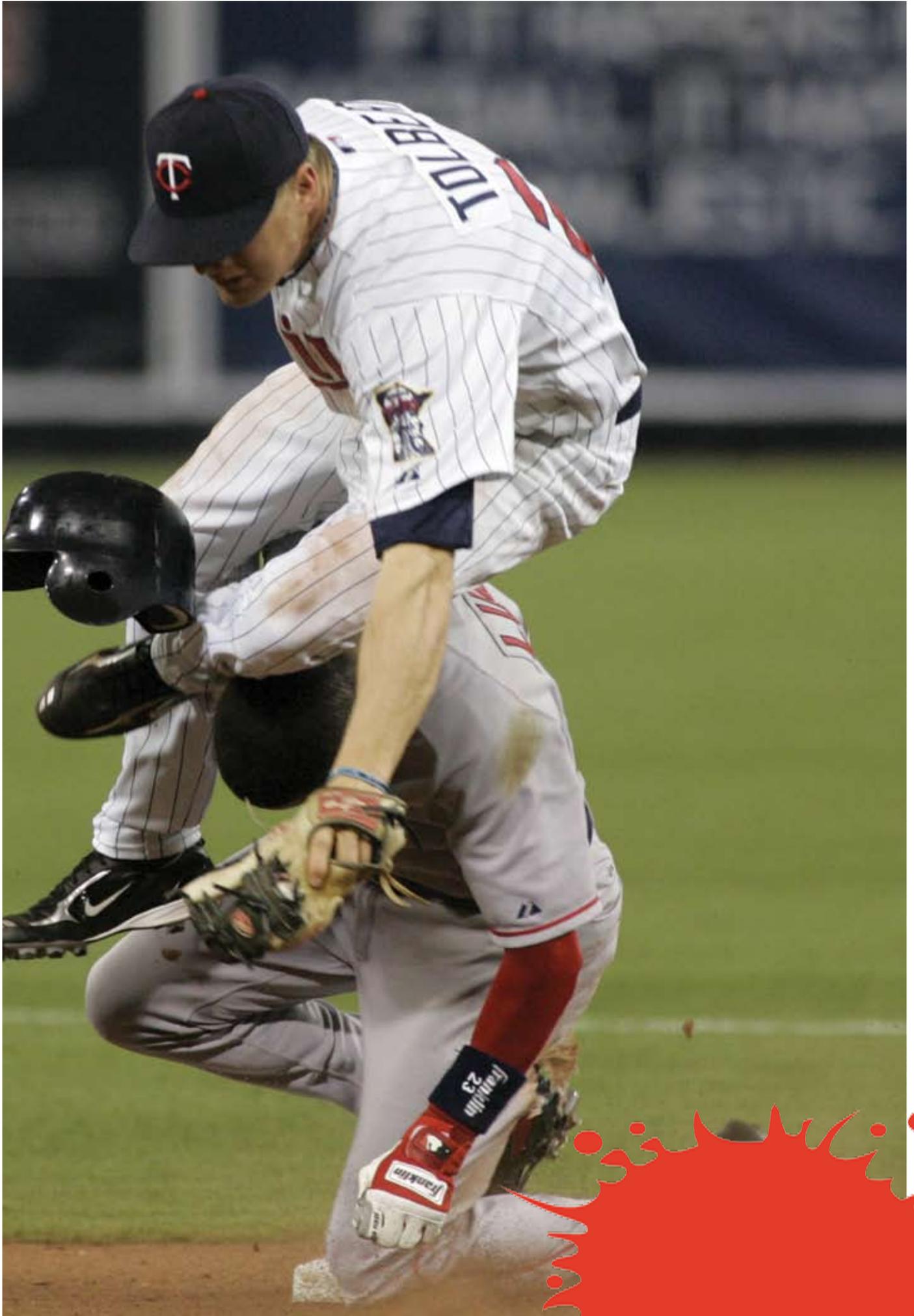
Although far less common, the risk of **Second Impact Syndrome**, a very serious and even fatal brain injury that may occur even with a relatively mild impact, appears to be particularly significant in young athletes. Second Impact Syndrome occurs when an athlete suffers a concussion and then, within a short time later (usually within one to two weeks after the initial MTBI), receives a second blow to the head before the brain has recovered from the first concussion. It is possible for rapid brain deterioration and even death to occur. This happens because the brain is still affected from the first injury and the second injury results in rapid swelling and pressure within the skull. This increased intracranial pressure, if uncontrolled, can lead to death. There have been several episodes of suspected second impact syndrome in South Africa which could have been prevented if understood and treated correctly.



Concussion can be graded by some health care professionals (from grade I to III) depending of the severity of the concussion and whether there were any loss of consciousness. Depending on the grade of concussion patients/athletes are told to stay off the contact field for anything from 2 weeks to 6 months. We at the hpc have now started with our own concussion clinic and hopefully we can reduce the number of fatal incidents in all types of contact sports.

CogSport (CogState LTD. Australia) is a computerised programme that helps with the management of concussion and we have it available now to all our patients at the hpc. It

is a proven scientific measure of concussion where a baseline (before/pre-injury) report is compared with a post-injury report and one can see whether a player is ready for full participation again. For more information please contact the SSMU (Sport Science and Medical Unit) at the hpc on (012) 362 9850 or visit www.hpc.co.za. One can also learn a lot more about concussion on the following website: www.sportsconcussion.co.za.



What is

VWC



*Text: Ignatius Loubser
Head Strength and Conditioning Specialist,
hpc*

With improving technology moving virtually at the speed of light it is inevitable that technology and the world wide web is having a profound effect on the way we work with sports people as coaches, strength and conditioning specialists, sport scientists, and the plethora of other support services that can be provided to athletes.

