

the Medalist

sport, science, knowledge



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December 2009



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from the CEO'S OFFICE



What has happened to old cliché of sports administrators should not be the ones receiving the accolades and all the television and radio time? It seems as if in this day and age it is not about what you can do for the sport, but what the sport can do for you and how honesty and integrity are words from some ancient pass and do not relate to this day and age.

Every sporting administrator around the world has a responsibility, not only to the sport, but also to all its constituents to ensure that the sport be delivered to everyone in the most professional manner. They must realise that they must be held accountable for mismanagement, not only of the funds, but also of the basic rules of Corporate Governance. They cannot go around lying to the general public, and to all and sundry, and hope that they will get away with it.

Similarly it is also the role of the media to ensure that there is balanced reporting and that each respective case receives the good publicity when it is due and similarly receives the bad publicity when those associated with the sport step out of line. Having recently been exposed to the good and the bad of media reporting over the past few months, I am once again being brought down to earth with the realisation that it is not the balanced reporting that we would like to see that sells newspapers, but rather about "how many newspapers we can sell" irrespective of the validity of the report.

Getting back to the administrators there are a number of basic "commandments" that they should adopt as their driving ethics and standards if they are to represent the sport at the highest level, and they are:

- Thou shalt accept the full responsibility and accountability of the role of a sports administrator.

- Don't just tell the people you are one, but understand that it comes with a set of responsibilities and accountabilities for the organisation which are real and measurable as with any other professional business.
- If thou hast a high profile in the media, thou will act in an objective, dignified way and never embarrass the organisation. Administrators with high media profiles should use the role to benefit the sport as a whole and not bring it to its knees.
- Thou shalt not use thy Administrative/Board powers and influence to get special inside deals for thy friends and family.
- Thou shalt embrace the same standards and rules as embraced and lived by the players, coaches and staff.
- Thou shall accept that there is only one team – one vision – one set of rules for all in the organisation.

These are only some of the basic commandments as expressed by Wayne Goldsmith of Sports Coaching Brain in his article titled "Boards and Sporting Organisations – the ten basic commandments of being a great Board member."

Let's hope that the days of reading about great performances will soon grace the pages of the various tabloids once again and that we will not have to read about the goings on and politics of the various sporting administrators on such a regular basis 🏅

Toby Sutcliffe

Failure to Launch

Breaking Barriers to South African Athletes Abroad

*Text: James R. Clark, Department Biokinetics, Sport & Leisure Sciences
Institute for Sport Research, University of Pretoria*

Why do South African athletes seem to disappoint so frequently at international competitions? was the question I was asked. Of course, I had heard this one before - colleagues and I frequently debate the issue over a few cold ones or, more likely, following yet another suitably forgettable performance of a South African outfit on the world stage. The question comes more than a year after the still painful results of the 2008 Beijing Olympic Games which haunt the South African sporting fraternity sufficiently to encourage some frenzied activity at various levels in an attempt to avoid a repeat of that performance. As the sport scientist to a national federation with Olympic ambitions, the issue is an important one to me, with real-world implications for the preparation and performance of my athletes.

The frequent labelling of South African athletes as 'chokers' sprung to mind as soon as the topic was presented to me. Sports-nutty South African supporters seem to harbour a perverse love of crucifying our national representatives when they fail to deliver all but the highest honours on the international stage. But is this 'choking' label warranted? Do South Africans have a problem with international or overseas competition?

To my dismay the answer was a resounding "yes!" from the vast majority of those I cornered on the issue. Granted, my convenience sample of twenty or so friends and colleagues limits this as a scientific exercise, but I'll put my head on a block and venture that this reflects the general consensus amongst the South African public. While several notable international successes in swimming, athletics, golf, rugby and cricket are by no means forgotten, most people I interrogated believed that when our athletes reach the international stage, the performances witnessed are not congruent with the perceived athlete capability or public





expectation.

What about the numbers? As a scientist, I want proof. Since the Beijing debacle clearly added significant weight to this public perception, the Olympic Games seemed like a good place to search for any truth in this perception. The Olympic Games remains the ultimate international stage for athletes in 28 sports (at the 2008 Beijing Games) and winning an Olympic medal remains the pinnacle of performance in these codes. The Games also allow comparisons between nations' performances - most readers should be familiar with the so-called medals-per-capita comparisons which describe the number of medals a nation wins compared to the population of that country. These have been used in describing sporting prowess, spending and chances of success in various countries. I've used an alternative comparison here - how many medals have been won (success) compared to the number of competitors (participation) sent to the Games. Specifically, I looked at the results since South Africa's resumption of Olympic competition in Barcelona in 1992, spanning five Games, Barcelona 1992, Atlanta 1996, Sydney 2000, Athens 2004 and Beijing 2008. The results are shown in the accompanying table.

Number of competitors and medals of selected countries at the Summer Olympic Games from Barcelona 1992 to Beijing 2008

NATION	COMPETITORS	MEDALS	RATIO
ETH	151	28	5.4
CHN	1855	326	5.7
USA	3095	512	6.0
JAM	231	33	7.0
AUS	2259	221	10.2
GBR	1595	140	11.4
BRA	1152	55	20.9
RSA	566	19	29.8

This comparison yields a 'success ratio'. For example, one in seven athletes Jamaica sends to the Games are likely to win a medal. The table is not extensive; instead I've included the traditional 'big-guns' like USA, Great Britain and Australia, and also socioeconomic contemporaries of South Africa like Jamaica, Brazil and Ethiopia. The result should not come as any surprise to the South African public - we need almost thirty athletes to ensure a single Olympic medal, one of the worst performers at the Games in this regard. Sure, this exercise is limited: ignoring our (somewhat successful) professional and non-Olympic sporting codes is one; using a single four-yearly event is another; unique factors related to South African team selection is a third; but as the world's sporting showpiece these are arguably the same factors which support such a comparison in assessing whether athletes deemed 'good enough' for international competition go on to international success. And I'd venture

a guess that even if one tracked the more 'fair' ratio of personal best performances to number of competitors at the Games, South African athletes would still not be among the stand-out nations.

So it does appear there is a problem. Why? Answering this part of the question led me to assemble the opinions of some people in the know - insiders to the world of high performance sport rather than simply members of the public. These included athletes, coaches, trainers and sport scientists. Here are some options.

Insufficient Finances and/or Infrastructure.

The perennial excuse in South Africa. Certainly, we cannot compete with the financial investment into sporting systems that countries like Great Britain, USA or Australia rely on to 'purchase' and 'plot' their international success. But it's a tough answer to substantiate given the successful examples of Jamaica or Ethiopia in athletics, Cuba in boxing, and so on. Regular readers of The Medalist will be familiar with Wayne Goldsmith's comments that a lack of money or state-of-the-art facilities is rarely the limiting factor in successful sporting performance.

Inferior Ability.

Unlikely. The impressive performance of South African sportsmen and women on occasion,

particularly in golf, athletics, rugby and cricket attests to the fact that South African athletes are not physically less capable or talented than their international opponents. While certain human population may be better suited to particular activities, there is no evidence that South Africa is populated by a diverse assortment of uncoordinated and physically inferior misfits. On the contrary, our diversity may be an asset.

Inappropriate Public Expectations.

The argument that the South African public is overly demanding of victory and intolerant of failure is an attractive one. It is supported somewhat by the comment on the South African mind set below. However, it assumes that some nations are more satisfied with their athletes losing that we are. So it is also an unlikely answer. Everyone wants to win.

Inadequate Preparation.

South Africa has plenty of coaches and athletes who are preparing extensively for the physical demands of sporting competition. But overseas, international-level competition is not just a physical challenge. The added rigors of international competition may include travel, prolonged periods away from home, uncomfortable and unfamiliar surroundings. There is a reason that experience is rated highly in international sport – it is important to know what it takes to prepare and win at the highest level in order





to achieve it. Experience of international competition must be created or simulated if preparation is to be complete. This is true for all levels of the support team, not just the athlete. Part time preparation will continue to yield part time results. While the mental preparation is arguably the most neglected area in South Africa, fortunately, it is modifiable.

Insufficient Self Belief.

Many South African athletes appear to believe that they are inferior to their international competitors and that they will struggle more on the highest level. Such a mindset is destined to produce suboptimal performance. Goldsmith frequently states that belief in oneself and belief that anything is possible are vital for successful performance. International opposition frequently suggest that South African athletes fail to live up to their potential, give up too easily, or seem out of place on the world stage. Interestingly, South African athletes tell us that initial international competitions are scary, with opponents all looking 'better'.

Perhaps this is a product of our history of sporting isolation, when generations of South Africans were not hardened on international competition. While this period officially ended almost twenty years ago, beliefs may well be inherited from previous generations. Some have suggested that the isolation encouraged a rather narrow-minded view amongst South Africans - one that

has over-valued local domination.

Optimal mindset is not only applicable to athletes. Coaches, managers and support staff also require the belief that they are the best in the world. Once a full complement of focused, determined, competitive-minded managers, coaches and support staff exist then athletes can be more properly prepared to be the very best they can be, rather than putting the rest of the world on a pedestal in the hope of motivating our athletes to work harder. The challenge to team management is to create environments that encourage this belief along with commitment and excellence, rejecting mediocrity. This demands strong leadership, particularly in coaches who are frequently the drivers of these support systems. Belief that the athletes are world class and treating them as such is one place to start. Such a mindset is contagious. I dare say, when South African athletes have had such environments, pockets of excellence and high performance have resulted.

