

The Medalist

# the Medalist

sport, science, knowledge



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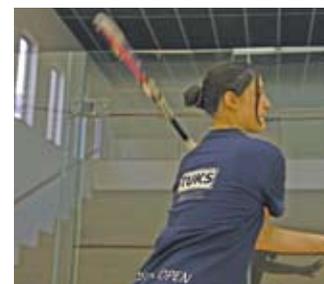


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# from the CEO'S OFFICE



**W**e all know that the world has become smaller, every generation is getting smarter and our perceptions, opinions and behaviour is very much developed through the media. Hats off to Vodacom's player 23 campaign, Klipdrift's "nog 'n eenetjie" and all the major sports teams that make millions through their merchandising of team kit. Their market penetration and public attraction initiatives are pure marketing genius.

Public interest in sport and up to date information about sport has never been as comprehensive and accessible as it is now. Anybody can view basically any major event anywhere in the world. Our own broadcasters weekly give us so many options that a weekend passes us in a blink of an eye. Instant gratification and inspiration must be at an all time high. This must be sports heaven. Or is it?

Has sport lost its essence? Have the marketers, media and other opportunists taken over without anyone noticing? Did the players, coaches and administrators become the puppets? Has sport sold its soul to the highest bidder but in return also lost its purpose forever?

It seems that it is currently better to be associated with an event, team, athlete or sports code than actually being hands on involved in it. If you make the sport's welfare dependant on your association, all the better. In order to determine whether this statement has any merit the core ideal of sport in a democratic society should be determined. The foundation of sport must be to promote a healthy lifestyle among the broader society. Aspects like respect, aspiration, fair play, teamship and hard work all evolve from sports participation. The

media is supposed to promote public awareness and report on performances within this context. Sponsors are supposed to be supporting this philosophy and in return gain incidental exposure through the positive association with sport. Does this still apply in the modern sports arena?

In a relationship where sports, media and sponsors are involved there can only be one primary beneficiary which must be the sport and what the sport promotes. As soon as the media and / or the sponsors start dictating the terms to become the primary beneficiaries, then sport loses its primary function.

Case in point must be that even though more people than ever before can watch more sport than ever before western societies suffer more from lifestyle chronic ailments such as obesity, "diabetes", depression and "osteoporoses" than ever before. Is sport succeeding in its primary function? Are more and more people actually participating in sport or are more and more people rather watching sport? Has sport become more entertainment than inspiring people to be active and experience the highs and lows that sports participation brings with it? Who is calling the shots, the sport itself or those that have made themselves indispensable?

It is our duty and all those that are involved in sports to avoid the phenomenon where sport gets reduced to mere entertainment value. It is our duty to entice those fans to get off their couches and the stadium seats and actively engage in sport instead of just being entertained by it. This applies especially to our youth that might be under the impression that it is enough to be "player 23" 🏏

*Toby Sutcliffe*

# so you want to be the best?

# ESSENTIALS

## OF WORLD CLASS COACHING

*Text: Wayne Goldsmith, Moregold Performance Consulting  
Image: Reg Caldecott*



Over the past 20 years I have had the good fortune to work with some of the world's leading coaches – coaches of world record holders and Olympic Gold Medallists, coaches who have won football premierships and led national teams to international glory. Whilst all great coaches are unique and very special individuals, there are some common factors – some common championship coaching characteristics that they all share.

1. A commitment to **continuous improvement**.
2. A **belief** that anything is possible.
3. An understanding of where your sport was been (history of the sport), where it is now and most importantly a **vision** for where it is going.
4. The confidence to be yourself – to be **unique**.
5. The **energy** to work hard **consistently**.
6. The strength and courage to **not compromise**.
7. Outstanding **communication** abilities.
8. An understanding of **who you are**, what you value and what motivates you
9. A **passion** for winning – a **desire** to be the best.
10. The capacity to **persevere and persist** and continue to fight hard no matter what obstacles you face.

### 1. A commitment to continuous improvement.

**Success is a moving target:** winning this year is no guarantee of success next year. Great coaches continue to pursue excellence and relentlessly chase personal and professional improvement. They understand that the time to make the most significant and effective changes to their coaching is when they are successful – i.e. they reject the notion that winning means they have all the answers. They may be number one but they think, act and strive to win like they are number two. They are allergic to complacency and they reject routine, habit and sameness. They know that they must accelerate their learning and their rate of change to win and to stay ahead of their competition. They are not afraid to ask hard questions of themselves or to invite honest, hard, direct and uncompromising criticism from colleagues and competitors. They know that if they are not honest with themselves and if they fail to strive to identify and overcome their weaknesses, their competitors will find them and exploit them at the next competition.

### 2. A belief that anything is possible. Belief has to come before excellence is possible.

Great coaches believe in themselves and back



themselves. They understand that belief is the foundation of success. They possess a belief which is able to withstand negatives and setbacks and obstacles and failures.

The belief that drives a great coach is like the flow of a great river – it is unstoppable and it sweeps aside all resistance in its path. Real progress is only possible when fuelled by real belief. Great coaches have a sense of self belief that says to their competition “I am here to win – and to beat me you will need to be at your best”. Their belief gives them confidence. Their belief provides them with composure. Their belief keeps them calm in the face of any competitive storm. Their belief gives them clarity. And the only thing greater than their self belief is the belief they have in their athletes.

**3. An understanding of where your sport was been (history of the sport), where it is now and most importantly a vision for where it is going.**

**Great coaches are students of their sport.** They have insight and understanding about the physical, mental, technical, tactical, strategic and cultural aspects of their sport that is second to none. But more importantly they have a clear vision for where the sport is going and strive every day to get there first. They do not follow. They lead the direction of the sport through their creativity, their innovations and their intuition. They

lead – and force their opposition to follow – to have to chase them. They set the standard and challenge everyone else to try and match it. They change the direction of their sport – they determine the future of their profession and they become the benchmark for future generations.

**4. The confidence to be yourself – to be unique.**

**The essence of greatness is uniqueness.** It is uniqueness and daring to be different that sets the great coaches apart from the rest. It is their courage in being innovative, their courage in being creative and the capacity to be futurist in their thinking that helps them achieve special things – and importantly to achieve them before their competitors. Being the same – copying / replicating / duplicating: these things do not create greatness. Think of all the great people you know or know of. What makes them great? **Difference, individuality, uniqueness.** Great coaches do it their way. They learn from the great coaches of the past and the present only to improve on them in the future. They know that being the best means doing it differently. It means having the faith and courage in yourself to keep being different when everyone around you is telling you that difference is wrong.

**5. The energy to work hard consistently.**

**Greatness is not free. Excellence is not easy.** World

class coaches have an energy and an enthusiasm which is infectious. They are often the first ones to arrive at the training environment and the last to leave. Their attention to detail and level of understanding about the sport, the team, each individual player and staff member comes from spending more time working on being the best of the best. They leave nothing to chance – they do not assume or presume – they just get on and do it day after day after day. They inspire not with words, but with actions and the consistency and passion and professionalism they demonstrate in all that they do. They do not ask for respect: they earn it as a consequence of living the highest possible standards – consistently, when fatigued and under pressure, every day of their lives. They expect and insist on quality, detail and intensity in preparation and understand that success comes from ensuring training is consistently more challenging and demanding than any competition environment ever could be.

#### 6. **The strength and courage to not compromise on the important things.**

**Compromise kills performance.** It is a disease which rots the performance potential of athletes, teams and organisations from the inside. Great coaches know this – and know that the team who compromises the least over the season wins the premiership. All teams begin the season talking about attitude, professionalism, team work and standards. And most teams accept small compromises in their attitudes, professionalism, team work and standards before the ink is dry on their Season Trademark / Season Mission Statement documents. Great coaches create systems, structures, processes and people who do not compromise on the things that matter. They know that when it comes to winning and small things, that there are no small things. They are uncompromising when it comes to honesty and seek out athletes, coaches and staff who similarly embrace honesty as a core value.

#### 7. **Outstanding communication abilities.**

**Coaching is communicating.** And not just yelling and shouting or screaming instructions from the sidelines. Coaching is understanding – communication and all its subtleties. It's being able to sit quietly with a player, talk with them about what's important and change his / her life. It's about understanding how to communicate with individuals through understanding who they are, what they value and what motivates them. It's about understanding how to communicate with Generation X, Generation Y, Generation I and every Generation because you take an interest in everything about every person you coach. It's about listening. It's about teaching when you need to and learning more from the people you coach than they learn from you. Great coaches understand that the best communication is delivering the right message at the right time in the right way – and to do this means knowing when each person is ready to listen.

#### 8. **An understanding of who you are, what you value and what motivates you.**

**To coach someone to achieve their best requires you to know as much as you can about them:** who they are, what they value and what motivates them. And you can't coach anyone else unless you understand yourself, what you really value and what motivates you. Great coaching comes with great personal understanding. It comes from being able to be more honest with yourself than anyone ever has or ever could be. Great coaches have a great sense of self – they know who they are and why they are coaching. They know their strengths and they understand their weaknesses and strategies for managing both. They do not need to be loved or popular or win friends or be invited to parties. They do not need the approval of other people to make them happy – their happiness comes from creating a winning environment and from



the satisfaction of knowing their coaching was the difference between winning and losing.

**9. A passion for winning – a desire to be the best.**

**A lot is written about balance. The great coaches have none.** Balance is only for those who do not live excellence or who find the challenge of competition stressful and difficult. To the great coaches there is winning or there is nothing. Great coaches thrive in competition. They seek opportunities to test themselves against the best. They pursue opportunities to challenge themselves in the toughest and most demanding situations. To them, the harder the competition, the greater the challenge and the more difficult the environment, the more they love the contest. Nothing excites them more than the competitive environment: the grand final, the Olympic Games, the world titles.... they live for the contest.

They do not experience competition anxiety – only impatience for the opportunity to test themselves again. They only play golf or jog or go to the gym or go to the movies to give themselves more time to think about coaching. They do not switch off – they are only coaching or sleeping and even then most of them will dream about coaching.

**10. The capacity to persevere and persist and continue to fight hard no matter what obstacles you face.**

**Great coaches are fighters.** Their commitment, their desire, their passion and their self belief fuels their capacity to fight for what they believe in. They know that no one will make their life easy or their path to greatness simple. They revel in politics. They thrive in conflict. They enjoy passionate argument. They invite intelligent objection knowing that in professional coaching nothing provides the opportunity for growth

like conflict. They know that nothing worth having comes easy and that real friendships and enduring relationships grow from adversity. They can say “no” – and in doing so provide opportunity for learning. They can say “no” and stand by their decisions in the face of overwhelming obstacles and political pressures.

Many coaches believe that being world class means another accreditation. Or another award. Or one more degree.

Some believe being the best of the best means having the best sports science, the most equipment, the best facilities and the most talented staff.

Others believe it is simply a matter of good luck, good timing and being able to buy the best athletes.

For the great ones, **coaching is who they are** – not what they do. It is their personality, their character, their ambition, their drive, their passion, their values and their soul. It is the air they breathe and it is every beat of their heart.

**Summary:**

**World class coaching:** Do **you** have what it takes?

- Continuous improvement
- Self belief
- Vision
- Uniqueness
- Energy and consistency
- No compromises
- Communication
- Self knowledge / self understanding
- Passion / desire
- Perseverance and Persistence

**B**ruce Willis is one of Hollywood's most prominent action star heroes. As the ex-cop, John McClane, in the 'Die Hard' series, Willis was involved in perpetual action. In contrast to this, Willis also played the role of a child psychologist in 'The Sixth Sense', a movie that is all about suspense. The viewer senses that something dramatic is going to happen but is not sure when it will happen.

With this in mind, it should not be surprising that Bruce Willis is the favourite actor of Caster Semenya, the top female athlete of the Tukkies High Performance Centre. Semenya's performances in the 800 metres could be seen as symbolic of Willis' movies.

When Semenya runs, it is usually an all-action affair with the talented 18-year old challenging the stopwatch right from the starting pistol, leaving her rivals behind on the track. In contrast to this, in an equally suspenseful affair, Semenya stars in her own version of 'The Sixth Sense'.