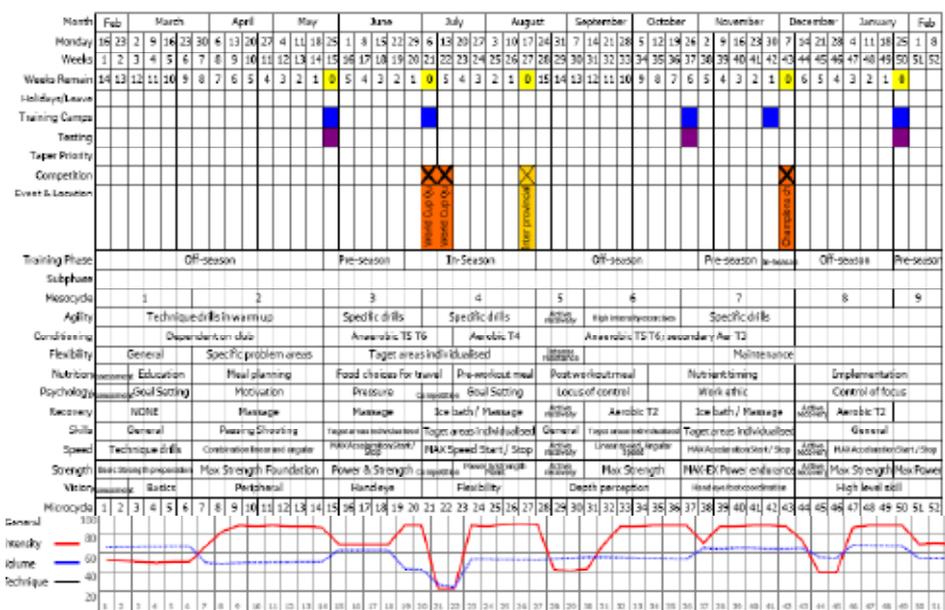
Because of this the hpc has once again geared up for the challenge with the new and exciting software and web support called Virtual Web Coaching. Considering the multi disciplinary approach we at hpc use VWC is the key factor in bringing all the information to all the disciplines together in real time.

When using this approach in developing and supporting top level elite athletes and our academy athletes our major constraints are the fact that we were not getting quality information in real time about each athlete to the parties involved in their support.

In the case of the hpc academies we have the following multi disciplinary team working with the sports academies:

1. The sports or Head coach
2. Strength and conditioning specialist
3. Sport scientist
4. Bio-mechanical and video analyst
4. Medical doctor
5. Physio therapist
6. Dietician
7. Sport Psychologist

Now with over 250 athletes in the academies and 7 experts needing to know as much quality information as possible about the athletes training sessions and well being they are working with, it is a near impossible task to give feedback on each athlete in the academies as close to real time as possible on their training. This is what makes VWC so powerful because this software integrates all the disciplines year plans into one file as well as each athletes phase of strength training and sports training programme.



This is made possible through the use of VWC's planning, programme design tools and templates that has over 6500 exercise and stretch movie clips and photos all in full colour. This makes the exercise programme easy to interpret and makes the implementation of the programme so much easier and effective.

Fig 1. Year planner example

3. Clean hang 00043



Rest		2 min	Explosive															
Reps			6	reps	3	reps	3	reps										
Perceived effort			Easy	RPE	Med	RPE	Hard	RPE										
2009/03/07 Sat																		

4. Deep squat 03553



Rest		1 min	Moderate															
Reps			10	reps	6	reps	6	reps										
Repetition Maximum			20	RM	10	RM	6	RM										
2009/03/07 Sat																		

5. Bench press 00339



Rest			Moderate															
Reps			10	reps	6	reps	6	reps										
Repetition Maximum			20	RM	10	RM	6	RM										
2009/03/07 Sat																		

Fig 2. Excerpt from Strength training programme

But wait, this is only the tip of the ice berg! After all the planning has been done and programmes have been designed according to the test results, each athlete has a web account to which their year plan and only their own programme gets uploaded where they can check online what their programme entails as well as look at video clips of their workout. Imbedded in their online programme there is also a daily training dairy that they can enter after each workout or selected sessions. It is within this dairy where the magic happens! After the entry is made the coach or strength and conditioning specialist gets an e-mail with each athletes dairy entry and they can see exactly what each athlete entered thus knowing in real time what the athlete experienced in their session and regarding quality of sleep recovery any injuries illness appetite and even heart rate. Within this system we set certain triggers to allow an e-mail to be sent to the correct person within our multi disciplinary team should they need to know about a state or event the athlete experienced. For example if the athlete has had poor quality of sleep and poor mood state an e-mail will be sent to the sport psychologist so that if needed the situation can be followed up should this be a regular occurrence.