These attitudes need to be identified and addressed as part of the complete preparation for international competition. Otherwise, bar the odd performer or team, South Africans will continue to prepare to be competitive rather than to win. It would seem that high performance flows as much from a mindset as from actions; how things are done is as important as what is done 🇷🇺

No prize is awarded for guessing correctly what the favourite number is of Andrea Steyn (Nestlé Pure Life).

Looking at her results in the local triathlon and duathlon events, it has to be number one.

So far this year the 25-year old Steyn has won the African and South African women's triathlon championships. She is also the South African female duathlon champion. But that is not all. During the past four weeks she made it three out of three by also winning the BSG/Energade Series in Midmar, Potchefstroom and Roodeplaat Dam.

Actually, Steyn's performance in the BSG/Energade Series can only be described with one word and that is AMAZING, written in capital letters. With her three victories Steyn has increased her winning streak in the series to ten consecutive wins. Last year she had also won all seven events.

Therefore, it is not surprising that Steyn has won the series three times during the past four years.

At the World Duathlon Championship (10km run, 40km cycle and 5km run) in North Carolina she finished 6th, only 38 seconds behind Vendulu Frintova (Czech Republic) who won in 2:08:55.

Just reading through Steyn's CV can be a tiring experience. One cannot help to wonder how she copes everyday, having to fulfil the role of a wife, work as physiotherapist and train a few hours as well.

"I must admit that there are days sometimes when I also begin to wonder why am I punishing myself to such an extent, but luckily those days are few."

"I am fortunate to have a husband like Wilhelm, who fully understands what it takes to become one of the best and who supports me. Then I am also lucky to be working as a physiotherapist at the University of Pretoria's High Performance Centre (hpc). They are really supportive. I only work from 10:00 to 15:00 and have ample time to train and to be a wife."

"But I often have to ask myself whether there are ever enough hours in a day."

According to Steyn, working for and being sponsored by the hpc is definitely an advantage when you are a serious athlete.

"You benefit from having the best sport scientists available to help you to get faster and stronger. Swimming is by far my weakest event, but with the help of my coach, Libby Burrell, and the other knowledgeable people at the hpc, I am confident that by July next year I will be ready to swim with the world's best triathletes."

"At the hpc they leave no stone untouched to ensure

that I improve to the best of my ability. One of the things that impressed me is the fact that they take underwater pictures of me while I am swimming. This enables us to see what I need to do to become a faster and more efficient swimmer."

One thing that is certain in any interview with Steyn, is that the topic of swimming will definitely surface. That is because Steyn only started swimming at a relatively late stage of her sporting career.

At school she was one of South Africa's best middle distance athletes. Her winning time of 6 minutes 50.57 seconds on 27 April 2002 in the 2000 steeplechase, is still the second-fastest by a South African u.20 female athlete.

Only Angela Wagner (6:45:57 in 2007) managed to run a faster time.

After school she seriously started to compete in duathlons. Steyn has only been competing in triathlons for the past five years. That means that she has only been swimming for five years.

Many of the world's best triathletes already swam competitively at school before switching to triathlons.

So Steyn's main battle ever since she started to compete in triathlons, is not to lose too much time in swimming. In local triathlons the athletes know that they need at least a minute head start in the shorter events (600m swim, 20km cycle and 5km run) if they want to have a realistic chance of winning. In the longer events (1.5km swim, 40km cycle and 10km run) they need a lead of at least two minutes.

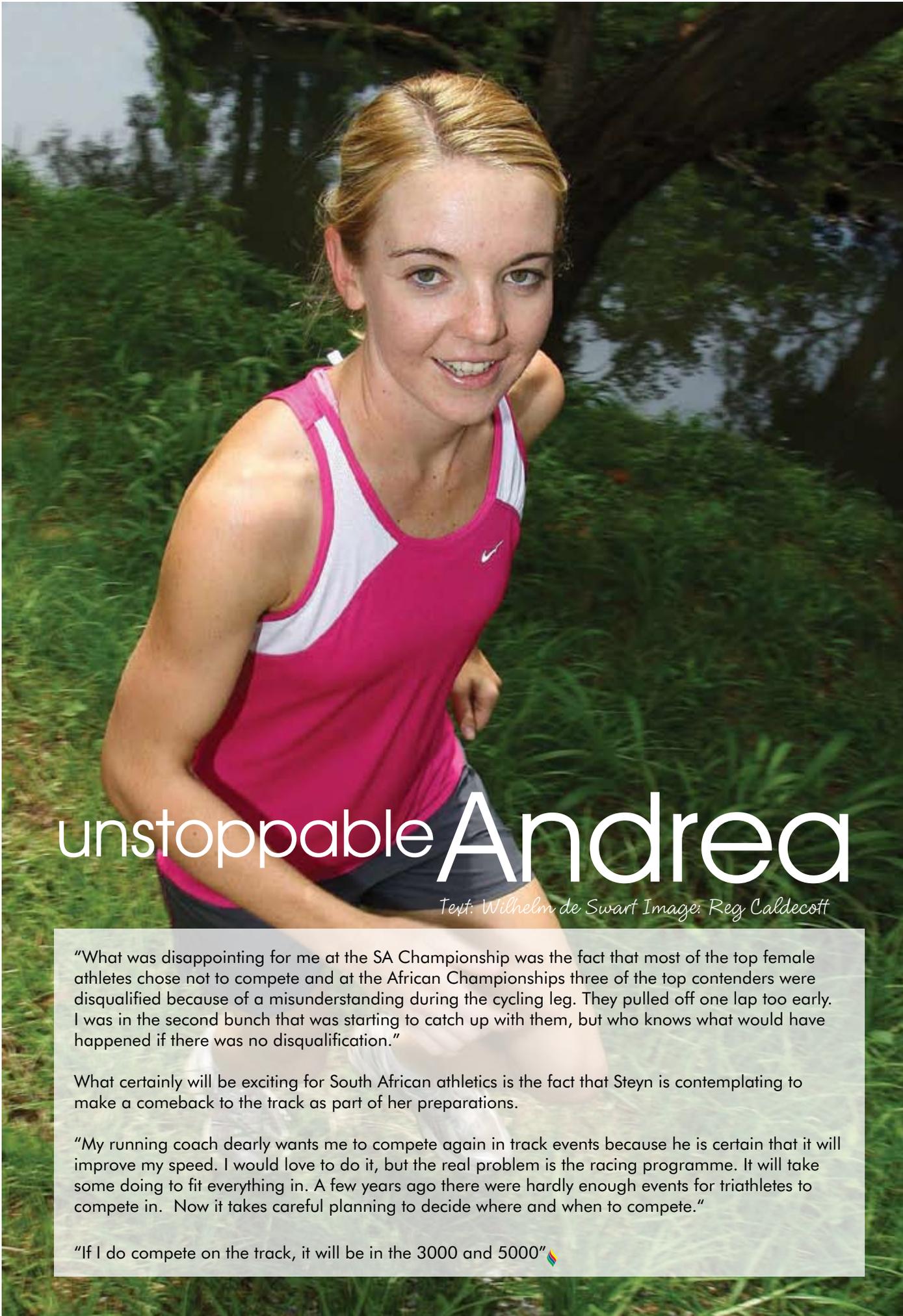
Steyn's biggest asset as a triathlete is her running ability. At the moment she is the only SA triathlete who can run with the world's best and everybody knows that triathlons are won during the last few kilometres.

Nowadays Steyn gets quite excited about her swimming times.

"A year ago I still lost about a minute in the swim, but now it is down to 10 seconds. That is exciting and definitely serves as an extra motivation when I am training. My immediate goal is to improve my swimming to such an extent that I will be able to compete in some of the International Triathlon Union's (ITU) events in July next year."

Steyn does not say it explicitly, but one of her goals for next year is certainly to see whether she could qualify to represent South Africa at the Commonwealth Games in India. Her first test to see if she is on par, will be on 9 December when she will be competing in Mauritius. Her ultimate goal is to compete at the 2012 Olympic Games in London.

According to Steyn her victories at the South African and African Championship do not count for much.



unstoppable Andrea

Text: Wilhelm de Swart Image: Reg Caldecott

“What was disappointing for me at the SA Championship was the fact that most of the top female athletes chose not to compete and at the African Championships three of the top contenders were disqualified because of a misunderstanding during the cycling leg. They pulled off one lap too early. I was in the second bunch that was starting to catch up with them, but who knows what would have happened if there was no disqualification.”

What certainly will be exciting for South African athletics is the fact that Steyn is contemplating to make a comeback to the track as part of her preparations.

“My running coach dearly wants me to compete again in track events because he is certain that it will improve my speed. I would love to do it, but the real problem is the racing programme. It will take some doing to fit everything in. A few years ago there were hardly enough events for triathletes to compete in. Now it takes careful planning to decide where and when to compete.”

“If I do compete on the track, it will be in the 3000 and 5000” 🏳️‍🌈



Ryan Hodiernerne

living the adventure

Text: Wilhelm de Swart Images: Reg Caldecott and Ryan's own collection

The Duracell battery just keeps going and going is the claim made by the manufacturers in their advertisements.