Ever since Semenya had won the 800 metres at the Yellow Pages Meeting in Germiston in the really fast time of 2:00.58, everybody knew that she has what it takes to become only the 4<sup>th</sup> South African female athlete to run a sub-two-minute 800 metres. But the big question remains: 'When will it happen?'

Since 6 March there has been an air of expectation among athletic supporters every time Semenya was under the starter's orders for the 800 metres.

You can actually hear them thinking and hoping: "Is it going to be this time."

But, as in 'The Sixth Sense', if something is expected to happen, it never does.

As 'director' and 'co-director', Semenya and her coach, Michael Seme, are not about to give away the 'plot', apart from promising that a sub-two 800 metres is in the offing. So, for the spectators it remains a case of watching and hoping.

When not running, Semenya is a shy teenager who studies Sports Science at Tukkies.

She is quite modest about her running achievements. "I don't know where my running talent comes from, because there are no other runners in my family. But they have always given me such good support that I don't want to let them down."

Semenya, who grew up in the Limpopo Province, did not always choose athletics as her favourite sport. At first soccer was the only sport for her and she was not bad at it either.

"I enjoyed dribbling the ball and chasing after opponents, but while I was playing soccer, I always had a feeling that something was missing. Every time I ran during a soccer game, I experienced a wonderful feeling of freedom. It was as if I just wanted to keep on

running. But, of course, in a soccer game you do not just run for the sake of running.

"That was why I went to the teachers and asked them whether they would allow me to participate in athletics. I started as a sprinter but quickly realised that my strength as a runner was in long-distance. That is how it came about that I am now a 800 metres athlete."

The pundits agree that, aged just 18, Semenya has a truly amazing running talent. She already boasts with the fourth-best time in the 800 metres ever run by a South African female athlete. Only Zelda Pretorius (1:58.35 in 1991); Ilze Wicksell (1:59.39 – 1983) and Eranee van Zyl (1:59.70 – 1983) have run faster. When she ran 2:00.58 in Germiston, she also improved the South African junior record set by the legendary Zola Budd way back in 1984. Just this season she has improved her time by 3.75 seconds. In athletic terms this is considered a massive improvement. She is the current South African senior and junior champion in the 800 metres and during last year's Commonwealth Youth Games in India she won a gold medal.

Her coach, Michael Seme, is adamant that he is not going to pressure Semenya to run a sub-two 800 metres.

"I know that she is capable of doing it, but I am a firm believer that all things happen in good time. For me it is actually a case of baby steps. At the moment our first goal is a gold medal at the African Junior Championship in Mauritius. I see the World Championship in Berlin as an excellent learning experience for Caster, but she may just surprise us all time-wise."

Semenya herself is hoping to run a two-minute 800 metres in Mauritius.

"I am not going to say anything about the World Championship. For me it will just be a privilege to run against the world's best."

When asked what she enjoyed most about running, her answer was: "Don't ask me. I just enjoy running."

Apart from running and studying, movies are the main passion in her life.

Her favourite actress is Queen Latifah.

"The movie I enjoyed most, is Queen Latifah in 'Taxi'. You should see how, and at what speed, she drives her taxi in that movie. It is as if she is possessed. I have already seen the movie five times and I still enjoy every moment of it."

Actually, it is not strange that watching speed in movies, excites Semenya. When she is on the athletics track, it is all about speed 🏃

Since going to press, Caster won the gold medal at the World Championships in Berlin.

# Capable Caster

Text: Wilhelm de Swardt Images: Reg Caldecott



# Sean Rubenstein

*Text: Wilhelm de Swardt Images: Gauteng Canoe Union*

**T**he canoeist, Shaun Rubenstein, is absolutely convinced that being a member of the South African team at last year's Beijing Olympic Games was the highlight of his sporting career to date.

"Quite honestly, it was the most magical three weeks of my life. Being among the world's best athletes seemed like living in a dream. One of the highlights for me at the Games was definitely to attend the opening ceremony, and another was being able to witness Usain Bolt's world record performances in the 100 metres, 200 metres and the 4x100-relay. Finally, my own participation was very special."

Dave MacLeod, perhaps South Africa's best-known canoeing journalist, does not hesitate to say that Rubenstein's performance in the K1-race over a 1000 metres at the Beijing Games was a definite highlight. He describes Rubenstein's race as follows:

"The South African challenge for medals appeared to have turned the corner on that humid afternoon at the Shunyi Rowing and Canoeing course. Shaun led from the gun and was in control at the half-way mark. As he led through 750 metres, the three world champions behind him were clearly panicking. Then, in a nightmarish 10 seconds, it looked as if Rubenstein had paddled into a wall, and the amazed chasers sneaked over the line ahead of him."

According to Rubenstein he has watched that video a hundred times.

"I totally dominated 90% of that race, and I cannot believe that it fell apart in the end."

But he is not complaining.

"It was definitely worth my while to put in so many years of training to get to Beijing. So much so that I have decided to dedicate also the next four years to my goal of competing in and, hopefully, winning a medal at the London Olympics in 2012. I want to win a medal and





really excited about my results at the second World Cup because it was the first time that I have raced K2 internationally in 5 years.

"I raced with Mike Arthur and we combined so well that we managed to be right up there with the best K2 combinations in the world. What makes it even more remarkable, is that we had only managed to train together in the boat about four times before racing, which is very little compared to the other crews that we were up against. I am very enthusiastic about the future

prospects for our K2 partnership, especially at the Olympics in 2012.

"The World Championships will be held in Canada this year and my goal is to make the A final in all my events - 1000m K1, 500m K2 and 200m K2. Once I am in the finals I will race all out for a medal.

"I think the main difference between the very top guys and the rest of us, is technique. Therefore I am working very hard to get my technique as perfect as possible.



Achieving the optimal technique is a combination of having enough strength and flexibility, as well as having the core ability to transfer the power from the body into the water."

According to Rubenstein his top five results as canoeist so far are – winning the K1 World Marathon championship in 2006 and finishing 2<sup>nd</sup> in the K2; winning a bronze medal in the K1 500 at Szeged World Cup 2007; winning a silver medal in 200m K2 at the Szeged World Cup 2009 and winning a bronze medal



at the World Marathon Championship in 2004.

As to why he is prepared to spend hours and hours in a little boat on some dam without any prospect of getting rich, Rubenstein said:

"For me the best thing about canoeing is that, while I am on the water I experience peace and tranquility. While I am training, I am alone in nature and I feel as if I am the only person in the world. Everything else takes a back seat and I concentrate only on myself."

It is therefore not surprising that Rubenstein is such a dedicated sport fanatic.

"I have been brought up in a sports-crazy family. My father, Terry, did the Dusi Canoe Marathon for the past 25 years as well as ten Comrades and a number of Ironman events.

"My first sport, at the age of five, was judo in which I was the South African champion in my weight category. Later on, when I was twelve, I did triathlons and duathlons and managed to win the SA Championships in my age group. It was only when I was about 15 that I started canoeing and I only started training seriously after I had finished school."

At first Rubenstein's primary focus as a young canoeist was to do well in the river marathons. After winning a junior Dusi title, Rubenstein was looking to sprinters such as the Olympian Alan van Coller for inspiration. He realized that, as a canoeist, he had to make a choice – either to make money but never represent your country at an Olympic Games or not to make money but become an Olympian.

He chose the latter and that was where his longterm grind at flatwater sprinting began.

Rubenstein is quite excited about being selected to train at Tukkies High Performance Centre (hpc).

"It is really going to make such a difference," he says.

"In the build up to the Olympic Games I realized that we were light-years behind the other countries.

"After just a brief period of training at the hpc, I now know that my left hip is slightly weaker than my right side. Being at this competitive level you have to be aware all the time of what your body is capable of doing in order to get the most out of it.

"We South African athletes also need to become more technical and use the equipment and technology that is available to us. That is where I think the hpc makes an important difference. Another very big difference is having a physio on hand" 🏆



# Steve Barker

*Text: Lester Mills Images: Reg Caldecott and Steve's own collection*

The University of Pretoria's top soccer side, AmaTuks who campaign in the National First Division (NFD), have completed a fantastically successful season making the final of the lucrative Nedbank Cup. They unfortunately lost 1-0 to Swallows in that final, but not before the team became a household name in South African soccer.

Lester Mills asked AmaTuks coach STEVE BARKER about the season

**Q:** With the last 12 months being so monumental for Tuks football (reaching the Nedbank Cup final), do you think it is possible to follow the 2008/2009 season with anything close next season?

**A:** I firmly believe we can emulate last season and even go one better by gaining promotion to the PSL. This may seem a bold statement. We however possess the ability to again build a very competitive team.

**Q:** Describe the type of pressure you and the team was under going into the Nedbank Cup final and what you did to try and relieve it?

**A:** Yes, being in the final did bring some pressure to both the team and technical staff. For me the pressure was not to disappoint SA Football fans with a below par performance in a final after our previous heroics. To relieve the pressure was basically to convince the players and staff that we had already exceeded expectations and that we should enjoy the occasion as they do not always come around that often. I also emphasized that the pressure was more on Swallows to deliver.

**Q:** Would you say one of your main strengths as a

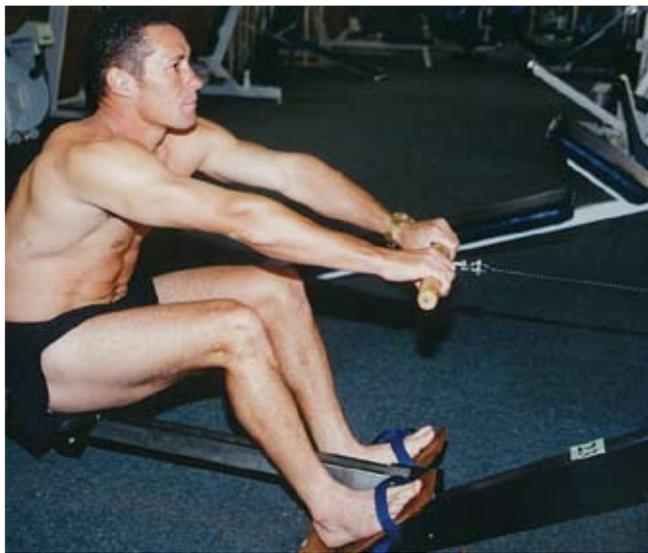
soccer coach is identifying new talent?

**A:** Yes I would say so. I have been fortunate to take a gamble on certain signing of players and playing some players who others may have thought are not ready. These players have gone on to do very well. So yes I would say I have been fortunate enough to spy their talent and abilities.

**Q:** As a fairly new "main focus" sport at the University of Pretoria (Tuks), what has made it possible for the game to grow so successfully in such a short space of time?

**A:** I believe it is the culture of South Africans to love the game of football so much. It is not to difficult to grow football when it is so popular. We have had good structures in place for a number of years now at TuksFootball. We are now reaping the rewards thereof. The Director of sport Mr Kobus van der Walt must also be given a huge amount of credit for helping develop Football at the University. Some very bold and pro-active decisions were made by the Director years back to help get football where it is now.

**Q:** You have often described fellow coach and former



Legend

AmaTuks coach Sammy Troughton as a close friend and confidant. Having played with and work with Sammy and others in the AmaTuks set-up, do you think it is important that a coach is willing to listen to and apply advice offered by those around him?

**A:** Yes, most certainly. It is already such a difficult and lonely job at times that if you do not listen and heed to the advice of others it will be even more difficult. I basically see it as using the good you hear to your advantage but at the same time adhering to ones own philosophy.

**Q:** Have the university sport administrators and hierarchy been properly behind AmaTuks. Or do you think they could do more to support the team?

**A:** The support from the Universities hierarchy has been fantastic. During a global recession the University has fully stood behind the team and supported us 100%. This has not been an easy decision considering that we are fully professional entity which can and does bring its own challenges. We as staff and players are only to happy to bring success to the team to repay the faith the management of the University has placed on us.