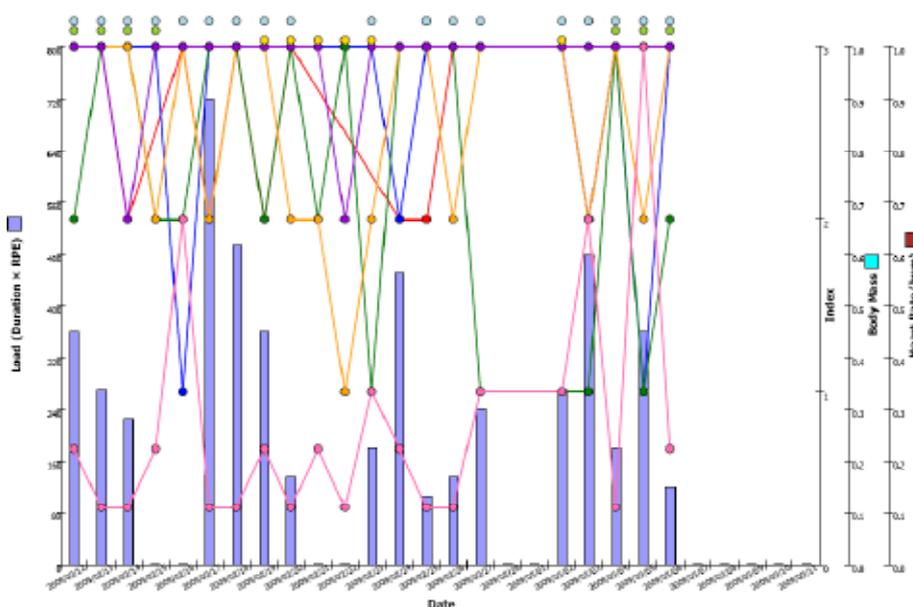


Fig 3. Dairy analysis

Over and above this the dairies can be downloaded regularly for analysis and we can start to gather extremely high quality data about each individual and sport. With the analysis tool we can start to pick up trends within athletes and different sports to anticipate and prevent over training injuries and illness as well as designing individualised recovery and training strategies. We can also analyse strength and conditioning programmes to determine how much strain is being placed on each muscle in the body with regards to load, intensity and speed of movement.

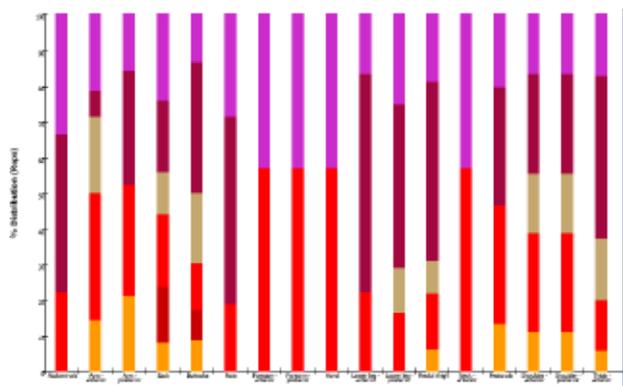


Fig 4. Strength programme analysis according to anatomical % repetition distribution

Clean hang 00043

Tips
 Start with the bar at thigh level then lean forward at the hips until the bar hangs slightly below the knees.
 As the bar rises just above the knees thrust the hips forward keeping the bar close to the body & continue pulling for as long as possible.
 When the bar reaches near maximum height rapidly flex the elbows to bring the body under the bar to a full front squat position then immediately stand up.

Cautions
 Do not allow the torso to travel forward whilst in the full squat position.
 Do not try to catch failed attempts.

Prime Movers
 Trapezius-upper
 Semimembranosus
 Biceps brachii
 Deltoid-posterior

Related Exercises
 Gastrocnemius
 Deltoid-middle
 Gluteus maximus
 Rectus femoris

Related Exercises
[Dumbbell single arm clean 00060](#)
[Snatch upright row clean 00152](#)

Fig 5. Exercise description

Each of the 6500 exercises can be broken down into showing exactly all the muscles being used and giving examples of related exercises.

The software has a full anatomical encyclopaedia and glossary of sport science / strength and conditioning terms with full descriptions.

Biceps femoris

Origin

The long head arises from the ischial tuberosity & the short head from the lineal

Insertion

The head of the fibula, some fibres fuse with the lateral collateral ligament & other fibres continue to attach to the condyle of the tibia.

Action

Flexes the knee & extends the hip. Reverse muscle action: Posterior pelvic tilt & assists to draw the trunk upright when in a flexed

Innervation

The long head is innervated by the tibial division of the sciatic nerve & the short head by the common peroneal division of the sciatic nerve, L5, S1 & S2.

Posterior view



Synergists

- [Gastrocnemius](#)
- [Gluteus maximus](#)
- [Gracilis](#)
- [Sartorius](#)
- [Semimembranosus](#)
- [Semitendinosus](#)

Related Exercises and Stretches

- [Glute-Ham-Gastroc 05817](#)
- [Leg curl 03149](#)
- [Outward leg curl 03152](#)
- [Standing leg curl 06395](#)
- [Hamstrings calf stretch 01234](#)
- [Medial hamstring stretch 02780](#)

Fig 6. Anatomical description

It has a search engine with which you can tailor the search parameters to find the exact exercise you are looking for even running and swimming drills and techniques.

As far as strength and conditioning software and support goes Virtual Web Coaching is second to none.

It gives un-paralleled Analysis tools, Planning, Education, Anatomy, Training Diaries and Templates plus many other benefits that save you time and improve your knowledge. Thus developing not just our academy and elite athletes but also our multi-disciplinary support team.

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Text: Andri Smuts (B.PHYST, M.PHYST SPORT UP)



Are you on track?

Life builds itself around a basic unit called a cell. So what holds all this group of cells in a consistent physical shape? Connective tissue or **FASCIA** is a communicating network running throughout the whole body connecting muscles, tendons, ligaments, bones and organs and forming a crucial supporting matrix that we can not live without. The fascia matrix runs through specific recognizable tracks in the body that can be treated or altered with specific therapeutic techniques.

Most musculoskeletal pain and dysfunction represents the result of failure of the body to adapt because the body's self-regulating compensation mechanisms are exhausted. A biomechanical focused therapist can easily identify shortened, tightened, weakened and trigger point ridden muscles and bad posture as a result by looking at the fascia tracks. Should therapeutic intervention be to the structure (muscles, tendons and joints), to the function (posture and breathing pattern), to the biochemistry (supplements, medication) or emotional state of the patient (counseling and psychotherapy) will depend on the individual patient as well as the skill of the practitioner. The Anatomy Trains concept according to Thomas Myers involves the mobilizing and treatment of functional fascia lines running through the body like train tracks. These tracks proceed in a consistent direction without interruption. Once a particular track (myofascial meridian) is recognized as being problematic, a variety of therapeutic techniques can be used to fix this.