Well, perhaps Duracell should consider to sponsor Ryan Hodiernerne from the University of Pretoria's High Performance Centre (hpc), because he also seems to keep going and going without ever getting tired.

Actually there is a strong resemblance between Hodiernerne and Richard Bach's Jonathan Livingston Seagull.

Jonathan Livingston Seagull was obsessed with taking flying to a new level of perfection. Perhaps it would be unfair to say that Hodiernerne is obsessed with what he does. Actually it is more a matter of not being able to resist a good physical challenge. The most obvious similarity between Jonathan Livingston Seagull and Hodiernerne is their habit of pushing their bodies to the ultimate limit without ever giving up.

At the age of 25 years Hodiernerne has already experienced and endured more of life's thrills and excitements than most people will have in 70 years, but there is still no way to stop him.

He is one of the youngest ever athletes to have competed in the Land Rover G4 Challenge, which is considered to be one of the toughest global adventure competitions in the world. The Challenge includes athletic activities such as mountain biking, kayaking, rock-climbing, abseiling, trail running and rope work, as well as off-road driving and mental aptitude challenges.

It was while competing in the G4 Challenge that Hodiernerne received one of his greatest compliments. Martin Dreyer, Dusi-legend and winner of the 2006 Challenge, told the Tukkies that he had the makings to become one of the world's best adventure racers ever.

"Because it was Martin who said that to me, it was really special. He himself is one of the best adventure racers."

Hodiernerne also competed in the World Champion Series Adventure Race over 700 kilometres in Portugal last year. As far as mountain biking is concerned, he has competed at least once in each of the big events, apart from the Epic.

"I would love to do the Epic, but it is just too expensive. I won't mind if somebody would sponsor me. Then I will do it in a heartbeat."

Hodiernerne has competed in most of South Africa's adventure races. He finished the Triple Challenge (21km trail run, 55km mountain bike and 18 km paddle between Pietermaritzburg and Durban) and the 94.7 Cycle Challenge and quite a few triathlons.

A definite highlight for Hodiernerne was the Southern Storm, which is a six-day adventure race in the Southern Cape. He finished 3rd overall.

There were two special moments during this event. The first was when the athletes had to run the Otter Hiking Trail in one day.

"It was the first time ever that the National Parks Board allowed any sports event to take place on the Otter Hiking Trail. I managed to outrun the Comrades legend, Nick Bester. Afterwards Bester said that it was one of the toughest runs he had ever done, even tougher than the Comrades."

"On the last day I experienced one of those absolutely perfect days when nothing could go wrong. It just felt as if I could go on for ever and ever. This enabled me to catch up with many of the leaders and pass them to finish 3rd overall."

When asked if there were specific challenges left that he would still want to tackle, Hodiernerne said that the Comrades, Ironman (3.8km swim, 180km cycle, 42km run), the Xterra World Championship in Hawaii and the EcoChallenge were all definitely on his endurance menu.

"The EcoChallenge is the be all and end all of adventure racing. It is a six to eight day event which will test every athlete to his limit. You have to race through



snow and extreme heat. The terrain through which the athletes have to race also changes constantly. So you have to be prepared for anything and everything.”

“And that is what I love about adventure and mountain bike racing. We get to see some of the most beautiful parts of South Africa and the world, depending on where you race. It will take tourists weeks to see and experience what we experience in five days.”

Hodierne admits that the hunger that drives him to these extremes is the main problem of his sporting career.

“I don’t seem to be able to focus on just one challenge. I want to do it all. I know that I am wrong, especially if I want to represent South Africa. If I do decide to focus on just one sport it will be mountain biking, but it will be difficult because I am an adventurer at heart. The tougher things get, the more I enjoy it.”

“But if I am totally honest with myself, I have to admit that there are times when ‘lekka’ is not ‘lekka’ anymore. During the adventure race in Portugal there was a stage when I was really, really cold but there was nothing that I could do about it because everything in my bag was wet. That is when you start thinking about and missing all the comforts and luxuries at home.”

“At its worst moment you begin asking yourself whether it is all worth it. But the moment you cross the finishing line you experience an unbelievable feeling. Then all the suffering is forgotten and you start thinking about the next challenge.”

It is not a case of all play and no work for Hodierne. In real life he is a bio-mechanical and video analyst at the High Performance Centre.

When asked what it means in layman terms, Hodierne replied that, in short, it comes down to the study of the mechanics and functions of human movement – in everyday as well as in sporting situations. It is all about trying to do everything as efficiently as possible and, in doing so, help athletes to save energy and time.

“I have worked with the South African canoeing and rowing teams, as well as with quite a few of South Africa’s top swimmers. I am also involved in helping the junior triathlete squad. The fact that I myself am actively involved in sports certainly helps me to understand sports better.”

“The good thing about working at the hpc is that I have an amazing support system. I can consult with the best specialists in the world. Actually I think that I have a unique relationship with my hpc colleagues.”

“They all know me as the mad sportsman and when we pass each other in the corridors we begin to discuss all our different sports. Then I learn from them and they learn from me” 🏳️‍🌈



N(aa)t your average fitness trainer....

Text: Wilhelm de Swart Image: Reg Caldecott

Not many people are probably aware of the fact that the High Performance Centre of the University of Pretoria's (hpc) employs an outstanding 'mechanic'.

When this mechanic has 'fine-tuned' an engine, winning becomes a mere formality.

No, the hpc has not opened a Grand Prix Academy, nor are they planning to replace the outgoing Toyota Formule-One Team in the Grand Prix Circuit.

This mechanic works only with human limbs and minds.

'Mechanic' is the word which Naat Loubser uses to describe his own job. Officially he has the title of 'Head Strength and Conditioning Specialist of the hpc' and he spends his days trying to help the athletes of the hpc to perform at their best when it really matters.

"I am the guy who fine-tunes the athletes' 'engines' to enable them to produce the maximum power with the least loss of energy."

There is an old English proverb that says 'The proof of the pudding is in the eating'. Judging by the results of some of the top athletes at Tuks this year, Loubser is definitely doing something right.

Cameron van der Burgh won gold as well as bronze medals at the World Swimming Championship and he also improved the world record in the 50m at the World Athletics Championship; Bridgitte Hartley won a gold medal in a canoeing World Cup event; In July LJ van Zyl became only the 2nd South African athlete to break the 48-seconds barrier in the 400-hurdles with a winning time of 47.94s. And so the list of performances continues.

For Loubser this is just the beginning.

"It might sound arrogant, but I would love to be able to say after the 2012 Olympic Games in London that I have helped at least nine athletes to win medals. Of course it would be even more special if it could be nine gold medals. What's more, I think it is a realistic goal." Loubser's passion for good results in sports goes way back to when he was still at school.

"You can name any sport and there is a good chance that I have participated in it. I was a good all-rounder, but never a true winner. I found this a bit upsetting because I worked really hard at all the sports in which I competed."

"I could never understand why some of my contemporaries at school were able to win without really training very hard. It made me wonder what they would have achieved if they had taken their training seriously. With hindsight, I now wonder how much better the champions of my sporting days would have performed if they had been properly conditioned.

"So you could say that the motivation to become involved in sport conditioning already started when I was at school."

Loubser makes it very clear that he is just a small player in the big picture of sports.

"It should always be about what is best for the athlete. The coach is the person who is responsible for strategy and technique. But even the best planning would be useless if the athlete is not fit or does not have the necessary power and speed. That is where I come in. It is my role to ensure that the athletes are in top condition when they participate."

"In a way it can be said that I determine the limits of every athlete. For example, if I say to an athlete that he or she will be able to do a workout with a 100kg weight, that will be exactly the goal towards which we will be working – nothing more and nothing less. Basically it means that the athletes with whom I work will only be able to do as well as I believe them capable of doing."

"For a conditioning coach it is always important to remember that he is working with human beings who consist of flesh, blood and emotions. With every goal that he sets for an athlete he should not only be optimistic, but also realistic. With every goal he has to be aware of the physical as well as the emotional state of the athlete with whom he is working" 🏆

Q and A

Question:

For those of us who did not follow women's hockey in at the time you played the game, tells us a little about your career. How and when it started, the dates you made the provincial side and then onto the national side, what position you played, did you reach the top of your career under your maiden name, etc.?

Outdoor hockey - Made South Natal school hockey in my matric year in 1973, 1974 made Natal Mynahs, in 1975 played for Natal and in 1976 played for the Springboks in Europe. Continued playing for Springboks until 1989 (13 years) Position played Left Half. Played indoor hockey for Natal and Springboks (approx. same period). Played as Eileen Fourie, married in 1990 to David Pillans.

Question:

In your opinion what were some of the highlights of your career?

School sports honours
Springbok colours 1976 (outdoor hockey)
Springbok colours (indoor hockey)
Receiving the State Presidents Award in 1981 – "The South African Sports Merit Award"

Question:

Who were some of the other top woman hockey players and coaches around at the time?

Eda Cohen, Margie Ogston, Melanie Muller, Jo Madsen, Arlene Coates, Annette Bekker, Maryna Edwards, Rina van Zyl, Roz Howell, Kerry Rose-Innes

Question:

Because South African sport was still isolated in the years you played the game, were you ever exposed to playing against top international teams or players?