**Q:** Is the fact that AmaTuks do not have a main sponsor at the moment a problem as you go in search of Premier League status?

**A:** I would not say it is a problem as per say but it does offer us challenges. There are very few teams in the NFD that have sponsors so we pretty much compete on an even basis. A sponsor would however make life a lot easier. Mainly, if we had a sponsor we could keep some of our players we sell, but then again this would go against the overall core business of the University of providing opportunity for people to develop and compete at the highest stage in SA in their chosen profession. This case being Football.

**Q:** Do you think that a team like AmaTuks could be competitive playing in the Premier League and go on to rival the likes of Wits University?

**A:** Yes. We have the structures, facilities, sound management principles, support from management and dedicated and ambitions coaching and support staff.

**Q:** How did Steve Barker become involved in the game of soccer. Where, for example were you first introduced to the game?

**A:** I played from the age of 5 years and have always been involved in some capacity or another. I come from a background where my family all played football and therefore I believe I was born into it.

**Q:** We know that Steve Barker played for Wits University, but tell us something more about you career

as a player?

**A:** My professional career was with Wits from 1990 - 1998 and SuperSport United in the 1990/2000 season. I also represented the South African Air Force and South African National Defence Force teams during this period. I was an industrious midfielder with a very strong engine which allowed me to be very effective both in defense and attack. I was fortunate to win the Coca-Cola and BP Top 8 in 1995. My highest league position was 3rd in 1993 with Wits.

**Q:** What is your relationship with former Bafana Bafana coach Clive Barker and has he had any influence on your career as a coach?

**A:** He is my Uncle. We have a cordial relationship and yes I do speak to him on the odd occasion. I am very proud of his achievements and this gives me inspiration to also achieve the highest honours in my coaching career.

**Q:** Tell us something about you personal life. Are you married? Do you have any children?

**A:** I have a daughter of 20 months Nikita and plan to get married in the not too distant future. I enjoy spending time with my partner and daughter. It takes my mind of Football and energizes me for the challenges that lie ahead.

**Q:** Does Steve Barker have any aspirations of coaching at the highest level. For example, would you like to one day coach the national team?

**A:** Yes most certainly I want too coach at the highest level. Coaching the National team would be an honour and I would relish the opportunity to do so.

**Q:** Would you consider going to ply your trade overseas?

**A:** I think like most players who want to play overseas I have ambitions of doing the same on a coaching level. The best coaches in the world ply their trade there and one would like to be competing against them.

**Q:** With the 2010 World Cup now just around the corner, do you think Bafana Bafana can carry their encouraging Confederations Cup form forward to the game's biggest showpiece?

**A:** Yes I firmly believe so. We need to be positive about our National team. We are heading in the right direction and will be hard and difficult to play against on our home turf.

**Q:** If Steve Barker was not a soccer coach, what profession would he be involved in?

**A:** Difficult to imagine anything else but being pressed for an answer I would say something to do with educating, training and developing people 🌈

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# Robyn ...

## Most Promising Junior Player.

*Text: Lester Mills Images: Reg Caldecott*

If being single-mindedly focused on a specific dream brought rewards, young TuksSport High School Grade 11 pupil Robyn Bapiste has nothing more to do to be a champion.

At just 17, Robyn has already built-up an impressive resume of achievements as one of South Africa's top junior squash players. This list was added to recently with Robyn being named South African Squash's Most Promising Junior Player.

Well settled as a resident at the University of Pretoria's High Performance Centre (hpc), Robyn admits that playing squash does make-up a large part of her life. Then again, no-one will blame her for making this high-powered, high-intensity, fast-paced game her own. Even Robyn admits her genes may have determined her choice of sport.

Although her dad Vaughan prefers the more sedate game of golf, mom Marianne represented her province (Northern) and country at squash and it's here where Robyn's interest in the game was first pricked. At the Tuks Sport's School, Robyn's progress is being carefully monitored by the team of specialists there. Apart from her regular schooling – done at the Groenkloof campus of the university – Robyn also falls under the wing of experienced squash coach Liz MacKenzie.

It's a partnership that has certainly been working with Robyn boasting with the distinction of not losing a game at the recent Inter-provincial squash tournament. Robyn is also part of the Northern Javis Cup team. At the end of July, Robyn also joined the South African contingent at the World Junior Squash Championships being held in China.

Up at sunrise most days to join her hpc team mates for a two hour group training which starts at 7am, Robyn then joins her classmates for lessons from 10am. Of

course, after school is back to the squash courts for more training.

Will all this dedication and hard-work pay-off in the long run?

Certainly both coach Liz and player Robyn think so. So much so in fact that Robyn intends making a living from the game to be touring professional one day.

"We have 15 players competing as professionals on the world circuit at the moment, so the game can definitely accommodate more players from South Africa," reckons Liz.

According to the coach Squash has grown tremendously as a sport in this country over the past 10 years.

After following the progress of the games household names in this country, Rodney Durbach and Farah Sterne, Robyn is also keen to follow in their footsteps. Robyn admits that she prefers a game like squash where she can focus on individual skills to a team sport. She nevertheless does enjoy interaction with others trying to make it in the game and when not playing squash she enjoys socialising with them. So dedicated to her goal is Robyn though that the suspicion is that even in her "off-time" the game of squash is not far from her thoughts.

In the not too distant future, the focus of Robyn's training is set to shift to looking ahead to her joining the senior ranks of the game.

According to her coach, going from junior to senior ranks is a big step so her charge will be going into what she calls a bridging phase of her career.

Indeed, with squash likely to be included in the 2016 Olympic Games and with time in Robyn's side, representing South Africa at the Olympics could be another achievement to add to her list.

Right now though, it's about becoming the best squash player she possibly can while completing her schooling before taking on games best.

All in a day's work for Robyn, it seems 



Who would have thought that a “bunch of students” would take down the mighty Amakhosi, Bloemfontein Celtic and Ajax Cape Town in back to back matches?

Well that is precisely what TUKS FC did in the lucrative Nedbank Cup; only stumbling in the Final against the Dube Birds, Moroka Swallows.

I remember watching the match between Kaizer Chiefs and Tuks between having to work and keeping an eye on what is happening in the world of sport. I saw them take the lead and felt “hey we could be onto something really big here”. Then Chiefs came back and were in the lead. Obligations took me elsewhere and it was only the next day that I found out that AmaTuks had come back and won the game in a real thriller with the final score 4-3.

It was all in all a superb season for Tuks FC, yet the management team – being the professionals they are, and of course ambitious – would have swapped the runner’s up spot in the Cup for promotion to the PSL any time.

“The prize money from the Nedbank Cup was really very welcome (R2.5million) and it was a good performance to beat some of the top PSL teams in the Cup, but the first prize would have been getting to the playoffs for promotion to the PSL. You always want to compete with the best,” said coach Steve Barker.

“We came close two seasons ago and now again, so we are on the right track. Remember our main objective at the University is to educate. But to produce top players and provide an education, that’s something special.”

The stellar performances by Tuks have not gone unnoticed. Robert Marawa – something akin to a demigod in football journalism – was lauding the exploits of the Club on an interview on 702. A caller asked if and why South African soccer teams do not make use of Sports Science to aid them. And if we look at the physique’s of our players at national level at the recent FIFA Confederations Cup, you will notice that we are physically not nearly as strong as the rest of the World and therefore cannot hold the ball in the Penalty box when it counts. Robert expressly singled out Tuks for their use of Sport Scientific training such as Gym work, psychologists and team management in particular. The reason for the strength is the facilities and expertise

available to them at the High Performance Centre (hpc) in Pretoria. “Tuks did so well in particular at the Nedbank Cup because of the hpc in Pretoria and their pro-active way of preparing for matches and the season.”

Barker did say the season was a long one and took its toll on the players causing them to run out of steam at the end. But we must never forget that they are still “growing boys”. Where as most teams are fielding fully grown adult players.

“The performance of the players is testimony to their dedication and the support, training and planning by the Management Staff”, according to Barker. “You must never forget that we are first and foremost an educational Institution, but we obviously have ambitions and would love to be in the PSL.”

That Barker and his crew are doing something right is evident in the amount of Players they have produced who have worn the national jersey. The likes of Leratu Chabangu, Robyn Johannes, George Maluleka, Dumisani Khumalo, have all worn the Bafana Bafana colours at one stage.

“When we established the TuksFootball Academy in 2005, we embarked on a 5-year plan. Our objective was to educate, produce great players as a feeder system to the PSL in the interim as well as the National Team, and by 2010 to be in the PSL. So far we have produced 8 players who have come through the Academy who have represented South Africa on various levels from U17 right through to Senior National level. In the 2007/08 season we got to the playoffs for promotion to the PSL. In the 08/09 season we were just beaten by Swallows in the Nedbank Cup Final and finished 3<sup>rd</sup> on the Mvela Golden League Table. Look out because next year we will pushing for that spot in the PSL. We started in 2005. Next year is 2010. Spot the trend?”

Quite clearly Tuks have established themselves on the map if the likes of Robert Marawa speak so highly of them and their methodology. This past season's success has seen Mthokozisi Yende sign for the Amakhosi. Chabangu went from Tuks to Sundowns, to Supersport United. Robyn Johannes also found a berth at Sundowns. At the time of writing 2 other players were in negotiation with bigger PSL Clubs, but the information could not be revealed as the negotiations were at a

sensitive stage.

The effects of the AmaTuks success cannot be underestimated. "The media exposure we have generated this season, in particular with our wins over Chiefs, Bloem Celtic and Ajax (who have the best Youth System in the country with the support they get from their Mother Team Ajax Amsterdam), gave us so much headline space and radio and tv airtime that the name of Tuks was on everyone's lips. That can only bode well for us, both from a playing point of view and an academic point of view. It means that we will now have given the University some major publicity and hopefully it means that promising players will enroll here, and therefore continue to contribute to our team," says Barker.

Time will tell, but clearly AmaTuks are doing something right. You do not go from "obscurity" to potential PSL team, and have provided the National Team and PSL with quality players within the short time of 5 years. Clearly the set up between University, Team and the High Performance Centre is paying dividends. "No club anywhere in the country offers what we do. Education, top class training facilities and staff, Sport Science and medical support – both physical and psychological. You cannot buy that kind of structure anywhere in the country. That is why I am so optimistic about our team and achieving our objectives."

AmaTuks... Giant Killers. Watch this space as it only gets better 🇿🇦



# AmaTuks – Giant Killers

*Text: Manfred Seidler Image: Jaco Joubert*

There are many components that come in to play when preparing for an event. When a tournament, gala, match, or event is coming up, one starts to ask questions such as, "Am I prepared for the event"? You might start to think about the number of hours of training you have put in and whether it is sufficient, or you might look at your technique and determine whether you have practiced it enough and come to the conclusion that you are ready and prepared for the event. And indeed you are, but only from a physical aspect. Have you taken into account your mental preparation? You might not even be familiar with the mental preparation that needs to take place, or you may be doing it already without realizing that you're doing it.

The most important part of any mental preparation is that

you have to have a routine in place before your event, to enable you to start preparing mentally. It is essential for you to have a **mental preparation routine**. You have a certain routine when it come to your physical preparation, you do your stretches, move into a warm up and practice a few key techniques. Just as you prepare you body, so you need to prepare you mind, this can take place at the same time as you are doing your physical preparation.

Using a mental preparation routine helps you to build your **self confidence** before the event; it helps you to **focus**, to get into the '**zone**' and helps to regulate your **arousal levels**.

So what should you include in your mental preparation routine? Below is a basic outline of the different areas of mental preparation you can work on before an event.

### Goals

– remember that you need to set a goal for the event. It needs to be realistic yet challenging, outcome or process orientated. Goals help you to keep motivated and directed during the event.

### Self talk

– the conversation that you have with yourself at this point should be very specific. You should be using trigger words and phrases to help you get into the zone. Your self talk needs to be positive and congruent with the goal you have set yourself. Do not engage in conversation with yourself that is not linked to the event or distracting in someway. A distracting conversation could look like this, "I have 50 hours of training time in my legs, did I need 50 hours or was it 60 hrs?"