When treating musculoskeletal problems in the ANATOMY TRAINS way a therapist immediately have to work in a functional way, treating the body as a unit and not just focusing on the site of the injury. This involves moving up and down a specific line to correct posture and function.

Guidelines for treatment

Start from the affected, restricted, injured or painful area and move out along the train lines.

Work on the meridians can often have distant effects.

Work the tissue of the meridian in the direction you want it to go.

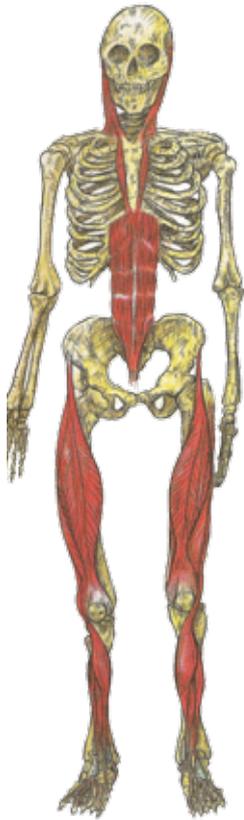
Watch for where meridians cross each other 🌈

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Different Tracks

Superficial front line

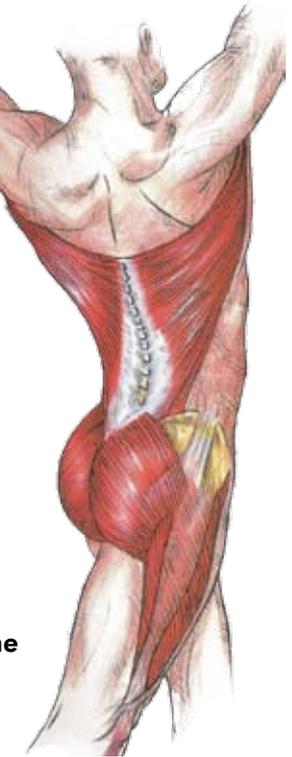


Spiral line



Lateral line

Deep front line



Functional lines



Superficial back line

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To be or not to be a Kolpakker?

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

A **Kolpakker** or **Kolpak player** is a term used in the United Kingdom for players in the domestic leagues in cricket and both rugby codes from overseas.

The Kolpak ruling [*Deutscher Handballbund eV v Maros Kolpak* (Case C-438/00)] is a European Court of Justice ruling which further developed the free movement of workers and is a positive indication that the rights of professional athletes are being expanded in that it has put an end to what was known as the “foreigners’ rule”. In terms of this rule many professional sports limited the number of non-European Union players that a team may sign up or line up. At the time of the ruling, the England Cricket Board (ECB) rules had limited each cricket county to only one overseas professional.

Maros Kolpak, who is a Slovak national, entered into a fixed-term employment contract expiring on 30 June 2003 for the post of goalkeeper in the German handball team Östringen eV Handball. The German Handball Federation (‘the DHB’), which

organises league and cup matches at federal level, issued to him, a player’s licence marked with the letter A on the ground of his Slovak nationality. Kolpak brought an action before the Landgericht (Regional Court) Dortmund challenging the decision of the DHB. He argued that the Slovak Republic is one of the non-member countries nationals of which are entitled to participate without restriction in competitions under the same conditions as German and European Community players by reason of the prohibition of discrimination resulting from the combined provisions of the EC Treaty and the Association Agreement with Slovakia. The Landgericht ordered the DHB to issue Kolpak with a player’s licence not marked with an A. The DHB appealed against that decision to the Oberlandesgericht Hamm, but the question of non-discrimination mentioned in the association agreement was referred to the European Court of Justice to determine whether or not nationals of association countries could be treated differently to those of the European Union countries.

The ECJ found that the federal rules of the DHB regarding working conditions of Slovak players limited their opportunities to work and were therefore discriminatory. The ECJ held that the association agreement entitles Slovak nationals to treatment that is equal to that of the nationals of the Member States in whose territory they reside. This equal treatment concerns working conditions, remuneration and

dismissal. More than 100 nations from around the world have agreements (the Cotonou-agreement alone brings in 77 states from Africa, the Pacific and the Caribbean) or associations with



Maros Kolpak



the European Union which mean that citizens of those countries cannot be discriminated against if they are legally employed within a member state.

The implications are particularly important for rugby and cricket, because the Kolpak-ruling establishes a precedent that players from South Africa, West India, Samoa, Tonga and Fiji, once granted a work permit, will be able to play in Europe without restriction. In practice, the decision has allowed English county cricket clubs to employ the services of a multitude of overseas cricketers. The inflated number of foreigners on the English county cricket scene and on the French club rugby circuit has led to an outcry from local sporting bodies. The problem was highlighted recently in a match between Northamptonshire and Leicestershire when each side fielded five South Africans. As a result, South African Kolpakkers such as Charl Langeveldt, Dale Benkenstein, Shaun Pollock, Justin Kemp, Martin

van Jaarsveld, Lance Klusener, Andrew Hall, Nicky Boje and Jacques Rudolph are not always well liked and are well sledged.

Despite this, the current Kolpak numbers can only grow as England does not have enough quality first class cricketers for 18 counties. Players sign Kolpak agreements for different reasons. Some are attracted by the financial rewards (experienced Kolpak players can earn in excess of R1 million for an English season), and others are disheartened young cricketers who believe they do not have an equal opportunity due to political interference.