1976 and 1980 travelled overseas under the auspices/non de plume of an "English" team due to political situation.

Played several internationals in South Africa, indoor (Austria)

Question:

In the context of today's players who are regularly exposed to international competition, do you think your generation of players missed out on a lot and could they have held their own on the international circuit?

Most definitely, the Springboks of our time would have faired and competed with the very best, from the limited exposure we had, we were rated among the top five nations in both indoor and outdoor hockey.

Question:

Did the coaches and players of your era concentrate much on the "sports science" side of things as is the trend today?

Sports Science was really only introduced and came to

the fore toward the end of my career. In our time the focus was upon fitness and basics, the sciences were only starting to be considered and developed toward the end of my career.

Question:

Takes us back to a typical week in the life of Eileen Pillans, the hockey player in her prime.

I spent most of my days working for a financial institution but in order to stay at the top in hockey, training was a daily routine that I never missed. If club hockey started at 17h00 I started at 16h00. I knew that to be better than the rest I had to do more than the rest and that included working out on Sundays.

Question:

Takes us through a typical day in the life of Eileen Pillans as a career woman, wife and mother today. (here you could tell the readers about your family, husband etc).

After retiring from hockey, my husband and I decided that the most important aspect of our lives to focus upon, was our children; Mathew and Caley. We arrived in Pretoria in 1994 and decided that the best suited position would be one that allowed me to drop and pick up the children from school and also allow me to carry them to and from their extramural activities. My husband and I have both grown up in a sporting and outdoor environment and it was always our wish to give our children the same opportunities in life. Today we are very fortunate to have been able to send our children to two wonderful schooling institutions; Mathew to Pretoria Boys High and Caley to Pretoria Girls High school.

Question:

Have any of your children followed in your sporting footsteps?

Yes, my daughter Caley has an excellent 'sporting eye' and can hold her own in virtually any sport, she has leaned toward tennis and I am sure she will excel. Mathew has represented Northerns in both hockey and cricket, he is currently in the U19A cricket side to play in the Coca Cola week, to be played in December, in Benoni. He will be pursuing a career in cricket at the High Performance Centre in 2010.

Question:

Do you have any advice for the budding young hockey players of today?

Yes; there is no substitute for practice, if you want to be the best, you have to do more than the rest, it is very simple there are no shortcuts!

Hockey was my first love but the day that I heard my son cry from the side of the field was the day that I realised I needed to retire from the game, for I had never in the past heard any of the off field noises or distractions because I was so focused on the game. My greatest pleasure today is being able to watch my children play their sport and take over from where we left off, enjoying, meeting people and making friendships....but let me say that even though I am not on the field the butterflies are still ever present 🦋



Legend

Eileen Pillans

Chantal Swan from the TuksSports High School openly confesses that she would much rather put her body through hours of unbelievably strenuous exercises than sit behind a desk, trying to memorize and understand the words in some textbook.

"Not that I don't enjoy studying, but it is definitely not as exciting as trying to master a difficult artistic gymnastic exercise," the 18 year-old matriculant explained. Swan has been one of South Africa's top female gymnasts for the past six years, winning at least one medal each year in international competitions. At this year's South African championships she finished 2nd overall (2nd in the vault, 1st on the uneven bars, 2nd in floor exercises, 3rd on the balance beam).

In South Africa, where rugby is king as far as sport is concerned, many people might not be aware that gymnastics originated in Ancient Greece more than 2,000 years ago. Furthermore, gymnastic exercises, even including some primitive apparatus, were used for medical purposes in ancient China and India much earlier.

The concept was mentioned in works by ancient authors, such as Homer, Aristotle and Plato. It included many disciplines, which would later become separate sport-items, for example swimming, racing, wrestling, boxing, riding, etc and were also used for military training.

In its present form, gymnastics evolved in Germany and Czechoslovakia at the beginning of the 19th century and the term 'artistic gymnastics' was introduced at the same time to distinguish free styles from the ones used by the military. A German educator Friedrich Ludwig Jahn, who is known as the father of gymnastics, invented several apparatus, including the horizontal bar and parallel bars which are used to this day.

Swan says she was five when she started to participate in artistic gymnastics. She immediately enjoyed the physical and mental challenges of gymnastics. "If you want to excel in gymnastics you have to start at a young age because it is a sport where mind over matter is really important. The older you get, the more you battle to master some of the exercises because then you start thinking 'If I do this I might break this or that or, at the very least, get injured'.

"But when you are young, you will do nearly anything without giving it a second thought. It is a case of 'fools rush in where angels fear to tread'.

"It really helps if you can master the basics while you are still young, because it serves as a foundation in your gymnastics career for the time when you are older and start to analyse things before you attempt

anything."

Swan trains an unbelievable 28 hours (approximately 5½ hours for five days) every week.

Asked about how she manages to cope and whether she does not feel that she is missing out on being a normal teenager, her reply was no.

"Since I started to participate in gymnastics I have not regretted a single decision that I have made. The important aspect of gymnastics is that it teaches you to be really disciplined."

Nadia Comaneci, from Romania, astonished the world when she won three Olympic gold medals during the 1976 Olympics. More importantly, she became the first ever gymnast to be awarded a perfect score of 10 in an Olympic gymnastic event. She was also the winner of two gold medals at the 1980 Summer Olympics and certainly is one of the best-known gymnasts in the world.

Will South Africa ever be able to boast with its own Nadia Comaneci?

"No," is Swan's honest answer.

"In European countries gymnastics is basically a lifestyle. From what I have heard, I got the impression that kids start training for gymnastics when they are barely able to walk. They go to special academies where they spend almost the whole of each day on training to become perfect gymnasts. Academic work is of lesser importance."

Would you like to have had the same opportunities?

Again Swan's answer is "no".

"I am happy with the way my gymnastic career is playing out and glad that I have the opportunity to be a more balanced person. You have to be prepared for life after gymnastics."

Swan's CV, as far as international competitions are concerned, is quite impressive.

She started to compete internationally at the age of 12. It was in Australia and she won a bronze medal in the vault. In 2005 she won a bronze medal in uneven bars and in 2006 she won a gold on the balance beam as well as a bronze in Germany for her performance on the uneven bars. She was also third overall at the All African Championship in 2006, winning a silver on the uneven bars and a bronze in the floor exercises. This year injuries (fractured vertebrae and a hairline fracture in her right ankle) prevented her from competing in as many international competitions as she usually does, but it seems as if these injuries are almost something of the past.

Swan's next major international meeting will be the All African Championship, which will take place in Namibia in February next year. Afterwards she will concentrate on trying to qualify for the Commonwealth Games in India 



graceful "Swan"

Text: Wilhelm de Swardt Images: Reg Caldecott



Reaching for the stars

Text: Ryan Hodierne Images: Susan du Toit

This young women's football academy is destined for greatness! At present the academy is based at the High Performance Centre (hpc) under guidance of the SA Football Association, which is being funded by the Lotto.

The founder and driving force behind the Academy is Fran Hilton-Smith who has been in the loop of National football for more than 10 years. Assisting Fran on the coaching front is SAFA's Augustine Makalakalane, who is also the head coach of the women's national team, with Josina Tellie performing the all important role of housemother within the academy hostel set-up. On the Sport Science and Physiological testing side, Shona Hendricks is leading this up keeping the girls fit and healthy.

Having spent some time abroad with women's football in mind, Fran came to realise the need for talent identification and nurturing within the greater South African community. Fran was soon to discover just how much talent was available as well as the amount of willingness to take part. Due to this discovery an academy was set up that would identify talent and proceed to nurture it on a long term basis, with the hope in mind that those looked after would proceed to greatness and possibly be contracted abroad.

One factor that would hamper the progress of this newly found academy was that many of the players came from disadvantaged communities, and would arrive at Monday's practice session undernourished and often injured. Due to this, it would often require a few days of proper nutrition and treatment to bring the girls to a decent level of health and fitness, thus delaying the period to focus on the performance aspects of the game. It was very evident that natural talent was abundant and something had to be done to maintain the general well being and decent level of fitness amongst the group.

In 2003, the Lotto was approached for the funding of a potential SAFA Women's Football Academy. The proposal was considered and granted the go ahead, which brought about the u/17 and u/20 National

Academies being based at the hpc and is the only institution of its kind in Africa.