### Visualization

– this allows you to start rehearsing the event in your mind. Again it brings you to focus on the task at hand allowing you to become familiar with the feelings and sensations that are about to take place. It is a fantastic way to get your physical body and your mind into a state of readiness.

### Arousal level

– the level of energy that is required for an event by each athlete differs. It is important that you know the level of energy that is required for you to perform at your optimum. You can use your mental preparation routine to help get your arousal level to its optimum level before the event starts, so that you are not using time during the event to get your arousal level to the correct place.

In summary, a mental preparation routine is as important as your physical preparation routine. Start to include some of the above mentioned in your pre-event routine and you will start to experience better performance, less anxiety and you will feel far more comfortable in your experience. This might be just the thing that will give you the edge and allow you to achieve your optimum performance.



# MENTAL PREPARATION

*Text: Melissa Brokensha-Lawrence and Monja Muller Image: Reg Caldecott*

# Habana's secret weapon

*Text: Simon Austin Images: Getty Images and Dr Sherylle Calder's own collection*

**B**ryan Habana gave an unexpected answer when I asked who had been most crucial in helping him recover his form in the last couple of months.

I thought he might mention Blue Bulls coach Frans Ludeke or perhaps Springboks boss Peter de Villiers.

But instead he eulogised about "Doc Sherylle" and described her as "a vital cog in helping me back to my best".

He added: "She's helped me put myself back on the map again and hopefully I won't stop working with her for a long time to come."

Perhaps I shouldn't have been so surprised.

Dr Sherylle Calder is the only person to have won back-to-back Rugby World Cups, with England in 2003 and South Africa in 2007, and her website contains glowing testimonials from Jonny Wilkinson, Sir Clive Woodward and Jake White.

Habana even believes the Springboks went off the boil last year because they stopped employing the visual awareness coach. He is now paying for her services out of his own pocket.

I went to meet Calder at her base in the Sports Science Institute of South Africa to try and find out the secret of her success. Her small office, tucked away on the first floor of a grey building next to Newlands rugby stadium in Cape Town, looked completely unremarkable from

the outside.

But inside the walls were adorned with memorabilia given to Calder by some of the biggest names in rugby.

There was a photo of Habana with the message "Thanks for making my eyes as fast as my feet", alongside a Springbok rugby shirt signed by each member of the 2007 World Cup-winning team and a picture of Calder embracing Wilkinson.

Calder, a lean 50-year-old South African, began by showing me a compilation of handling errors from Saturday's first Test on her laptop. She believes Lions winger Ugo Monye would have scored both his try-scoring opportunities if he had better visual awareness.

"He wasn't aware of the South Africa players coming at him quickly enough," Calder explained. "If he had been, he could have put the ball under his other arm or turned his shoulder."

Neither the Lions nor Springboks are employing a visual awareness coach for this series.

Calder then replayed the closing minutes leading up to Wilkinson's famous drop goal in the 2003 World Cup final.

Every element of the move, from Steve Thompson's long lineout throw to Matt Dawson's darting breakaway, was executed perfectly under the most intense pressure imaginable.

"Along with the other England coaches I had worked on



Eddie Jones, Dr Sherylle Calder and Jake White, she was part of Jake White's Winning Way Course in June



the elements of that move time again and again," she said. "For example, Steve had developed his judgement of depth and Matt had worked hard on his peripheral vision and reaction time."

People also forget that prop Trevor Woodman safely gathered Australia's restart, timing his jump perfectly and turning his shoulder to evade George Smith and Phil Waugh while keeping both eyes firmly focussed on the ball. Even international full-backs would have been proud of his technique.

"That was as crucial as Jonny's drop goal," insists Calder, "because if Trevor had dropped it Australia would have won the final. "And a large part of it was visual awareness."

Calder splits her work into three main areas - seeing what you do with accuracy, processing the information quickly and working on response time. Split seconds count in elite sport.

She takes me through one of the exercises she uses with her players by way of an example. I have to stand facing a large plastic sheet with about 50 circles on it and every time one lights up, I have to touch it.

Sounds simple.

After about 20 seconds Calder asks how many circles I think I managed to hit and I say about 50% of them. So I'm shocked when she looks at her laptop and tells me the figure was actually 13%.

And this was the slow setting, on which Habana would expect to have a success rate of more than 90%. The worrying thing is that I hadn't even seen most of the circles light up, because my peripheral vision and response times were so poor.

This is the type of exercise the England players practised again and again when they worked with Calder from 2002 to 2004. Woodward was so impressed with the South African's work that he tried to sign her up after becoming director of football at Southampton in 2005.

By that time Calder had already been approached by White to work with the Springbok rugby team though. As with England, her impact on the team was dramatic according to the players.

Captain John Smit says he had had a 64% success rate throwing into the lineout up until that point, yet he didn't miss his target once during the entire 2007 World Cup.

The Boks also scored several intercept tries during the tournament and the handling of all their players, even front-row forwards like CJ van der Linde, seemed to improve greatly.

Which makes it so surprising that Peter de Villiers chose to let Calder go when he succeeded White as Springboks coach last year. At least Habana is still benefiting from her expertise, which the Lions could rue in the second Test on Saturday 🇿🇦

# The art of running efficiently

## - a biomechanical perspective

*Text: Ryan Hodierne Image: Reg Coldecott*

**R**unning is probably the most natural form of exercises - that is for those of you who don't see a walk in the park as exercise. Running forms an integral part of any serious fitness regime and should be an activity that any athlete feels naturally able to do, even swimmers and lawn bowlers alike.

One thing we should all note however is that there is a serious downside to running that few are aware of. While running provides the participant with a series of health and fitness-related benefits, recent studies have shown that in the region of 60% of all runners experience some sort of injury (mostly lower-extremities – ankles / knees) due to the activity.

Most running injuries are due to overuse, this occurs when your muscles, bones and joints are repeatedly subjected to high stress (possibly due to increased training duration and intensity). The joint effect of these stresses causes structural damage to the body, at a greater rate than at which the body can repair itself. This downside is more often than not related to bad running form and mechanics.

This article will attempt to cast more light on the ideal and most efficient form of running. One must remember though that there is no "perfect" running form, we are all individual and comprise of different make-ups and abilities... one wouldn't think that when looking at the Kenyan and Ethiopian athlete's – they all look the same and run like the wind?!

The study of biomechanics deals with three important aspects with regard to human movement:

1. Safety - freedom from injury,
2. Effectiveness - optimal level of performance
3. Economy/efficiency - minimal effort for maximum output and or speed

Most runners (especially the competitive ones), concentrate on the improvement of effectiveness and economy of motion. Through biomechanics, one can gain an understanding of how the human body functions during motion so as to help trainers devise methods and programmes through which runners can improve their performances through effectiveness, while conserving their strength in efficiency. Economy of motion is the relationship between how much energy you expend and how fast you go. For example, the more efficient runner will use less oxygen and energy to run at the same pace as opposed to the less efficient runner, thus making him more economical... he could also go further or faster on the same amount of energy and oxygen used.

All humans are constructed in a similar way both in look and shape however; there are distinct differences when considering body type, muscle fibre type, conditioning and flexibility. These varied factors all play a large role in making a person's so called "running form" unique. Although there are usually a few areas in which most runners can improve, there are times when what seems to be poor form cannot be corrected. This room for improvement may all be due to the individual's unique, genetic, biomechanical make-up, without causing further inefficiencies.

Although it is found that running efficiency can be



improved with training, this improvement will only be marginal as the ultimate improvement will come down to altering ones form they assume when running.

The technique of running can be seen as a series of alternating hops/steps from one leg to the other. Researchers have discovered that running with a leg turn-over (cadence) of 180 steps per minute would make the most of the energy expended over a set distance. Joints at the ankle, knee and hip provide almost all the shock absorption and propulsive forces during the cycle of running. This cycle consists of the following: a **stance phase**, where one foot is in contact with the ground while the other leg is swinging through in recovery, followed by a **float phase** where both legs are off the ground.

It is during the stance phase that the greatest risk of injury arises, as the body (lower limb) is under load with a series of forces acting upon it, the muscles contract in reaction to control these forces and the joints are loaded and under strain. It is thus vitally important, that as the foot enters the stance phase, all the necessary muscles and joints be working in unison to prevent injury and in so doing help improve efficiency. The lower limb should make contact with the ground with a slight bend at the joints, this facilitates the ability to absorb any shock that may be experienced. Also, the ideal contact with the ground is through a mid-foot contact as close underneath the body's centre of mass as possible. The entire body should be in a forward lean position, thus relying on the gravitational pull of the earth to assist with the momentum of forward motion, and so decreasing the need for any unnecessary active muscle contraction.

We so often see runner's that generate too much vertical bound through their float phase, as their form is too upright, this in turn restricts the efficiency of movement as well as the ability to generate horizontal motion with the aid of the pull of gravity, utilizing less energy due to greater efficiency 🏃



Two of today's most famous runners:  
**Ussain Bolt** – the speed king  
**Haile Gabrielsalassie** – Mr. efficiency

# Debunking common sport nutrition myths

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**S**port nutrition is a complex subject and prone to myths and misconceptions. New research constantly confirms or debunks previously held beliefs and just keeping up to date is a challenging task in itself. Over the next few issues we will debunk some common misconceptions and distinguish between nutritional fact and fiction.

## Myth 1:

**Use a pure protein supplement or high protein, low carbohydrate meal replacement for recovery directly after intense training sessions**

After intense training, including weight training, muscle glycogen is depleted, muscle protein degradation is increased, and your body enters a damaging catabolic state. Directly after training a “window of opportunity” exists for increased nutrient intake and recovery. The intake of key nutrients directly after training is important for rapid nutrient transport and heightened anabolism.

Protein balance cannot be restored in the absence of macronutrient intake and the replenishment of depleted muscle glycogen. Glycogen is the storage of carbohydrates and replenishment can be done by supplying the body with sufficient carbohydrates, the raw materials of glycogen synthesis. In the absence of sufficient carbohydrate intake protein consumed will be converted to glycogen – a very expensive source of energy.

Sufficient scientific evidence exists that indicates that the intake of certain proteins especially protein peptides in conjunction with carbohydrates elicits an insulinotropic effect that speeds up nutrient uptake and glycogen replenishment.

Muscle protein synthesis can potentially be stimulated post training after sufficient macronutrient intake has been achieved. Sufficient carbohydrate intake post training has a protein sparing effect and should preferably be consumed with some protein to push the body to an anabolic state. Expensive high protein

low carb meal replacements can be consumed 1-3 hours post training, and only after muscle glycogen was replenished directly after training. Pure protein supplements should preferably be consumed directly before going to bed.

## Myth 2:

**Creatine increases lean muscle mass**

Creatine plays a role in the anaerobic alactic energy system and fuels repeated bouts of explosive high intensity training. Creatine is therefore used to promote increased maximal strength and explosive power. Creatine normally leads to water retention, creating a false impression of increased lean muscle mass. Looks can indeed be deceiving!

Creatine therefore does not directly result in hypertrophy or increases lean muscle mass. In order to increase lean muscle mass you have to follow a hypertrophy weight training program and you may need to increase total energy intake through increased consumption of protein and carbohydrates.

In some cases creatine may be used after intense repeated bouts of explosive training to replenish creatine phosphate (CP) stores.

Everyone does not necessarily benefit from creatine supplementation. This is largely due to genetic reasons. Individuals that does not benefit are known as non-responders. Typically, a non-responder predominantly disposes of Type I or slow twitch muscle fibers that do not make use of the ATP-CP energy system and does therefore not benefit from creatine supplementation. Non-responders also possess a greater initial quantity of intramuscular creatine and are therefore unable to absorb or take up more extra-cellular creatine. Responders have a greater fiber cross sectional area and possess more fat free mass.

Creatine should not be used by children or adolescents.