The Kolpak ruling is being revisited and it is proposed that overseas clubs will be limited to a foreign quota. Hopefully we will then be able to keep most of our talented players and cultivate a desire among our young players to play for South Africa 🇿🇦

The mission of the Sports Law and Management Centre is to provide a centre of excellence by providing high quality services, research and products to the sporting world. The Centre provides advice and assistance across the full spectrum of sports law and management.

Legal services:

- negotiating and drafting of contracts;
- dispute resolution;
- sponsorship and endorsement agreements;
- protection of intellectual property rights;
- drafting and amending constitutions and internal rules;
- representation in any dispute/disciplinary proceedings;
- doping;
- risk management, compliance, waivers and disclaimers;
- good corporate governance;
- employment issues.

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- Monitoring performance
- Compiling a marketing plan
- Managing operations
- Finance for non-financial managers
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University of Pretoria

For more information, please contact: Prof Rian Cloete
Phone 012 420 3198 Mobile 083 292 1644 E-mail: rian.cloete@up.ac.za

South Africa might once again become a force in international athletics in the next few years and might even win more than one medal at the Olympic Games!

This is the firm belief of Hennie Kriel, manager of the TuksAthletics Club.

Kriel who was the Blue Bulls and SWD fitness and conditioning coach for nine years before becoming involved with athletics again, is a firm believer that for any sport to succeed it has to use every available resource.

"That is why I should like TuksAthletics Club to have a proper working relationship with High Performance Centre (hpc).

"The hpc is internationally known as one of the leading establishments in sports science. The mistakes that could be made in the training of potential world champions have already been identified by the sports scientists of the hpc and appropriate solutions have been found.

"As far as I am concerned there is no need to reinvent the wheel.

"That is why I should like to discuss the possible expansion of the current Athletics Academy with the decisionmakers of the hpc.

"I think one of the biggest mistakes made by many people when they think about athletics is to see it as a single sport. This is not totally correct.

Hennie Kriel

Text: Wilhelm de Swardt Image: Herman Verwey



"If you really think about it you would realize that there are major differences among the various disciplines within athletics.

"For example the way in which a shotputter would go about training and competing is totally different from the training programmes of sprinters or middle-distance runners.

"My suggestion to the hpc will be that it should start thinking in terms of having different academies for different disciplines. I am thinking along the lines of having a sprint academy, a throwing academy, a middle-distance academy, etc.

"The challenge would then be to find the best coaches for these different academies.

"In my opinion it is important that we start off with a sprint academy because many of the athletes from the previously disadvantaged communities are good sprinters. It is in fact almost impossible to estimate how much untapped talent there is out there!

"What excites me about having different academies at the hpc is the fact that the athletes could be enrolled at the TuksSport High School.

"I am a firm believer in a holistic approach to sport. When working with young athletes the focus should never be on sport only because there is no guarantee that every young athlete will become an Olympic or World Champion.

"Working together with the hpc we will ensure that every athlete who studies at the Academy will at least have a good education when he or she leaves.

"The close ties between the TuksSport High School and the University of Pretoria have the additional benefit that athletes with good academic records, as well as good athletic performances, will stand a much better chance of receiving bursaries."

TuksSport High School is a private school but it follows the curriculum of the Gauteng Department of Education.

Although most of the classes are in English the teachers are fully bilingual and they will undoubtedly assist Afrikaans speaking students whenever necessary.

Another advantage of TuksSport High School is the fact that it will allow its pupils more time to train and participate in their respective sports.

The coaches and teachers are continuously liaising to make life easier for the athletes. For example, it is important that young athletes are allowed sufficient time to rest between competitions and hard training sessions.

The fact that there is a good balance between sport and academy at the school was proved by the results of last year's Matric examinations when the students achieved a 100% pass rate.

Another benefit of the school is that all its athletes are supported and assisted by a fully qualified team of sports doctors, scientists, biokineticists, physiotherapists, dieticians etc 🌈



The name Roland Schoeman is synonymous with performance, excellence and the most decorated South African Olympian in any one Olympic Games. Roland Schoeman is a household name in South African and in swimming circles around the world. He is known for his performances between the lane ropes and for his passion to the sport of swimming. But who is this person truly and what is he up to?

Well I have known Roland for some 8 years now and have always respected him for his performances. A multiple world record holder, with a willingness to challenge the norm and but always strive for excellence. I have known him as a passionate South African who is willing to put country before money, as we saw with the offer received from Qatar a few years ago. So what makes him tick? What makes him want to achieve and what are his plans moving forward. I was able to chat with him recently and ask a few questions.

What makes Roland Schoeman, Roland Schoeman?

The answer to that, he believes is one that is continuously evolving. Roland believes that too many people become set in their ways, unable and unwilling to make subtle or even drastic changes to their lives. He believes that every day he finds himself learning something new, and growing in some way shape or form.

"You can't be afraid to try new things or to risk more than others think is wise to. It's the only way you learn and grow" says Roland. "I'm not afraid of working hard, you have to push your body to new limits in and out of the pool. It's the only way to get better. What I mean by this is that you need to put your body into the kind of pain it is going to be experiencing at the end of a race. Specificity is the key." "Aside from that I'm incredibly motivated. I know where my strengths and weaknesses lie and I am willing to work on these any chance I get."

Where do you see yourself in 2012 and 2020?

"In 2012 I see myself competing at my 4th Olympic games. It's an honour to represent your country at a single Olympics. The prospect of representing SA at a fourth will be a tremendous privilege that I would have worked very hard to achieve. I think the next 4 years are going to be crucial for the development of swimming in South Africa." After 2004 's performances

we have had an ideal platform to build from, one that he feels needs to be developed through a great deal of hard work from the powers that be. He believes that the athletes also have an important role and opportunity to grow the sport of swimming and ideally build towards a culture of swimming within this country.