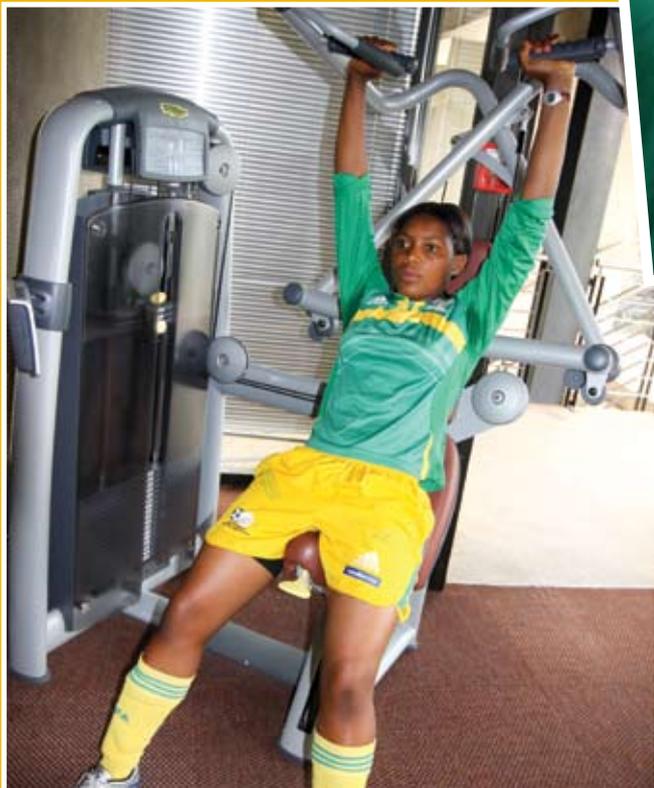
Twenty five talented girls would be selected every year, most of them in the region of 15 years of age as it has been realised that from a younger age, the girls adapt far better to the rigours of the academy lifestyle. A 50% academic average at school level is required as part of the selection, this bodes well for the 50-50 policy that Fran believes is so important – 50% school / 50% football. This holistic approach provides a balanced lifestyle for female footballers due to the fact that many don't make it professionally, they then have the back-up of a good education.

This year (2009), proved to be a successful year for the academy girls, especially on the academic front. At the end of year hpc Academy school awards function, the SAFA Women's football academy walked away with the bulk of the accolades. The girls received awards covering most academic fields, including awards for best behaviour as well as awards for subject averages of over 80%. Robyn Bester, a grade 10 student stole the show, taking the highest awards for Maths, English, Natural Science and Technology. Many others received sporting awards as for best player (junior and senior), most improved player, and numerous awards for national colours.

Last year 2008 one of the academy girls, Noma Ntsibanda, became the first graduate within the programme, when she graduated with a BA Sport Science degree from the University of Pretoria. 2008 saw a 100% matric pass rate for the academy matriculants.

Two girls who are reaching for the stars, having set off from the hpc Academy as their grounding base are: Lena Masebo – has been playing in the United States for the past 3 years, playing for teams like FC Indiana, New York FC and is currently based and playing for Fortuna Hjørring.

Dineo Mutla – who is 16 years old, received a scholarship to a top American School where she is currently based, and has been for the past 2 years 🏆



SAFA Lotto Women's Football - u/17 + u/20 hpc Academy

You often here Sport Psychologists speaking about self awareness as a mental skill to develop but perhaps you are not sure why it is important in sport. In order for us to be able to predict our performance and responses to situations, we need to be as self aware as possible. The better you know yourself the more chance you have of remaining focused during training and competition. By getting to know yourself you will be able to know **what** affects you, **when** it affects you, **how** it affects you and **why** it affects you. Once you have this understanding of yourself, you will then be able to decide whether you would like to do something to change it, or whether you would like to use it to your advantage.

There are many tools we can use to help us in the discovery of ourselves:

Self exploration

- By asking questions such as, “what am I good at? When do I feel scared? What skills do I still need to develop?”

Psychometric Assessments.

- These assessments provide a useful tool for gaining insight into one’s personal strengths and development areas.

Feedback

- If you seek feedback from people, then you will learn things about yourself that you didn't know before, but that others were aware of. This all involves self-disclosure, and a willingness to put your trust in others.

A simple place to start the process of getting to know yourself is by using the **Johari Window**. The Johari window is a way of showing how much information you know about yourself and how much others know about you. The window contains four panes, as shown below.

	Known to self	Not Known to self
Known to others	OPEN	BLIND
Not Known to others	HIDDEN	UNKNOWN

The Johari Window, named after the first names of its inventors, Joseph Luft and Harry Ingham, is one of the most useful models describing the process of human interaction. This four paned “window” divides personal awareness (self-awareness) into four different types, as represented by its four quadrants: open, hidden, blind, and unknown. The lines dividing the four panes are like window shades, which can move as an interaction progresses.

Let’s have a look at what the four quadrants mean:

The “open” quadrant represents things that both you know about yourself and that others will know about you.

For example,

- You know what sport you play, and so do others in your environment.

- You know that you like to win, and so do others.
- You know that you often get nervous before a competition, and so do others.
- You know that you get irritated when losing, and so do others.

The knowledge that the window represents, can include not only factual information, but also your feelings, motives, behaviours, wants, needs and desires... indeed, any information describing who you are.

The “blind” quadrant represents things that others know about you, but that you are unaware of. So, for example, if you eat something and some food stays on your face, you wouldn’t know, but other people would be able to see it. This information is in your blind quadrant because others can see it, but you cannot. If someone tells you that you have something on your face, then the window shade moves to the right, enlarging the open quadrant’s area. Now, you may also have blindspots with respect to many other much more complex things.

For example,

- Someone may notice that you usually start to get moody or snappy before a competition. You may not realise this about yourself. So here, they know something about you that you are unaware of.

As ones level of confidence and self-esteem develops, one may actively invite others to comment on one’s blind spots.

The “hidden” quadrant represents things that you know about yourself, which others do not know. So for example, you may not have told someone what your favourite song is that get’s you in the zone. This information is in your “hidden” quadrant. As soon as you share this information you are effectively pulling the window shade down, moving the information in your hidden quadrant and enlarging the open quadrant’s area. Sharing information with others can be vital in yourself discovery and growth. Examples of information in your hidden quadrant can be:

- I don’t know what to do with my fear before a match.
- I get so scared before a competition that I want to throw up.

Improve Your Performance by Discovering Yourself

Using the Johari Window

Text: Melissa Lawrence and Monja Muller

- If I know that another athlete is going to compete in the competition, I don't want to participate.
- I love it when another athlete gets hurt.
- I sometimes cheat.

The “unknown” quadrant represents things that neither you know about yourself, nor others know about you. For example, you may tell someone about a dream that you had, and as you both attempt to understand its significance, a new awareness may emerge, known to neither of you before the conversation took place. Being placed in new situations often reveals new information not previously known to yourself or others. A new situation can trigger new awareness and personal growth. This also forms an important part of self-actualization.

For example:

- You have never swum the 400m backstroke before; therefore you do not know what this experience will be like and how you will respond to it. Only once you have done it will you have a greater understanding of yourself.

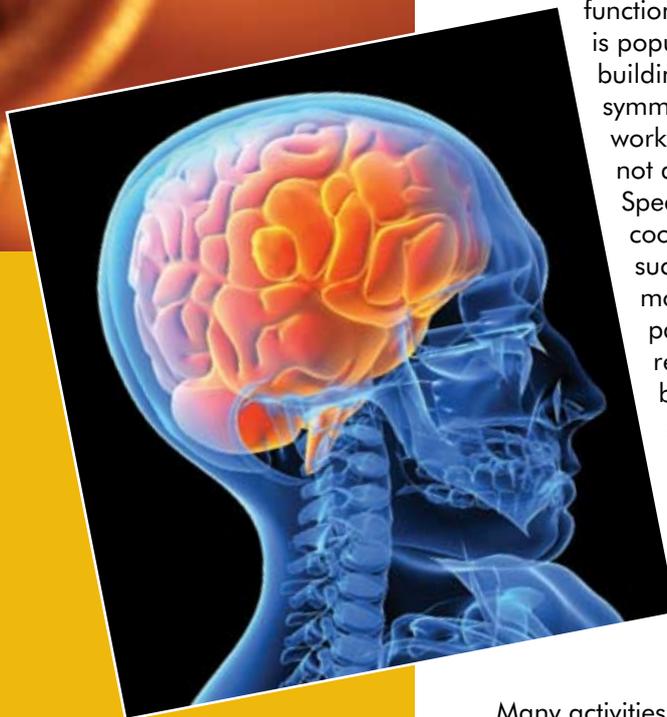
The aim of this tool and exercise is to make sure that your open quadrant is as large as possible. You will find that elite athletes will have relatively larger open quadrants than any other quadrant. You can use the Johari Window to increase your self knowledge and to help with this process of exploration. This will ensure that you know yourself as well as possible and that you or others will not catch you off guard. You will be able to predict your behaviour, and your feelings and motivations will become more accessible and beneficial to you. Knowing yourself can enhance your performance 🏅



Only as strong as your weakest link

Text: Amy Bathgate, Biomechanical Analyst, hpc

recognize individual muscle activity, because essentially it doesn't have to. Instead, it looks at movement patterns and creates co-ordination between all the muscles needed to perform tasks. These co-ordinations are referred to as motor patterns. Because of this method of functioning in the brain, isolated muscle development does not play a major role in motor pattern development. Don't confuse form with function. Weight training with muscle isolation is popular in body building because body building is all about form. Muscle size and symmetries are the goals that body builders work towards. But most sports, however, are not about form but rather about movement. Speed, quickness, agility, power, control, coordination and stamina are keys to success, so training should be aimed at movement rather than form and focus on patterns. Training muscles in isolation may result in good individual muscle strength, but will not be directly transferred into good movement patterns as the muscles are not trained to work together in this method. On the other hand, muscles will individually develop naturally as different movement patterns are worked, but the focus is on function; great form is just a by-product of good training.