## About the Authors



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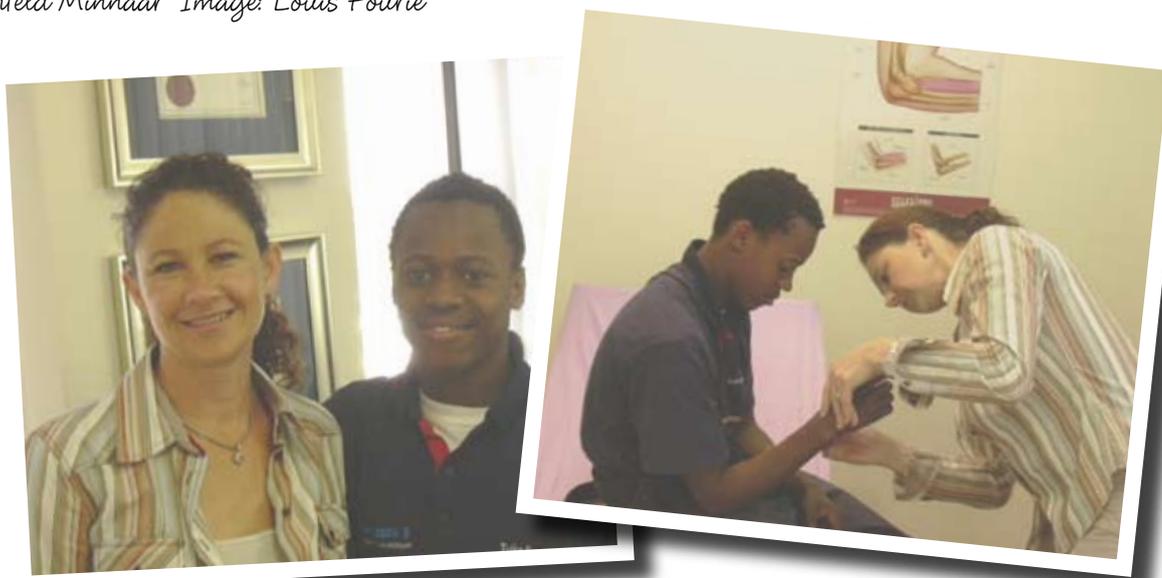
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# Injury

## will not stump Thabo on his way up

*Text: Machteld Minnaar Image: Louis Fourie*



**T**hanks to the kind and generous intervention of four individuals, a nagging injury that caused a young gymnast a lot of pain and discomfort, will not derail a promising and potentially great career.

The story of Thabo Mkwandawire (18), originally from Nelspruit, began some four years ago when he was spotted by Louis Fourie, head of Gymnastics at the University of Pretoria and hardened talent scout. With Louis as his mentor, Thabo earned a place at the TuksSport High School and was awarded SA Protea colours for the vault and floor. In January this year, the Grade 12-pupil competed in the African Championships in Egypt, where he walked away with two bronze medals.

Some time ago Thabo fractured a small bone in his wrist, which failed to heal properly. Louis contacted orthopaedic surgeon Dr Nikki van der Walt, a former UP and National trampolinist and a very able gymnast herself, for assistance with Thabo's injury.

"We felt that Thabo needed an operation sooner rather than later. As he doesn't belong to a medical aid, it would have taken months for him to have the necessary corrective surgery at a state hospital. I approached Dr Esti du Plessis, also an alumnus and anaesthetist, and Craig Williamson, a medical representative, for help. Dr du Plessis offered her services free of charge and Craig sponsored the screw we needed," explains Dr van der Walt, who operated on Thabo for free. Only the hospital bill had to be footed.

Thabo has had his operation and is currently wearing a splint before an intensive rehabilitation process of six weeks is to follow. Dr van der Walt is confident that if the bone grows back fully, he will regain full functionality and be able to compete competitively in no time 🏆



# FIFA snaps up top UP sport science talent

*Text: Machteld Minnaar Image: Brenda Weder*

**T**he inclusion of three staff members from the University of Pretoria's Section Sport Medicine on the medical team for the recently hosted Confederations Soccer Cup is testament for the high regard in which UP academics is held worldwide. It also presented the Faculty of Health Sciences with an ideal opportunity to market itself internationally.

Dr Christa Janse van Rensburg and Dr Msaki Ramagole (respectively head and senior lecturer) were appointed as venue medical officers for Loftus Versfeld Stadium during the Confederations Cup. Their duty was to oversee and coordinate all medical services at the respective venues during match days, and to provide medical attention should any international team need it while in the city. "It was a once in a lifetime

opportunity, and an honour to show the world the level of excellence South Africa is capable of," says Dr Janse van Rensburg.

They have both also been appointed as venue medical officers for the 2010 FIFA World Cup event. Dr Janse van Rensburg will again be responsible for the team at Loftus Versfeld, while Dr Ramagole will be stationed at the Bombela Stadium in Nelspruit.

The third member of the Confederation's team is Miss Lebo Tsomele, who was masseur at Loftus' Referees Medical Centre 🏆

Dr Christa Janse van Rensburg and Dr Msaki Ramagole are part of the hpc's medical team.

# Is sport specific strength & functional training

## a Myth?

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

Like most people, you have probably heard and read in numerous books and articles that if you want to compete at a higher or the elite level within your sport, you will have to follow a sport specific strength programme. People see this programme as a “magical” one that will use a combination of exercises that are specific to your sport and body to give you the desired results. These exercises are seen not as just normal exercises, but as special ones reserved for the elite few sporting individuals wanting to achieve greatness.

Coaches and parents alike, love hearing the words “sport specific” or “functional training” when it comes to the design of a strength and conditioning programme. Due to this supposed prerequisite, the art of marketing and selling the strength programme to parents and coaches began. To the laymen who does not know what actual pure strength, pure power and pure speed is about, it makes sense that if you are a golfer, that you would need a golf specific strength training programme to facilitate your training.

There is a preconceived idea of taking the exact movement that is done in a sport, like throwing a baseball, hitting a tennis ball with a racquet or pulling with your arms through the water in the freestyle swim stroke; that if you take that exact movement and mimic it against more resistance or in an unstable environment, that it should cause your body to ‘SUPER COMPENSATE’ (becoming stronger or better) in strength or stability on the sporting field and that this type of training should in essence be the best?

Back in the day, training for a certain sport consisted purely of doing that specific sport or event. For example, in doing the 100m dash you trained for it by running a 100m dash or when training for tennis you only played tennis and so on. Further down the line however people

only then realized that if they did varied activities, it would transfer to the sport or event that they did. An example being; with the 100m dash, they discovered that by doing intervals of 200m (a longer distance than the 100m) it would transfer greater improvements to the 100m dash than by just doing the 100m dash as training alone. Due to this discovery, the science of sports coaching and training evolved.

In the era of the gladiators, there was a Greek physician by the name of Galen (AD129-210) who is accepted by some to be one of the originators of sports specific training, as he devised training drills that replicate the movements done in the gladiator arena. Later on was it discovered that by doing non-sporting activities such as weight training, that it would improve athletic ability as well, this after which “sport specific strength training” had developed.

According to **Dr Michael Yessis** a well known Sports Scientist, sports specific training must fulfill one or more of the following criteria:

- The exercise must **duplicate the exact movement** witnessed in a certain segment of the sports skill.
- The exercise must **involve the same type of muscular contraction** as used in the skill execution.
- The special exercise must **have the same range of motion** as in the skill action.

It is thus very clear, that the idea of sport specific training or functional training comes from hundreds of years back. The difference here being, that hundreds of years back sport specific training was actually just that, “sport specific”; meaning they trained their sport. They maybe broke it up into smaller segments, but if you were a gladiator you would train to do striking

or stabbing movements with the sword, or if you were runner you only ran and so on.

In our modern era, being allegedly smarter and more advanced, the idea of being sport specific in training has all of a sudden involved exercises that are not entirely specific to the sport and being something very different. For example, a tennis player doing a lunge with a dumbbell that is 10 times heavier than the racquet, moving at 10% of the speed, this could lead to altered muscle recruitment patterns. Here is another example to explain what altered recruitment patterns are: a person with shoulder pain has excessive shoulder elevation during shoulder flexion to 90 degrees as compared to a person without shoulder pain. The elevation is present even after the person no longer experiences the pain because of the altered recruitment pattern of the muscles.



### 1.1 Lunge forehand

In the picture example above, the movement does not duplicate the exact movement of a tennis forehand - the arm is bent too much and no movement is initiated from the hip or torso; it does not require the same type of muscular contraction and thus causes an altered muscular recruitment pattern - due to the weight being heavier, other muscles activate to compensate and other motor units are recruited; the range of motion is not the same (arm swing is only coming from the shoulder joint and rarely ever will a player in a game lunge like that).

One can guarantee that if this exercise is shown to a Tennis Coach or parent of a tennis player, they would think this is the best thing since sliced bread!

Another example is the exercise below for a swimmer:



### 1.2 Alternating band pullover

With regard to this specific exercise and numerous other so called "core stability" strength combination exercises, there are 2 problems facing you when doing it:

1. The more stable the exercise the more strength you can apply or generate and the more unstable the less strength or force can be applied.
2. The more force and strength you apply the more unstable it will become and the less force or strength you apply the more stable it will be.

In other words you have 2 goals namely **strength** and **stability**, and by doing it this way they keep working against each other and therefore you don't get the maximum potential strength development or the maximum stability development for which the exercise was initially intended.

#### What are the key factors?

What is your primary aim for the exercises in the programme?

The questions you have to ask yourself when looking at the exercises as a coach or the specialist designing the programme are the following:

1. What is my intended goal with this exercise?
2. Does this exercise fit in with the goal of the programme?
3. Is this exercise really necessary?
4. Does the effort and time I put in justify the results I will get?

In other words, the designed strength and conditioning programme has to be goal specific and NOT sport specific!! If your goal is to be a better golfer, go and train golf! If your goal is to be more powerful as a golfer; go and train for POWER! If you want be a better swimmer go and swim! If you want more strength as a swimmer, train for more strength!

Below you will find an example of Godfrey Mokoena's conditioning programme. He is the long-jump Beijing Olympic silver medalist who recently, on 4 July '09, did a personal best with an SA and African record of 8.50m in the long jump. This is his programme during a strength and power cycle, note: there are no funny jumping exercises or jumps in unstable environments on balls; the prescribed exercises basically entail lifting heavy weights really fast.