"Beyond 2012: I would like to see my foundation continue to grow from strength to strength. I'd like to see myself happy and successful in whatever venture I decide to become involved in. I know the lessons learnt and the dedication acquired up to this point will go a long way in any future endeavor" Says Roland.

What is your perfect 2020 vision?

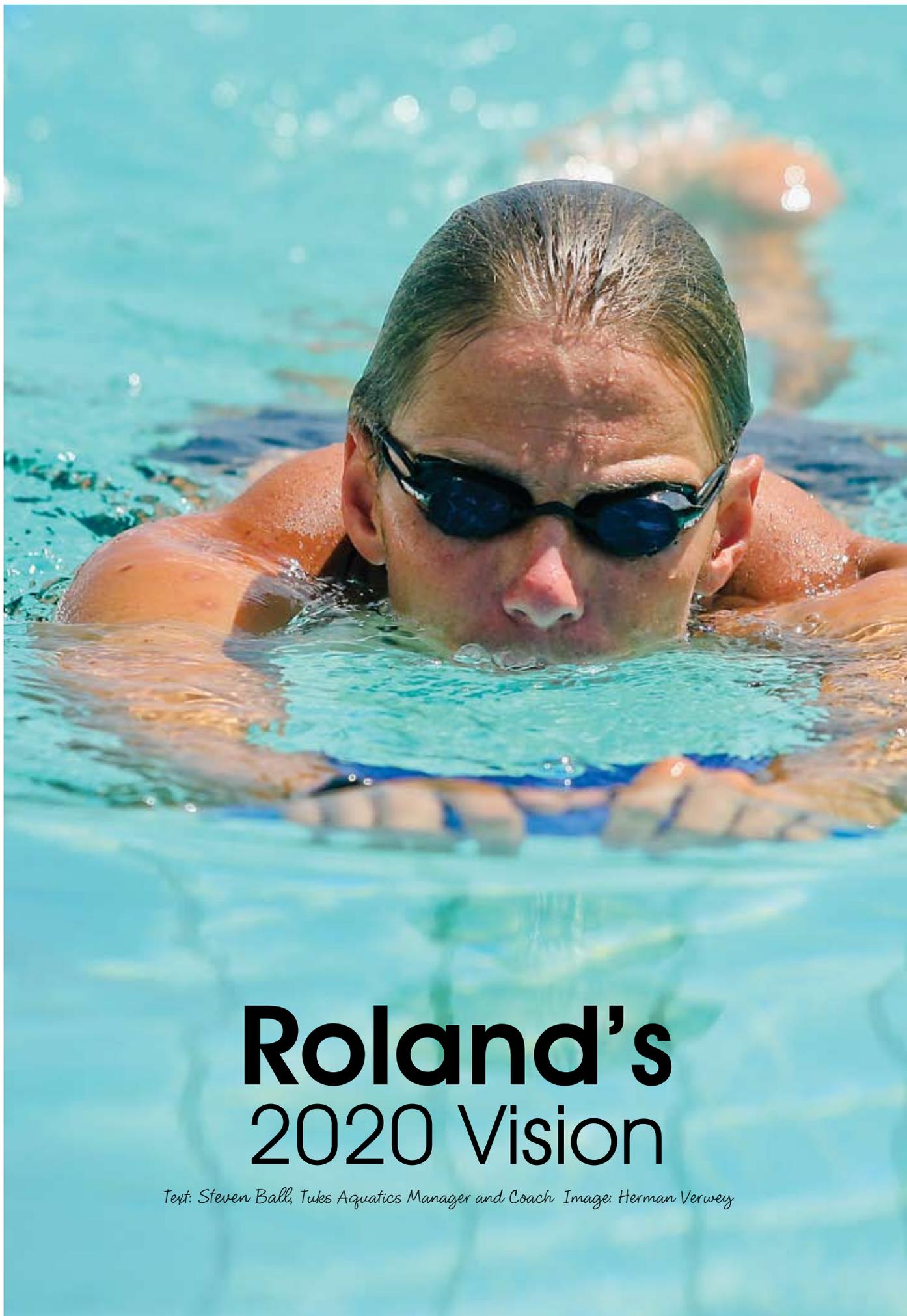
Roland believes that a great deal of transformation needs to take place moving forward, a transformation that is more than just quota systems and the like. "I talk about the general development of sport. We need far greater investment, a greater understanding of what is required for the success of the athletes and the need to foster a true culture in sport. I want to see sport change and improve for the sake of all athletes. I'd like to believe that by uniting the sportsmen and women of this country we will have a far greater voice and hopefully enable greater change" believes Roland.

We are always needing to 're-invent' ourselves so that we can improve. How do you plan on doing so?

"I've made more stroke changes and training changes now since the beginning of 2009 than throughout my career. They say a change is as good as a holiday. It certainly feels that way." He believes that it is more about preventing stagnation. He went on to say that "You don't want to ever feel that you are at a point of stagnation, not in life, work, sport or even relationships. It is when we get to points like that, that we need to take a look and re-evaluate the way things are seen and done. I think "re-inventing oneself" goes hand in hand with being unafraid of change and being willing to learn on a daily basis." He believes that a desire to learn, grow and improve is crucial.

Lessons learnt over the last 10 years of competing at the highest level?

Roland believes that overseas travel to compete and train is important as the multicultural experience, way of training and the professionalism is something to be experienced. "Someone would be foolish not to try and



Roland's 2020 Vision

Text: Steven Ball, Tuks Aquatics Manager and Coach Image: Herman Verwey

"We need far greater investment, a greater understanding of what is required for the success of the athletes and the need to foster a true culture in sport"

immerse themselves into an environment like that for even a short period of time. My experience and time in the USA has helped me to become the athlete I am today." Says Schoeman. "The world is full of motivated, diverse back grounded individuals willing to make a success".