What defines good athletes? Is it their size? Their conditioning? Their mental edge? Their discipline? Generally, it's many of these things in combination.

Ultimately, it is movement. Now this may sound strange at first but think about it... Some rugby players manage to be very successful despite being smaller than the expectation of the average player and when we look at how this is possible the key to the success is the ability to move efficiently. A player who can side-step, be explosive, react quickly and effectively is of just as much value to the team as the power houses who depend on pure strength and power for their tasks. These players are often compact and quick with a good balance of control – not allowing their physique to define their careers but their unique movement skills.

When we look at the scientific side of things, modern science tells us that the brain doesn't

Many activities in sport, recreation and fitness have the same basic movement patterns. Throwing a ball in cricket and serving a ball in tennis are essentially similar actions, and as such, use the same motor patterns of shifting the weight and rotating the body for speed generation in the hips, which in turn generates shoulder acceleration used to accelerate the arm. Similar patterns can also be seen in the very different sports of baseball and golf. The swings are similar actions. They may differ in the plane in which they take place, but their energy transfer is the same. Because of many skills being similar in this way, the brain doesn't have to remember millions of separate motor patterns because most motor patterns overlap and are interrelated. This conserves memory in the brain and allows for quick access to movement information for learning and refinement.

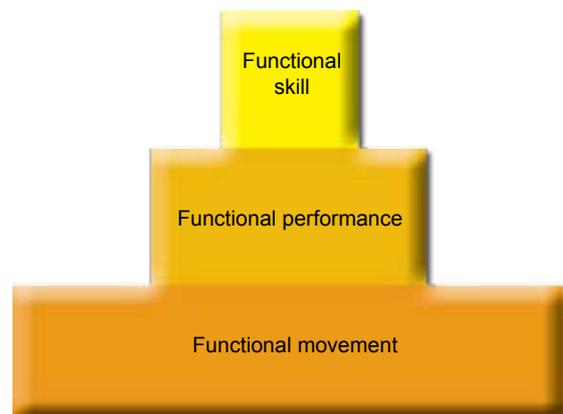
In order to provide a mental image and understanding of human movement, we can use the simple diagrammatic representation of the performance pyramid. This diagram is made up of three blocks of diminishing size to demonstrate how one type of

“To be ignorant of motion,
is to be ignorant of nature”
- Aristotle

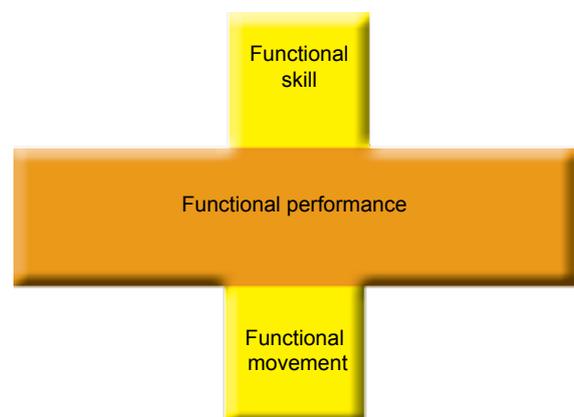
movement builds on another. Each block represents a certain type of movement and should always be constructed from the bottom up with a tapering appearance (broad base with narrow top). The first level is the foundation and represents general mobility and stability within the body i.e. the ability to move through functional patterns. The second level represents non-specific performance, efficiency of movement and general power transfer (often referred to as gross athleticism). From a training standpoint, it is very important to compare individuals from different sports in a general format and these two levels allow for that comparison as nothing involved in testing or evaluation is sport-specific or based on skill levels learned in specific sports. The third tier is where the skills come in and the ability to complete specific tasks needed in relevant sports, in specific positions and with a certain level of intensity is represented. This level also brings competition statistics into account as well as specific testing.

Basically the performance pyramid can be constructed in 4 basic profiles, depending on an athlete's strengths and weaknesses and the shape they result in when placed in the format of the performance pyramid. These profiles are: the optimal pyramid, the overpowered pyramid, the underpowered pyramid and the under skilled pyramid.

The optimal pyramid has a good broad base with optimal functional movement and general efficiency. Above this good foundation, is an ability to explore full range of motion in joints with good body control and movement awareness throughout various positions. There is also a requisite amount of power. Compared to average athletic performance norms, these athletes usually display an average or above average power generation with well co-ordinated kinetic links, upon which the “block” of average to optimum sport-specific skill is based. Without this stable pyramid structure, there will always be a potential

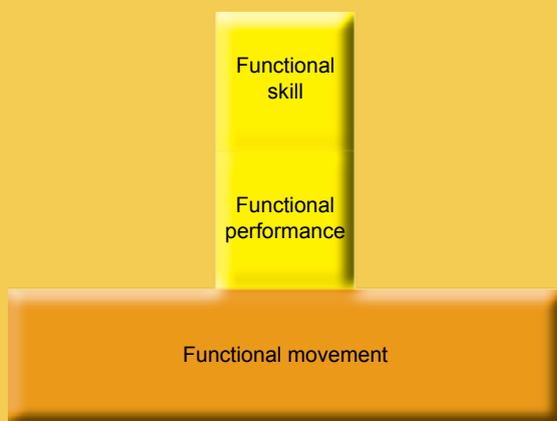


for injury and compromise for power and efficiency. This optimum performance pyramid is the pyramid in which movement patterns, movement efficiency, and sport skill are balanced and adequate. But a balanced pyramid does not mean that there is no room for improvement – on the contrary, there will be more room for improvement on all levels, with less risk involved and more potential reward, as long as the general pyramid structure is not disturbed.



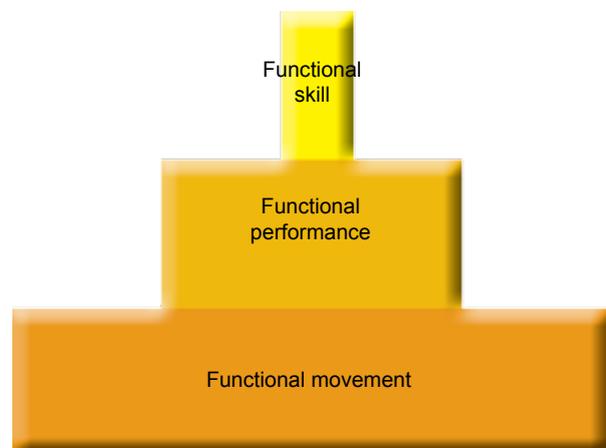
The overpowered pyramid represents athletes who perform poorly in terms of mobility and stability, very high on power production and adequate in sport-specific skills. The ability to move freely only in very simple and basic positions is limited by poor flexibility or poor stability in some movement patterns. This

suboptimal functional movement results in a small base to the pyramid. These athletes are not necessarily too strong – but purely have an ability to generate power which exceeds their ability to move freely with control. This results in a predicament where an improvement in functional movement is needed without compromising the natural power generation strengths which exist. Many athletes find themselves here. They have never really experienced injury and may very well be performing well. But training needs to focus on functional movement. There is a possibility that this necessary training will result in no tangible increase in performance – there is actually, more likely, to be a decrease in performance as mobility and stability are improved and added to the functional base. So why do it? Well, the chance of the athlete reaching a plateau in performance beyond which they seem to be limited is highly possible. Injury prevention is also a big motivation to address these problems.



Underpowered pyramids have a broad base and optimal movement patterns with very poor power production in the middle and adequate skill at the peak. These athletes have the requisite movement patterns to perform multiple tasks, activities and skills, but generally lack gross athleticism or the ability to generate power in simple movement patterns. In other words, there is an excellent freedom of movement but efficiency and power are poor. It is important for these athletes not to compromise their good function when improving on their strength, power, endurance, and speed. Consider a baseball pitcher who falls into this category of athletes, with good mobility and stability and good skill levels. To improve, he may work hard on improving his strength, power, and endurance reserves, but this may not be directly transferable to the speed of his pitching. Indirectly, however, his consistency, endurance and recovery may be exponentially improved in this way. Sometimes, these improvements in strength and power can, initially, decrease sport specific performance. If this occurs, it shouldn't be a cause for concern, but rather easily addressed by some sport specific training and refining of movement patterns involved.

“Nothing good comes in life or sport unless a lot of hard work has preceded the effort. Only temporary success is achieved by shortcuts”
– Roger Staubach



The fourth pyramid is the under skilled pyramid which has a broad base of functional movement and an optimal functional performance level in the middle, but a below average skill level perched on top. These athletes, either naturally or through hard work, have good functional movement patterns with good power production but limited mastery of sport skills. This is not an “unstable pyramid” but rather a good shape with a lack of awareness or refined mechanics of skills. Often these under skilled athletes are in better physical shape than many of the people that they compete against, but despite this are generally out-performed on the field or at their relevant tasks. These athletes require constant and methodical practice and need to work on their skill weaknesses on an ongoing basis. Anxiety may also play a role with such athletes. If this is the case, a relaxation routine may assist in overcoming this hurdle. Either way, these weaknesses have to be addressed in order to perform at optimal levels.