Week 1-1  
2009/01/23  
Mon

1. Overhead squat 00125

Rest		5 sec	Slow				
Reps		10	Reps				
Perceived effort			Easy	RPE			
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

2. Supine spine rotation 01193

Rest		5 sec	Slow				
Reps		10	Reps				
Perceived effort			Easy	RPE			
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

3. Prone spine rotation 01164

Rest		5 sec	Slow				
Reps		10	Reps				
Perceived effort			Easy	RPE			
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

4. Kneeling arm-leg raise 04974

Rest		5 sec	Slow				
Reps		10	Reps				
Perceived effort			Easy	RPE			
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

5. Power snatch hang 00161

Rest		2 min	Explosive				
Reps		5	Reps				
Repetition Maximum		15	RM	8	RM	4	RM
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

6. Clean 03539

Rest		3 min	Explosive				
Reps		10	Reps				
Repetition Maximum		15	RM	8	RM	4	RM
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

7. Single leg squat 05638

Rest		3 min	Fast				
Reps		6	Reps				
Repetition Maximum		10	RM	8	RM	4	RM
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

8. Hanging hip flexion 04380

Rest		3 min	Slow				
Reps		10	Reps				
Own body weight		B-Wgt	B-Wgt	B-Wgt	B-Wgt	B-Wgt	B-Wgt
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

9. Prone hip extension 02900

Rest		1.5 min	Slow				
Reps		15	Reps				
Own body weight		B-Wgt	B-Wgt	B-Wgt	B-Wgt	B-Wgt	B-Wgt
2009/03/23 Mon							
2009/03/30 Mon							
2009/04/06 Mon							

1. Overhead squat 00125

Rest						Warm up			
Tempo									
2009/01/05 Mon									
2009/01/12 Mon									
2009/01/19 Mon									
2009/01/26 Mon									
2009/02/02 Mon									
2009/02/09 Mon									

2. Supine spine rotation 01193

Rest						Warm up			
Tempo									
2009/01/05 Mon									
2009/01/12 Mon									
2009/01/19 Mon									
2009/01/26 Mon									
2009/02/02 Mon									
2009/02/09 Mon									

3. Prone spine rotation 01164

Rest						Warm up			
Tempo									
2009/01/05 Mon									
2009/01/12 Mon									
2009/01/19 Mon									
2009/01/26 Mon									
2009/02/02 Mon									
2009/02/09 Mon									

4. Power clean 03500

Rest		5 min	Explosive				
Reps		5	Reps				
Repetition Maximum		12	RM	8	RM	4	RM
2009/01/05 Mon							
2009/01/12 Mon							
2009/01/19 Mon							
2009/01/26 Mon							
2009/02/02 Mon							
2009/02/09 Mon							

5. Push press 00031

Rest		1 min	Explosive				
Reps		2	Reps				
Repetition Maximum		2	RM	3	RM	2	RM
2009/01/05 Mon							
2009/01/12 Mon							
2009/01/19 Mon							
2009/01/26 Mon							
2009/02/02 Mon							
2009/02/09 Mon							

6. Behind the neck pull up 04229

Rest		3 min	Fast				
Reps		2	Reps				
Load - kg		25	kg	25	kg	25	kg
2009/01/05 Mon							
2009/01/12 Mon							
2009/01/19 Mon							
2009/01/26 Mon							
2009/02/02 Mon							
2009/02/09 Mon							

7. Deep squat 02553

Rest		1 min	Tempo				
Reps		10	Reps				
Repetition Maximum		20	RM	8	RM	5	RM
2009/01/05 Mon							
2009/01/12 Mon							
2009/01/19 Mon							
2009/01/26 Mon							
2009/02/02 Mon							
2009/02/09 Mon							

Superset next 2

8. Bench press 00030

Rest		1 min	Tempo				
Reps		5	Reps				
Repetition Maximum		5	RM	5	RM	5	RM
2009/01/05 Mon							
2009/01/12 Mon							
2009/01/19 Mon							
2009/01/26 Mon							
2009/02/02 Mon							
2009/02/09 Mon							

9. Bent over row 03071

Rest		1 min	Fast				
Reps		5	Reps				
Repetition Maximum		5	RM	5	RM	5	RM
2009/01/05 Mon							
2009/01/12 Mon							
2009/01/19 Mon							
2009/01/26 Mon							
2009/02/02 Mon							
2009/02/09 Mon							

10. Back extension rotation 04322

Rest						Slow			
Reps		10	Reps						
Perceived effort-Wgts		Heavy	RPE	Heavy	RPE	Heavy	RPE		
2009/01/05 Mon									
2009/01/12 Mon									
2009/01/19 Mon									
2009/01/26 Mon									
2009/02/02 Mon									
2009/02/09 Mon									

You can now compare Godfrey's programme with Olympic Swimmer and World champion Gerhard Zandberg. Both Gerhard and Godfrey require high levels of strength, power and speed. Godfrey competes in a lower body dominant sport and Gerhard in an upper body dominant sport.

You will notice that in Gerhard's programme there are basic strength movements, no exotic magical movements, you will also notice that even though they do two vastly different sports their programmes are very similar because their goals are similar in the two phases of strength and power.

11. Hanging hip flexion 04380



Rest	2 min	Slow													
Reps		10	reps	10	reps	10	reps	10	reps						
Perceived effort-Wgts		Heavy	RPE	Heavy	RPE	Heavy	RPE	Heavy	RPE						
2009/01/05 Mon															
2009/01/12 Mon															
2009/01/19 Mon															
2009/01/26 Mon															
2009/02/02 Mon															
2009/02/09 Mon															

Just as a matter of explaining what makes these athletes special in their strength training. I will give you an example of what they actually do with some of the following exercises given below. I will start with Godfrey.

**Single leg squat 05638**



Godfrey does the above exercise with 130kg on his back for 4 repetitions, he only weights 74kg.

**Power clean 03550**



Gerhard does this exercise with 110kg for 4 repetitions. For power-endurance he completes it with 77kg for 40 repetitions explosively! He is just over 2m tall which makes this exercise especially difficult for him.

Performing these exercises at the level these athletes do takes unbelievable focus, determination and strength. Both these athletes have reached the top level in their sport and the programmes you see have helped them get there without using "sport specific / functional" exercises as the primary focus. They also do pilates type exercises and what can be called, against my will, "functional strength exercises" but those exercises are only supplementary to their main goals of increasing strength and power.

In conclusion, if you want to become better within your sport:

- Train your sport first and foremost
- Analyze the needs within your sport and your own physiology
- Determine your goals according to that analysis
- Then if you discover you need more strength, power, stability, core strength, speed, endurance or flexibility, choose the 2 that will improve your performance the most
- Make those 2 your MAIN focus for the next season with any other components being the secondary components.
- Make sure your programme addresses the 2 components in their purest form for maximum results.

The "magic" happens in the combination and in the intention of the execution. This is the magic ingredient that needs to be added to anything that you do - if you execute each exercise with the correct intention and focus; that is when you will achieve the desired results and success.

# FOUR LETTERS TO LIVE BY

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

Injuries occur often during sport. It is therefore important that all athletes and coaches have a basic knowledge of what to do should an injury occur. This knowledge can be as simple as remembering four letters: R.I.C.E. Application of the correct protocol immediately following injury may mean the difference between a week off and a month or even longer off.

Most sports injuries are classified as soft tissue injuries, i.e. injuries to ligaments, muscles and tendons. The 24 to 48 hours following injury can be the most important. Applying the correct treatment during this time will decrease the amount of swelling, bleeding and pain and can help you heal quicker. Because a physio isn't always there it is vital that everyone knows the basics of management.

The main focus of the R.I.C.E protocol is the reduction of swelling. Swelling resulting in pain because the swelling compresses the nerve endings and chemicals released when swelling occurs irritate the nerve endings. It can also lead to cell death, decreased range of motion and decreased muscle strength.

## What is R.I.C.E?

R.I.C.E is an acronym that stands for rest, ice, compression, elevation. It is the most basic protocol to follow immediately after injury.

## REST

Stop the activity that you were doing when the injury occurred and rest the injured area. This reduces the risk of further damage as well as decreasing bleeding, swelling and consequently pain. Rest does not necessarily refer to a prolonged period of rest but rather immediate rest from the activity that lead to the injury. This is often difficult because one tends to want to "run it off" but repetitive minor injuries may lead to a major injury in the future.



## ICE

Ice (also known as cryotherapy) is one of the easiest, cheapest, most effective and most widely used methods of acute injury management. The application of ice has

four main effects:

1. Causes vasoconstriction thereby decreasing bleeding into the injury site and so decreases swelling
2. Decreases pain by slowing the transmission of nerve impulses to the brain and by making the area feel numb
3. Decreases muscle spasm
4. Decreases the metabolic rate and so reduces the risk of cell death

Ice can be in the form of ice cubes or crushed ice or a cold pack (or even a bag of frozen peas). The ice should not be applied directly to the skin; rather wrapped in a towel or plastic. The ice should be left in place for 15 to 20 minutes.



## COMPRESSION

Compression of the injured area also decreases swelling by reducing the amount of fluid that leaks out of the blood vessels. This also decreases the risk

of cell death. Although swelling occurs rapidly after injury, getting rid of it is a slow process. Compression immediately after injury can dramatically improve the recovery time; something every athlete wants. An elastic bandage can be used to compress the injured area. It is useful to combine compression with the application of ice.

## ELEVATION

Elevation refers to keeping the injured area higher than or at the same level as the heart. This makes use of one of nature's most basic laws: gravity. Gravity assists the lymphatic system in the re-absorption of the fluid that causes swelling.

## But what about heat?

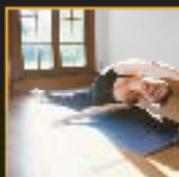
The R.I.C.E protocol is centred around reducing swelling. The application of heat causes vasodilation and so causes more blood to flow to the injured area. This results in increased bleeding, swelling and pain and may increase secondary injury due to cell death. Although applying heat may be more comfortable than applying ice, it can prolong your recovery. This means that you should not take a hot bath immediately following an injury. You should also not drink alcohol as it has a vasodilatory effect with the same consequences as heat. Also avoid massage during these early stages as this also causes vasodilation.

And then what?

See your physio ASAP!

# High Performance Centre Physiotherapists

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General sports physiotherapy practice which also offer:

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# REFEREES BEWARE!

## Liability for injuries of players

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

**S**port is fraught with risks for all who participate in it, whether they are athletes, spectators, administrators or even referees. You are exposed to claims from others who have suffered loss, damage or injury in the course of their participation in sport.

In the English case of *Smoldon v Whitworth* [1997 ELR 115; 1997 ELR 249] a rugby referee was held liable for failing to exercise adequate control over an under 19 rugby match. The referee constantly allowed the scrums during the match to collapse and, in so doing, failed to apply the laws of rugby in so far as they applied to safety in scrums. In particular, he failed to apply the crouch-touch-pause-engage procedure which had been recommended by the Rugby Union Society of Referees, which had also warned that referees would face liability for injuries if those procedures were not followed. The referee also ignored warnings from one

of the touch judges and some of the spectators, as well as complaints by players that the situation was getting dangerous and out of hand. One of the front row forwards were eventually injured and paralysed as a result of a collapsed scrummage. He instituted a claim based on personal injury against the referee and the court held that a referee owed a duty of care to the players, with the result that the claim succeeded.

The courts were again faced with a similar question in the case of *Vowles v Evans* [2003] 1 WLR 1607 (CA). The claimant was injured while playing as hooker for Llanharan Rugby Football Club in a rugby match refereed by the first defendant. There had been a lot of rain before the match and the field was boggy. Approximately 30 minutes into the match, one of the Llanharan front row forwards dislocated his shoulder and left the field as a result. There was, however, no front row forward on the reserve bench to replace

the injured player and the referee was informed accordingly. The referee then informed the captain of Llanharan that they could opt for uncontested scrums, in which case they would forfeit the points in the league competition in respect of that match. Rather than opt for uncontested scrums, one of the Llanharan flankers, who had years earlier at a lower level occasionally played a few matches at front row, offered to scrum at front row. The referee agreed to this course of action without any further enquiry or consultation and the game continued.

After that replacement, the scrums were plagued with collapses and disruptions as the front rows struggled to engage properly. Towards the end of the match, Llanharan held a 3–0 lead over rivals Tondy. However, Tondy launched an attack which culminated in a scrum being awarded 5 metres from the Llanharan try line. The Tondy forwards aimed for a pushover try to clinch the match in the last seconds. The two packs of forwards did not engage properly for the scrum and the referee blew the whistle for them to break up. At that point, the claimant collapsed with what was clearly a serious injury. The referee ended the match and an

ambulance was called. It transpired that, because of incorrect binding in the final scrum, the claimant's head had been thrust against the shoulder of one of the Tondy forwards. As a result, the claimant sustained an injury to his neck which left him with permanent incomplete tetraplegia.

The court held that a referee owes a duty of care towards players and found that the referee in this case had abrogated his responsibility on two counts. Firstly, the referee should have conferred with the captain of Llanharan to determine whether another player was suitably trained or experienced to play at front row as directed under law 3(12) of the Laws of Rugby. Secondly, the referee should not have allowed the Llanharan players to decide whether or not they would opt for uncontested scrums. In this regard, it is significant that law 6(5) of the Laws of Rugby provide that during the match, the referee is the sole judge of fact and of law. All his decisions are binding on the players. As a result, the court held that the referee was negligent in his handling of the match and in breach of his duty of care 🏉

Source: Cloete Introduction to Sports Law in South Africa [par 7.07 – 7.08]

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;
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- drafting and amending constitutions and internal rules;
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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](mailto:rian.cloete@up.ac.za)

# 'For the times they are a-changin.'

*Text: Wilhelm de Swardt*

**T**his is the title of a Bob Dylan hit of the sixties. Why would anybody mention Bob Dylan in the year 2009? It's because, when one starts to talk about the sporting highlights of the University of Pretoria (Tuks), the title of Dylan's hit immediately comes to mind.