Being a real fan within SA culture is paramount. "We are a young bud needing to grow." Believes Roland.

Roland used the example of a University football game with a seating capacity of 109000, completely sold out, with 30 000 additional supporters enjoying the fan-fair outside the game BBQing and tailgating. "Here we are in South Africa struggling to have 40,000 attend a Super 14 match at Loftus stadium." Roland believes adds to the culture of sport in our country.

As for family and friends, being away from home for 10yrs and having limited contacts has enforced the importance that they have on his life. "I feel closer to my family and true friends now that I am back in SA than I ever have." says Schoeman. By being so far from home, immersed in a different culture you need to understand where your faith lies, faith in a higher power, faith in your friends and particularly in yourself and your abilities is crucial. Roland said that "Without the utmost of faith in yourself and those around you, you are setting yourself up for failure."

As for his coaches, well no coach knows everything, they have their strengths and weaknesses. "Not willing to learn, to try new things or re-evaluate their way of coaching, you will not be a successful coach for very long. The greatest coaches are those who have a thirst for knowledge, who are able to implement changes into their routine. Knowing athletes as individuals and acknowledging that they can't be trained the same is critical and building trusting relationships is important. I know it seems pretty straight forward and logical, but you'd be surprised how many coaches throughout the world think they know best and that their way is the only

way" says Roland.

What do you believe to be your critical elements in your success?

These are some of the critical elements that Roland believes contributes to his success in an out of the pool. These include family, friends, determination, stubbornness, confidence, maturity, willingness to try new things, the right genetic make up for my sport, self confidence, relentless pursuit of excellence, and ability to question everything and learn.

In Conclusion

Roland's heroics in the pool has definitely placed him in the category of all-time South African Sporting heroes and greats. Who will ever forget how the $\frac{3}{4}$ body length he made on the rest of the teams in that famous 4x100 freestyle relay, on the first leg, created a platform for Ryk, Lyndon and Darian just to maintain to win the Gold, in Athens.

As Tuks Swimming and hpc we look forward to the next 10 years of Roland's career, building on our relationship since 2002, when he started competing for TUKS. We have always been proud of what he has achieved as Roland is truly a South African product and with TUKS being a truly South African and African university, it only makes sense for us to continue our relationship. We are excited about Roland making us his home and we hope this will be over an extended period of time. We look forward to growing the Roland Schoeman / Tuks Brand and seeing how our younger swimmers learn from his 10 years of international competition 🏊

Tuks dominate Intervarsity Golf and Jacques Van Tonder gets U23 Provincial colours

Text: Manfred Seidler

Coming off a fantastic win at the USSA (University Sport South Africa) Golf Tournament, played in Grahamstown in December 2008, where Tuks dominated from day one, it has been another very good week for TuksGolf as they not only thumped UJ (University of Johannesburg) but Jacques Van Tonder, who is no stranger to these pages, has also been awarded his U23 Gauteng North Provincial colours after playing golf for only 2 years.

Comprehensive win in Intervarsity

Jacques van Tonder teamed up Francois Coetzee to win 4-3 in the Foursomes. Lukas Steyn and Reghard Neethling were comfortable winners, overcoming their counterpart 3-2, whilst Stefan Rall and Barend Coetzer made short work of their opponents 5-4. The only point, or rather half point that UJ was able to take off the dominant Tukkies Team, was when Jaco Prinsloo and Johann Dannhauser drew their round.

So going into the singles Tuks was leading 3.5 to 0.5. That lead was never going to be challenged even though Jacques Van Tonder, Francois Coetzee and Johann Dannhauser lost their singles rounds. The wins by the rest of the team saw Tuks Golf come through 8.5 to 3.5 for a final victory margin of 5 points, a comprehensive victory.

Van Tonder gets Provincial Colours

It has been a very successful week for Jacques Van Tonder as not only did TuksGolf win the Intervarsity with UJ, but he was also awarded his Provincial U23 Colours for Gauteng North. This after only playing for 2 years!

"We knew he was talented when we took him into the

Tuks Golf Academy, but the rapid improvement has been incredible," says Johan Steyn, Golf Manager for TuksGolf. "To get provincial colours within 2 years is an unbelievable achievement."

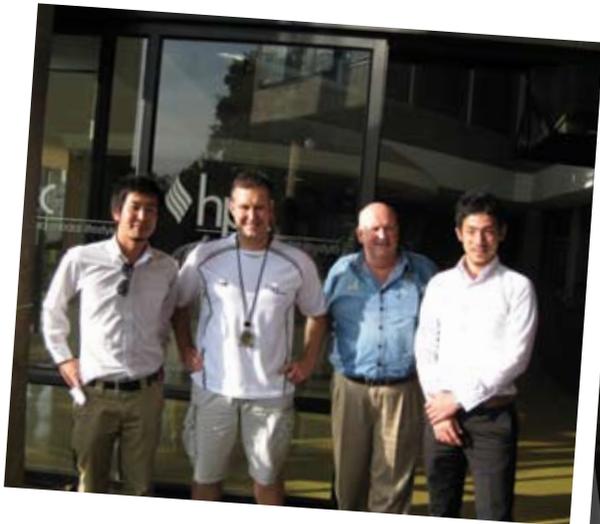
The next objective is to get Senior Provincial Colours, but that requires a good showing at the u23



Tournament at King David Golf Club on 19-23 April. The Provincial Colours came with an added bonus as Jacques has also been awarded the captaincy for the Gauteng North Team. Tuks Golf will be well represented at the tournament as Reghard Neethling will also be in the Gauteng North team. This is a massive coup for the Academy and the Club as only 8 players make the grade for the Provincial Team and as soon as a player starts making a name for himself at U23 Provincial Level, he comes under the microscope for consideration in the Senior teams.