For some athletes the pyramids may change during competition or through the season. For others it may remain the same. Some might naturally migrate to a certain pyramid type whereas others will have to work hard to get where they want to be. Basically, to put things in perspective, the performance pyramid demonstrates why simply replicating the programme of another athlete will not consistently yield the desired results 🏆

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Debunking common sport nutrition myths

Part 2

Text: Louise Götttsche RD(SA) & Alfred Rheeder

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The world of sports nutrition is dynamic. New research is constantly challenging previously held beliefs in order to provide science based evidence for sport performance enhancement. In the previous issue the misconceptions surrounding the use of protein supplements for recovery and the use of creatine to increase lean muscle mass was reviewed. In this issue we consider the true causes of cramps and the absorption rate of waxy maize.

Myth: Cramps are caused by electrolyte deficiencies

The exact cause and mechanisms of muscle cramps are not fully understood. The current scientific view is that cramps are a physiological phenomenon and is not due to nutritional factors. Muscle fatigue is a possible cause of cramps, because fatigue disrupts the mechanisms of muscle contraction. Fatigue is poorly understood, but it is possible that factors such as oxygen levels and metabolic products may play a role in disrupting muscle contraction control, leading to cramps. Muscle conditioning status plays an important role in the tolerance of the factors that cause fatigue and subsequently cramps.

Other factors like dehydration and heat may be involved, but very few athletes develop cramps due to these factors. Dehydration and exercising in extreme temperatures are not direct causes of cramps, but these factors increase the risk because sodium and fluid losses are high. Sodium is involved in the neuronal control of muscle contraction, therefore low sodium and fluid levels can stimulate muscle receptors causing involuntary contraction and cramps.

Although magnesium, potassium or calcium deficiencies have been recognized as causes of cramps, there is limited research to support these as very little

magnesium, potassium and calcium are lost during exercise. No scientific evidence exists that any nutrient or a combination of nutrients can prevent cramping.

Myth: Waxy maize is absorbed very quickly

It has been argued that waxy maize supports effective glycogen replenishment due to its fast absorption rate. However, recent evidence found that waxy maize is relatively slowly absorbed.

Starch can be categorised according to its digestibility. Rapidly digestible starch is enzymatically digested in vitro within 20 minutes, while slowly digestible starch is digested between 20 to 120 minutes. Resistant starch is not digested or absorbed in the small intestine. Waxy maize is classified as a slow digestible starch based on these criteria. Its structure is largely the reason for this. There are generally two types of starch molecules, amylose and amylopectin. Amylose is a long chainlike molecule that consists out of 500 to 2000 glucose molecules. Amylopectin on the other hand has a branched, bushy type of structure that also consists out of glucose molecules. Most natural starches contain a combination of both molecules. Certain types of starches have been developed to contain only amylopectin. They are called waxy starches such as waxy maize because of the waxy appearance of the kernel when it is cut.

Waxy maize is a slow digestible starch that leads to blunted plasma glucose and insulin responses. Its digestion rate is slower than maltodextrin which is said to be a fast absorbing carbohydrate. Several studies have confirmed that glucose polymers such as maltodextrin help with rapid replenishment of glycogen. Therefore, waxy maize will support glycogen repletion, but it may occur at a slower pace than a fast absorbing carbohydrate such as maltodextrin.

About the Authors



Superior nutrition through applied science. PVM Nutritional Sciences is the producer of the World's Original Energy Bar. Since 1968 PVM has remained dedicated to a cutting edge understanding of the biology of energy exchanges between humans and their environment. PVM is involved with numerous top athletes and sport teams and is also subcontracted to condition the senior Cheetahs rugby players. Some of the athletes and teams powered by PVM are:



LJ van Zyl

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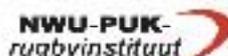
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How Germs Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread." This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

How to Stop the Spread of Germs

In a nutshell: take care to

- Cover your mouth and nose
- Clean your hands often
- Remind your children to practice healthy habits, too

Cover your mouth and nose when coughing or sneezing

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean and wash your hands often

It is recommend that when you wash your hands - with soap and warm water - that you wash for 15 to 20 seconds.

Alcohol-based hand wipes and gel sanitizers work too

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Germs and Children

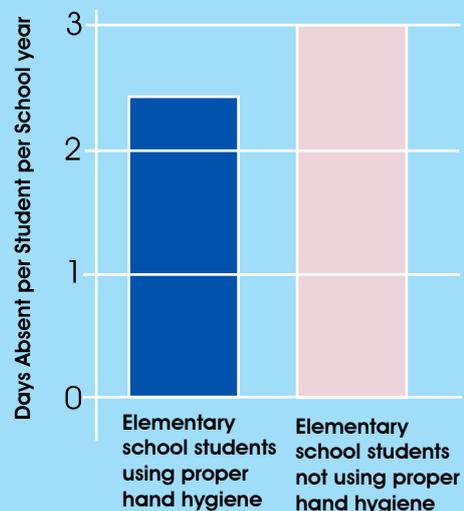
Remind children to practice healthy habits too, because germs spread, especially at school. The flu has caused high rates of absenteeism among students and staff in schools. Influenza is not the only respiratory infection of concern in schools. As we all know there were also a measles outbreak this year at our schools and a huge amount of school days were missed due to crossover infections from child to child. However, when children practice healthy habits, they miss fewer days of school.

Personal Hygiene

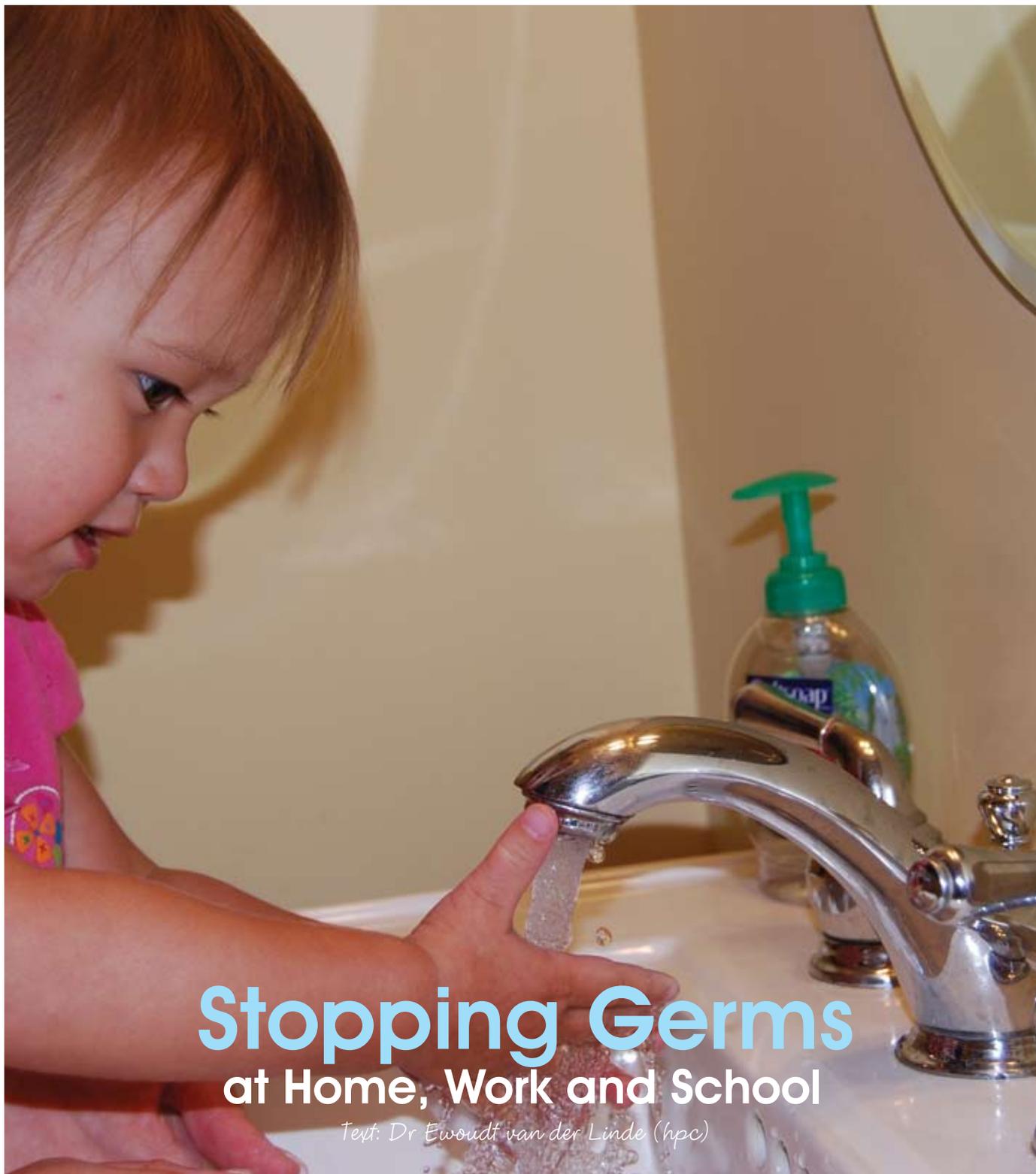
Personal hygiene is the basic concept of cleaning, grooming and caring for our bodies. While it is an important part of our daily lives at home, personal hygiene isn't just about combed shiny hair and brushed teeth; it's important for worker health and safety in the workplace. Workers who pay attention to personal hygiene can prevent the spread of germs and disease, reduce their exposures to chemicals and contaminants, and avoid developing skin allergies, skin conditions, and chemical sensitivities.