Since the University's inception way back in 1908, rugby has been an integral part of sports at Tuks. To date Tukkies has produced 79 Springboks with Morné Steyn, Wynand Olivier, Pierre Spies and Chilliboy Ralepele being the latest.

But these days it is not just about rugby anymore – 'the times they are a-changin'.

During the past two years AmaTuks, the University's first soccer team, has made more newspaper headlines than its rugby team, and with good reason.

The relatively young team is going from strength to strength.

During this year's Nedbank Cup, the AmaTuks team has accomplished a mission impossible by claiming the scalps of three ABSA premiership teams – Kaizer Chiefs, Bloemfontein Celtic and Ajax Cape Town.

Because of these victories AmaTuks booked a place in the finals of the Nedbank Cup. Unfortunately, the team lost 0-1 to Morokka Swallows in the final.

One thing is certain, when it comes to Tuks's soccer the question is no longer whether the AmaTuks team is good enough to play in the National Premier League, but only when they are going to play in the League.

One of the main reasons for Tuks's soccer success is the Tuks Football Academy.

Thokozani Sekotlong, who is considered to be one of the brightest young soccer talents, makes it clear that the best thing that ever happened to him was that he joined the Academy.

According to Sekotlong, soccer is what life is all about for him. In his own words: 'I eat, drink and sleep soccer.'

Nevertheless, being a member of the Academy means that he is not allowed to forget about solving algebra problems or using the right tenses in his sentences.

The Academy believes in a holistic approach. This means that, while it is important that Sekotlong gets all the support he needs to become one of South Africa's soccer stars, it is equally important that he should not become just another one-dimensional 'soccer jock'.

For the Academy it is important that Sekotlong gets a good education, because no career in any sport lasts

forever.

He joined the Tuks Football Club at the age of 12 and the Academy in 2005, starting his school career at Tuks Sport High School in Grade 8. He is currently in matric. Sekotlong is considered to be one of the best strikers and one who loves a true challenge. That is why he has always played in an age group higher than his actual age.

Being a striker, he makes no secret about who his role model is. Not surprisingly it is Ricardo Kaka, the Brazilian who is currently with Real Madrid.

This year, Sekotlong has been a regular member of the AmaTuks side.

"Would it not be great if I, as a striker, could play a small part to ensure that AmaTuks gets promoted to the Premier League?"

Sekotlong's soccer CV is quite impressive:

2003 Player of the season; Provincial colours Gauteng North.

2004 Players' player of the year; Provincial colours and captain of the Gauteng North team that won the provincial school tournament.

2005 Played in the Johannesburg league and was part of the team that won the u.15 section.

2006 He was only 15 and was selected to play in the u.19 team in the Bayhill Cup in Cape Town.

2008 The Gauteng North team won the Metropolitan Provincial Tournament and Thoki was selected for the All Star team chosen by Steve Khomphela. Selected for the AmaTuks 1<sup>st</sup> team.

2009 He is selected for the South African u.20-squad to play friendly games in Ghana and he helped AmaTuks to finish 3<sup>rd</sup> in the league as well as to advance to the final of the Nedbank Cup.

Andile Jali is another of the TuksFootball Academy's success stories. He was one of the first Coca Cola Star players who was selected to become part of the Academy.

Since 2007 he has been one of the side's most consistent performers. His brilliant footwork, dribbling skills and ball control during the last two seasons did not go unnoticed.

He has been drafted by Orlando Pirates to form part of their 2009/2010 squad and now his big goal is to see if he can make the South African national team that will play in next year's World Cup.

Jali's CV is also impressive:

This year he was selected for the South African u.20 side; played for AmaTuks and was named as the best young player of the Nedbank Cup Tournament in 2009.07.13

He was also part of the Tshwane Invitational Team who played a warm-up match against Italy prior to the Confederation Cup 

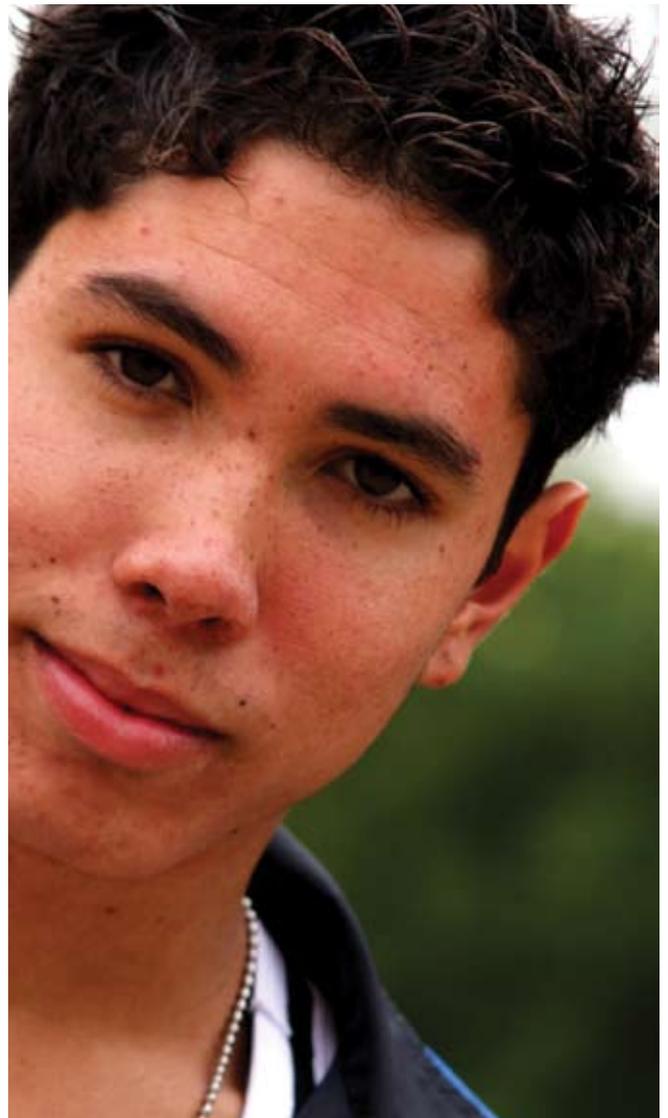
# A champion in the making

*Text: Machteld Minnaar Image: Susan du Toit*

The initial disappointment of a promising young swimmer of TuksSport High School at failing to qualify for the World Swimming Championships quickly turned into great excitement when Swim SA identified him as future potential and sent him to Rome to gain as much international exposure as possible before the next Olympics in 2012.

Matriculant Darren Murray's achievement of improving his time in the 200m breaststroke by three seconds over the past 18 months, as well as the bronze medal he earned in the 100m backstroke at the World Youth Long Course Championship held in Mexico last year, was enough to convince Swim SA that the youngster should be given the opportunity to display his talent internationally. Although he would have preferred to participate at the championships solely on merit, he decided to make the most of the learning experience. The event started mid-July and ran till early August.

Darren credits the High Performance Centre (hpc) for his improvement and accomplishments. "As part of the Tuks Swimming Academy at the hpc, we have the best support, training and facilities available. In addition, we have the privilege to train with a legend like Roland Schoeman, who is always willing to drop a piece of encouragement or advice" 🏊‍♂️



# Sport and Exercise Science

## putting us a notch above the rest

*Text: Kimberly Dessington Image: Reg Caldecott*

A school that starts at 9:30 in the morning to allow for early training sessions, flexible assessment arrangements, time off from school to compete in national and international tournaments and competitions – what else can be done to give youngsters the best possible chance of succeeding in their sport? Offering a subject that is very close to the hearts and lives of all the learners in the school is certainly one way.

TuksSport High School is one of the first schools to offer Sport and Exercise Science as a subject. It was introduced at Grade 10 level at the beginning of 2009, and all but a handful of learners chose the subject as one of their electives. The introduction of this new subject which is offered exclusively by sport schools and academies will greatly enhance all aspects of young learner athletes' sporting and vocational attributes and, as such, is a vital addition to our curriculum.

Mr Johan Maartens, the Sports Science teacher at TuksSport High believes that apart from the theoretical foundation of the subject, learners who take Sport and Exercise Science will be able to "better understand how their bodies react during specific sporting situations".

The subject is useful in that it not only provides learners with a head-start in the discipline compared to learners at other schools but, as athletes, it also allows them to understand the science behind their training and preparation, thereby enhancing their own performance.

Sport is no longer a mere recreational activity – the professional world of sport has moved into our TV-rooms and the success of celebrity sport stars like Ronaldo, Kaka and Roger Federer fuel the dreams of



youngsters hoping to become professional sportsmen and women one day. Although a subject like Sport and Exercise Science does not guarantee that learners will make it to the top in their various sports, it does open up more study and employment opportunities. The demand for knowledgeable performance consultants and sports scientists is growing, and a sound basis in Sport and Exercise Science puts our learners one step ahead of other youngsters.

The subject is also becoming increasingly popular at universities, which now commonly offer both undergraduate and postgraduate degrees in the discipline.

With a sound knowledge of Sports Science learners can expect employment in numerous sectors in any of the following roles – as teacher, nutritionist, performance analyst, sports coach, sports therapist, fitness centre manager, sports administrator, strength and conditioning specialist or retail manager of a sports store. Graduates may also be well positioned to undertake further training to become accredited physiotherapists, exercise physiologists or clinical exercise consultants.

The study of Sport and Exercise Science traditionally incorporates areas of physiology, psychology, motor control and biomechanics but also includes other topics such as nutrition and diet, sports technology, anthropometry (the study of physical variation), kin-anthropometry (the study of human shape and function) and performance analysis.

But that's all theory. The real proof lies in this case, not in the pudding, but in the experiences of the learners themselves. "The subject has taught me a lot and I have already made a few changes to my life" says Tegan Moore . I've changed how I eat. No more junk food for me – I now know what it does to my body."

"No soda either" adds Olebogeng Matsepe. "But what I like most is the fact that I now understand my body more – especially my injuries. I realise why it is important to be patient and to wait till I've made a full recovery. And as a bonus I can help my injured team mates who get injured too. Plus we have a cool teacher who's a sportsman himself."

From the mouths of the babes....🌈





## Shaun's debut as Tuks captain

*Text: Morris Gilbert Image: Jaco Joubert*

He has everything to become one of the greatest Tuks rugby captains ever.

Brave and big words by Tuks head coach, Freddie Grobler, but he has no doubt that all his 'prophecies' about Shaun Davids' captaincy will withstand the test of time.

Shaun recently became Tuks' first ever captain of colour, but this played no role in his appointment as Johan de Bruin's successor. Johan captained Tuks in the 2009 Varsity Cup series and Carlton Cup first round before signing a provincial contract with the Valke, a Currie Cup B Section outfit.

"Shaun's appointment as captain was made on merit and nothing else. He is not only a gifted rugby player, but also a leader with exceptional values – on and off the field. He was immediately accepted by his team mates in his new role as he commands respect with his knowledge of the game and his outstanding communication and organizing skills," said Freddie.

"One of the best ways to judge a captain in his role as leader is to what extent he takes charge with the authority that will make the critical difference in high pressure match situations. It's still early days for Shaun as Tuks captain, but he has already impressed with his no nonsense attitude. He demands the best from every player as he is prepared to lead by example," added Freddie.

Shaun is a very versatile back line player, but Freddie believes his best position is fly half. Shaun has also taken charge of the goal kicking.

Shaun's debut as Tuks captain was in the Carlton Cup second round match against Eersterust in the LC de Villiers Stadium. The referee abandoned the match in the 62<sup>nd</sup> minute when Tuks had a commanding lead of 91-0.

## UP women's rugby rock in Reunion

*Text: Machteld Minnaar Image: Jaco Joubert*

The University of Pretoria's relatively young women's rugby team recently proved their mettle when they lost to the French national team in the final of the International Sevens Rugby Tournament held in the tropical paradise of Reunion.