That means that both Jacques and Reghard are beginning to make names for themselves.

Inside News



JISS visitors to hpc



The launch of the SSMU sponsorships for 2009

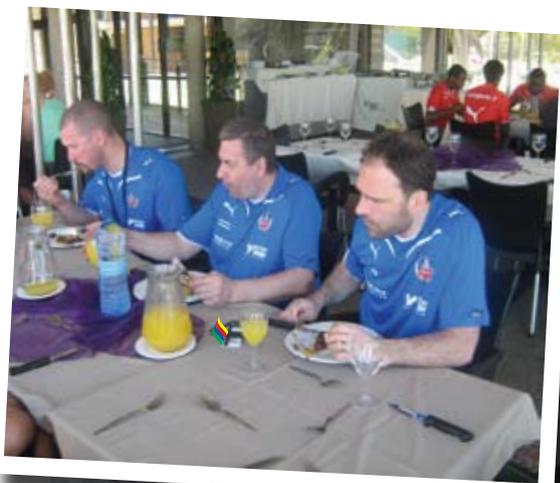




Ingatius Loubser, assisting Godfrey Mokoena (silver medalist in long jump, Beijing 2008), with his preparations for the European Athletic season and the World Championships later this year.



Swedish soccer team relaxing at the hpc



German Hammer Throwers & management



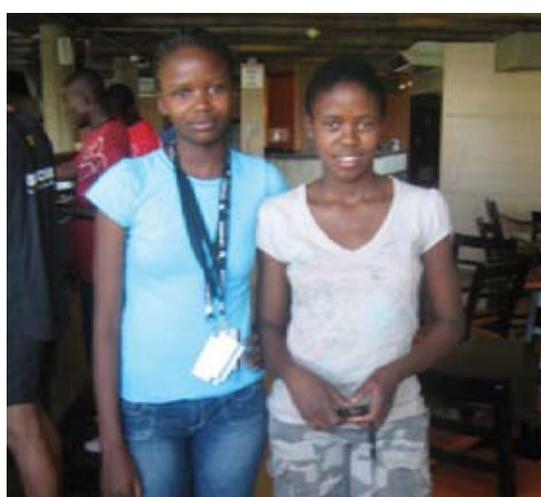
Inside News



Kenyan Cricket Team



COS Taekwondo





Ladies Russian rugby team



Archery Tournament



Finnish Swimming Team having lunch at the hpc



Andri Smuts (Physiotherapist at the hpc) participated in the 11th Global Triathlon in Cape Town



The opening function of the Hockey Club House as a new conference, banqueting and function venue.



The Finnish Shooting team

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from the sideline



Text: Lester Mills

Our headmaster at Springs Boys' High, Mr Liebenburg, never spared the rod if he caught us booing any of our opponents, be it at rugby, cricket athletics or any sport for that matter.

So after having that ethos drummed and yes, sometimes beaten into me, I simply cannot accept booing opponents as a thing to do. Of course, nowadays in a professional sporting area, booing, jeering singing rude songs about or in some circumstances even throwing things at opponents is all part of an adopted psychological warfare by fans.

In England, the "boo boys" have regularly singled out players for treatment. No offender is spared either. Cult hero David Beckham was subject to "the treatment" after the 98 World Cup in France. He had let England down by being sent-off against Argentina who subsequently ended England's Cup hopes. The next English soccer season Beckham was booed by opposing fans everytime he touched the ball. Another Manchester United star, Cristiano Ronaldo was mercilessly jeered after he was deemed responsible for getting England star and clubmate Wayne Rooney sent-off during Germany 06.

Closer to home, our rugby fans have now taken to the same tactic. At Loftus Versfeld, Newlands and possibly elsewhere when he gets there, Stormers and Western Province player Luke Watson is a target. The "Luke Lashing" is not about anything he has done of the field though. He – and there can be no disputing this – shot his mouth off concerning "Dutchmen" being in charge of rugby and "puking on the Springbok jersey" after which it's not difficult to understand why he is not the best loved player around. Apart from banning "Luke Lashers" from games – which would inevitably leave stadiums empty – or threaten to arrest them – another fairly impractical thing to do – authorities are pretty powerless to stop them either. It certainly is one way of letting someone know you don't agree with his opinions.

Recently, those in charge of Eden Park in New Zealand attempted an anti-jeering campaign.

During the Super 14 match between the Blues and Sharks, messages on the big screen at the stadium continually asked fans to be quiet when players were taking kicks at goal. It worked for the home team players, but as soon as Rory Cockett of the Sharks took aim at the posts he got the full treatment. In otherwords, fans will do as they please with no-one telling them how to support their team.

In Luke's case, the campaign against him is different from those waged against Beckham and Ronaldo. Even his own team's fans are giving him the "bird".

But where do we draw the line. As outlined earlier, I think booing is unsporting anyway and only employed by jobs, and following the treatment Luke got at Newlands and at Loftus it should be be strongly discouraged. The "Luke Lashers" have had their fun now it's time to let it go.

Whether any amount of asking will stop fans from venting at Luke in the future remains to be seen. One worrying factor here is that things can easily turn nasty. The "Luke Lashers" were fairly lighthearted about their actions against the player at Loftus. Should it be allowed to continue for too long though things could get out of hand and people injured. Besides, as seen at Loftus, booing only motivates more. Luke Watson played very well against the Bulls turning the negative energy directed at him into something positive. In fact that has been the case for many controversial sportmen and women. The more heat they get from fans the better they perform.

Ultimately then the "boo boys" don't really achieve anything apart from leaving a bad taste in everybody's mouths.

It all starts with being correctly guided as youngsters at school and it seems we need more Mr Liebenburg's 🏉

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