"The final score of 19-7 does not do the team justice. Tuks scored the first try and was still very much in the game at halftime," says proud coach Riaan van der Merwe. Tuks' team was the only club team to participate in the tournament, and on its way to the final defeated Reunion (15-5), Mayotte Islands (55-0) and Madagascar (10-0).

The team's next big event is the African Cup, where it will be competing against teams from Kenya, Rwanda, Uganda, Botswana, Tunisia and Zimbabwe, as well as a Springbok team. The Cup will be hosted by Uganda in September this year. It will be the team's second African Cup, having made its debut in 2007. The team has also been invited to participate in the Nelson Mandela series to be hosted later this year.

The strength and depth of women's rugby at UP is further illustrated by the large number of players in the provincial Bulls squad of 26, of whom 19 are Tukkies players.

Yolanda Meiring and Onnica Moaga were selected for the SA Women's team for a world tournament in Canada from 1-16 October this year. Ten countries will be participating.





Institute for Sports Research  
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# Inside News



Ignatius (hpc) and Blue Bulls fitness coach, Basil Karsis



Laerskool Pretoria-Oos u/11 rugby team and the Blue Bulls at the hpc gym



Sussex Rugby team



Bryan Habana and a hpc staff member



Our sponsored athlete Bridgitte Hartley ranked No 1<sup>st</sup> in the ICF World Cup Competitions



Wakefield School



Ivory Coast Rugby Team



South Wales Hockey Team



The Super Sport team



The Investec rugby coaches



The Investec rugby players



Castle Rushen High School



SA Hockey Team



Olebogen Matsepe at the hpc



Dr Istvan Balyi, world renowned for LTAD with Hettie de Villiers at the hpc.



SA Cricket coaches and Dr Balyi



The launch of The fourth Women's 10km Challenge in the SPAR Grand Prix Series at the hpc (From left to right) Rene Kalmer, Irvette van Blerk, Tabitha Tsatsa (Zim), Annie Malan (Race Patron), Natasha Sutherland (Guest speaker), Sonja Laxton and Liezel vd Westhuizen (MC).

Image: Reg Caldecott



SA Rugby Legends against the British Lions Rugby Legends



It is so easy to get inspired by the superstars we see on TV or by their biographies we read that we actually think these chosen few are the only ones blessed with superhuman capabilities. However, it is not often that you happen to meet a “normal” person who possesses these inspirational qualities in real life. The interesting part is that these “überhumans” actually do also come in different shapes and forms. This particular one arrived in a wheelchair with a dog ...

Chinett Karina Lauridsen’s eight visit to South Africa brought her in mid winter, to the hpc for a three week solo training camp to prepare for the European disabled swimming championships. This Danish disabled Olympic champion and world record holder’s life story is both unbelievably tragic and inspirational.

Fourteen years ago Karina was a top junior national tri-athlete with no physical disability and looking forward to a career as a pilot in the Danish Air Force. During her military career she switched to modern pentathlon and soon represented her country internationally in Pentathlon competitions. Her goals were set to go to the 2004 Olympics as the pinnacle to her athletic career. Life was going pretty much according to plan.

Parachutes are primarily designed as a lifeline in times of extreme crisis. Unfortunately in Karina’s case her eighteenth jump of 2001 became a leap into a different life. Danish air force pilots are required to do ten parachute jumps per annum to retain their license, but true to Karina she did more. This time, however, both her main chute and emergency chute opened simultaneously. Her back was broken; she was severely paralyzed and reduced to a wheelchair and crutches. Her relatively smooth ride through life suddenly went into a tailspin... Karina lost both her pilot license and employment in the air force.

The part time mechanical engineering studies she started while in the air force now became her only future career. True to Karina’s nature she soon became a handful in the rehab centre pushing herself to the extreme. She tested the limitations of the movements she could do while also trying out various sports available to paralyzed people. Basketball, Ice hockey, Tennis and swimming were tried before someone recognized Karina’s talent for throwing events in track and field. Twelve months after her accident Karina qualified for the 2002 disabled athletics world champs in shot putt, discus and the 20km wheelchair race.

She returned with two silver medals but also kept on swimming just for fun....

Austria beckoned as her new home towards the end of 2002 where she found employment as an Engineer. Just when she settled into a new life in the new year of 2003 the unthinkable happened - Karina was struck by a car while she was standing next to the road on her crutches. It wasn't long after she recovered from this accident that she lost her job because her employers went belly up. These disasters led to her total physical paralysis, permanently wheelchair bound. Her future both as Engineer and disabled athlete was over but not her guts and determination. She returned to Denmark in 2004 and kept on swimming just for fun ...

It was pure coincidence that Karina was spotted swimming by the Danish National coach for disabled swimming. The coach was on a weekend break at a small town in Denmark and Karina happened to be swimming in the town's pool when their paths crossed. Like all coaches, he approached her and invited her to the Danish disabled team's training camp in February of 2004.

Coach Thomas Stub asked Karina to train for the national disabled team trials coming up in April. She moved to Eshberg to train under coach Thomas in a squad of able-bodied swimmers. True to her nature, Karina only had to qualify in two events but she qualified in four. In Eshberg, Karina had to rebuild her life once again by taking up part-time jobs, train for a potential future in international disabled swimming and start qualifying herself in a direction more friendly towards disabled people. It was not easy to adjust to studying Business Management & Economics, keeping up the training with an able bodied programme and paying the bills by doing part time jobs. Her first big competition, the 2005 European Championships, she worked so hard to qualify for, got cancelled. Not known for letting obstacles get in her way, Karina entered in the American & Canadian disabled gala instead. She returned with four gold and four world records! The Danish Olympic Committee granted her a high performance contract designed to cover her competition expenses.

It wasn't long before Karina dominated her events in disabled meets across Europe. Her next big meet was the 2006 World Championships for disabled swimmers in Durban. Karina once again did not disappoint

and returned from world champs with one gold and three silver medals, less than two years after she took up swimming competitively. Once again the Danish Federation and Olympic Committee took notice and bumped up their support knowing that Karina's next stop will be Beijing 2008.

Coach Thomas and Karina worked like people possessed towards fulfilling Karina's lifelong dream of Olympic success. Her gold medal and new world record in the 150m IM as well as her bronze in the 50m Backstroke made all the sacrifices and training worthwhile. Karina looked back at her Olympic success knowing she achieved better than she expected.

In July 2009 Karina arrived at the hpc on a three week training camp to prepare for the 2009 European champs in October and eventually the World champs in Rio in December. She arrived alone, without her coach or any other swimmer to keep her company during her daily four hour swim sessions and her gym sessions. Her only company was Max, her dog and Rudi her boyfriend. Initially no one really took notice of Karina and Max but soon she became the topic of many conversations around the pool as she religiously completed the daily programme's of coach Thomas. Karina and Max on their way to another training session soon became a familiar sight. Many a time I watched them soak up the meager winter sun after training and couldn't help but wonder where she gets the strength from to follow this regime, on her own, day after day. No inspirational slogan or sermon could have ever been as effective on my swimmers as witnessing Karina getting through this training camp on her own.

Eventually I got the opportunity to ask her some questions about her life philosophy and on what keeps her going. She told me that her approach to competitions was to "always be prepared to fight to win". Although she knew it wasn't always possible to win she "saw every race as an opportunity to get closer to become number 1". Her advice to young athletes is to primarily "have fun and enjoy what you do". She goes on to say that "success or failure should not be the end results, but rather the enjoyment of the journey that serious sports participation puts you onto". Focus should be directed towards "moving your personal boundaries and taking pride in how much you improved as a person". Karina's mantra is "pain is temporary, but pride is forever" 🏆

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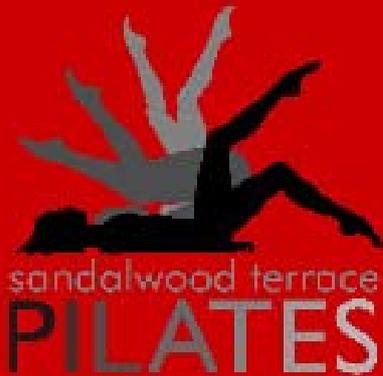
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## from the sideline



*Text: Lester Mills*

KNOWING first hand how the media love to get on the back of anyone who has the perchance of being controversial, it's been with some initial amusement and now actual embarrassment that I've watched firstly our national soccer coach Joel Santana and then his rugby counterpart Peter de Villiers walk blindly into more than one press conference ambush recently. But instead of shooting the messenger (the media in this case), maybe the spin doctors in charge of looking after their people need to do their jobs properly. To think that both the South African Football Association (SAFA) and the South African Rugby Union (SARU) pay people good money to firstly brief their coaches on the intricacies of how journalists and the media in general operate and then on how best to handle them is laughable. Then again some people who are thrust into the public spotlight just seem to court trouble no matter how good their back-up team.

Of course, former US president George Bush springs instantly to mind. Most media houses have stored up large dossiers of truly mind boggling things our dear president Bush came up with in his terms as the leader of the western world. One example of which is his classic answer to a question on air pollution. "It's not the pollution that's the problem, but all those impurities in the air that are" was the answer. We can only guess what he was thinking (or not thinking) coming up with that gem.

Certainly Bafana Bafana's Santana was not thinking too clearly either when he told an already disappointed group of soccer writers that he was of the opinion that the team had played very well in their goalless draw with Iraq in the opening game of the FIFA Confederations Cup played here in June. You see, Santana was already been heavily criticised for employing tactics deemed to be far too defensive and then to tell the world that his team had performed well against a team like Iraq, just had his detractors sharpening their knives.

Fortunately for Santana, Bafana Bafana went on to show some dramatic improvement as the tournament went on. He also seemed to take some advice about breaking with his defensive tactics and the calls to get rid of him calmed. It's also interesting to see how Santana chose to handle the media at times. When under extreme pressure following a negative results, the Portuguese speaking Brazilian born coach opted to take questions through a translator. In this way, it can take a rather long time to get to the point and much gets "lost in translation." Certainly a rather clever way to get past those difficult questions. If you happen to have a street wise interpreter all the better.

However, recently with Bafana Bafana performing

amicably, Santana suddenly "found some English" selecting to give TV interviews without the help of a translator. Let's hope he becomes fluent in English as the World Cup progresses next year.

But what about this for a suggestion. Why don't we provide Springbok coach De Villiers with a translator of his own. Yes, he is a "twee taalige" South African, but frankly, I think he much prefers using Afrikaans to express himself.

In the high-pressure world of international rugby, where a coach needs to carefully weigh-up every word he says on the public stage, I don't think it will be an insult to anyone should De Villiers choose to speak only Afrikaans and then have his words translated into English. It would definitely not make him any less than of a rugby coach.

There is no doubt that the British media took full advantage of De Villiers' English in jumping to some problematic conclusions. Yes, the Springbok coach did tell a press conference following the Loftus Versfeld Test against the Lions that he felt Schalk Burger should not have even received a yellow card for his acts of "eye gouging" Lions wing Luke Fitzgerald in the opening minutes of the game. Burger later was slapped with a tough eight week ban for his act, but on initial inspection, it looked like Burger was giving as good as he was getting and with that in mind De Villiers said what he did. It did not stop the British media from strongly suggesting that the Springbok coach was condoning "eye gouging" in rugby. Quite a far reach by them as far as I'm concerned.

Possibly the use of a translator in this case could have helped, but one doubts whether De Villiers' suggesting that if people did not like the physical nature of rugby they should take up ballet could have been presented any softer by a translator. Ultimately, then it seems that while some things our beloved national coaches do cough-up need to be "lost in translation" no one can actually stop them from saying what's on their minds.

But how about one more quotable quote from the files. Let's just say from the outset that we dearly love Blue Bulls coach Frans Ludeke, but he too at times battles to express himself in English.

Speaking to a group of journalists some time ago, Ludeke told those gathered that rugby was a simple game and not "rock science".

Great stuff Frans 🌈