The first principle of good hygiene is to avoid an exposure by forming a barrier over the skin with personal protective equipment (PPE) such as gloves, coveralls, and boots. It is important to check the PPE often for excessive contamination, wear, tears, cuts, or pinholes. Workers should clean, decontaminate or replace protective equipment frequently to make sure it doesn't collect or absorb irritants. If protective equipment becomes too soiled during the job, the worker should stop and replace it with clean equipment.

Cleaning Hands Keeps Students In School



References: www.cdc.gov



Stopping Germs at Home, Work and School

Text: Dr Ewoudt van der Linde (hpc)

Fast Facts

Stop the Spread of Germs in Schools

- Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks. (Ansari, 1988; Scott and Bloomfield, 1989)
- Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)
- Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.
- Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year 🌈

Old strength training equipment vs the New

Text: Ignatius Loubser, Head Strength and Conditioning Coach, hpc Image: Reg Caldecott

With all the advances in technology that is taking place in the world around us it is easy to forget that today's old technology, was yesterday's new technology. The market is currently flooded with all kinds of exercise gimmicks and empty promises of massive strength gains and fat loss.

There is however something that I have noticed over the past few years, and that is that the market is "re-engineering" old school strength training equipment and repackaging it as new and improved or new innovations. One of these is the Russian Kettlebell that has made its appearance in numerous fitness magazines and health clubs around the globe. A kettlebell is a Russian type of hand weight that is shaped like a big cannonball with a handle and is made mostly from cast iron and is available in different weights and sizes.

The use of kettlebells date back about 300 years, where they were first used as weights to weigh grain by farmers in Russia. Soon the farmers in neighbouring villages started to compete against each other in their free time by lifting the kettlebells in various ways, and so birthed kettlebell sport which is still practiced today. The kettlebell as a fitness and weight loss tool was first published in the fitness magazine Hercules in 1913! That is almost a hundred years ago, and it is now probably more popular than ever before.

Another piece of equipment most people would have heard of is a barbell or a dumbbell, in 1924 the Milo barbell company published an advert to educate the public as to what a barbell is and why it is useful and the advert looks like a modern day infomercial making promises of superhuman strength in absolutely no time. This goes to show that a lot of the empty promises that we see in our modern day marketing campaigns had its

origin almost a 100 years ago. Today a barbell is one of the most basic things you will find in gyms around the world and together with dumbbells probably more effective as strength training tools than most other expensive machines.

To give you an example, a top of the range Leg extension machine will cost around R80,000.00 and a top of the range barbell set (190kg of weight plates) will put you back R20,000.00

Believe it or not but there are strength training machines that date back further than barbells, the Spalding semi-circle strength developer was a basic machine using weight plates, ropes and pulleys very much like today's strength training machines and was made by Spalding in 1890. So if you thought that old school equipment was only free weights and bodyweight exercises think again, the manufacturing and use of a huge variety of strength training equipment goes back more than a century.

The way I see it, old school training equipment is the kind that is basic in design and relatively cheap like a bar to do pull ups on or cross bars to do dips and push ups, free weight equipment like kettlebells, dumbbells, barbells, and chains. This equipment will usually entail that you use the body as a weight or lever or use an implement like a kettlebell and lift it with a specific technique to challenge the musculoskeletal system to adapt and become stronger, fitter or faster.

When one is looking at gaining strength, power, speed, and / or endurance that will help you get the biggest improvements in sporting performance, free weight and body weight exercises will be my first choice over machines because it usually allows you to move in a way similar to the sport and in the bodies natural movement patterns.



Another benefit of using the old school exercise equipment is that because your body is not stabilised too much by a fixed machine, your body will be forced to use more muscles during a movement and in turn this will cause you to burn more calories per unit of time spent training, compared to training with a machine.

Don't get me wrong I am not saying that all of the latest high tech machines you will find in your local gym or health club are not effective. It comes down to asking yourself "What is my outcome with this exercise?" So if my outcome is to lessen the strain on my spinal cord and skeletal structure, I might choose a machine exercise in stead of a barbell exercise because the machine takes the load of the structure as compared to using a free weight.

In conclusion, old school equipment has been tried and tested over many many years and is a very good tool to have at your disposal within your exercise tool box and cannot be discarded as an option to colour your training regime with some old school flair 🏆

Resources

www.oldtimstrongman.com and <http://ezinearticles.com/?History-of-the-Kettlebell&id=1850860> History of the kettlebell. By Mike Bromley

Flexibility

Boosts Performance

Text: Hans de Wit Image: Reg Caldecott

There are a number of components with regards to exercise and I have chosen to devote this article to an area of exercise which I believe is sorely neglected but perhaps one of the most fundamental aspects to exercise and boosting one's performance. In fact over the past year it has been my experience while treating some of the top athletes in South Africa that flexibility plays a greater role in performance than supplementation. It's a shame that many of these individuals, including a lot of professional and amateur cyclists have little, if any, idea about stretching and the role it plays in performance enhancement. The notion that taking the latest ergogenic aid or steroid will be all that is necessary for maximum performance is absurd. I hope that this will entice the professional athlete, regular sport enthusiast, or anybody suffering from musculoskeletal disorders to make stretching a major part of the exercise or recovery programme. Obviously the kind of stretching adopted for maximizing flexibility plays a vital role in determining to what degree one will experience increased performance. Being an active sportsman myself, I have had the opportunity to experience and experiment with various forms of stretching, and over time it has become clear to me that Active Isolated Stretching stands out as the safest and most effective stretching technique.

Why is stretching so important?

Flexibility and proper stretching have played a very important role for enhancing performance, rehabilitation and wellness. Athletic performance and science have converged and established that flexibility is the prime determinant among top athletes. Athletic achievements and records have soared to new heights through the knowledge of proper stretching resulting in increased flexibility. Flexibility not only provides for maximal strength performance factors, such as momentum, acceleration, force, and inertia but it is probably the most important factor in the longevity of an athlete (or any active individual partaking in any regular exercise for that matter), and is key to the prevention and recovery of sports injuries.

Benefits of stretching:

- Improve preparation for athletic activity – muscles respond more quickly and powerfully

- Optimize muscle and tendon range of motion up to 1.6 times resting length. At muscle lengths greater than 1.6 times its resting length, muscles will begin to tear and bleed
- Facilitate the removal of metabolic waste products. Improved oxygenation eliminates carbon dioxide formation and improved circulation reduces lactic acid buildup
- Reduce risk of muscle, tendon, ligament, and joint injuries - Reduce postural tightness due to ageing – kyphosis, scoliosis, and many other postural imbalances are created by tightness of the muscular and connective tissue structures supporting the spine
- Rehabilitate muscle, tendon and ligament injuries
- Enhance athletic performance
- Optimal flexibility requires less energy expenditure in movement allowing for increased stamina and performance enhancement of speed, agility and strength
- Maximize potential and level of athletic performance – stretching, in combination with endurance training have promoted higher performance abilities, especially noted under ultra marathon runners and cyclists, as a result of increased muscle endurance and elasticity

Active Isolated Stretching

For years prolonged static stretching was the gold standard for individuals and athletes. However a closer look at the physiological response of the body shows that a stretch greater than 5 seconds actually decreases the blood flow within the tissue creating localized ischaemia (inadequate blood flow to a part of the body) and lactic acid buildup. Ischaemia from a static stretch of greater than 5 seconds potentiates irritation or injury of local muscular, tendonous, lymphatic, as well as neural tissues, similar to the effects and consequences of trauma, overuse syndromes, and metabolic disease states. Many of the static stretch techniques hold to a "no pain, no gain" philosophy which is dangerous as any programme which places the joints, muscles, and other connective tissues in jeopardy with prolonged force, multiple joint stretching

exercises or improper protocols will endanger the tissues acted upon.

Active Isolated Stretching (AIS) is an innovative technique that promotes functional and physiological restoration of muscles, vertebrae, ligaments, and joints. This method utilizes a gradual stretch of no more than 2 seconds promoting full range of motion and flexibility without activating a reflex contraction of the muscles being stretched (stretch reflex). More so the focus of this form of stretching is to isolate the muscles to be stretched by using precise localized movements and by contracting the opposing muscles to the ones being stretched. The muscles being stretched will be held in the given position for 2 seconds and returned to resting position whereby the process is repeated up to 10 times. This increases local blood flow, oxygen, and nutrition to tissues before and after activity.

AIS is an important part of warm-up, cool down, training or rehabilitation. This form of stretching has proven to be effective for some of the world's top athletes, and the recreational sportsman as well. I

have also had the privilege of seeing some of the most amazing recoveries from ankle injuries to spinal damage from gunshot wounds during my education with Aaron L. Mattes, the inventor of active isolated stretching. A detailed description of the technique itself will require an article of its own, however the technique is simple enough to learn and be applied in a short space of time and my suggestion is that you seek guidelines from a therapist trained in this method.

If being a world-ranked athlete or being part of an international sports team is not your aim, however, your desire is to improve your overall state of health through proper exercise and nutrition my plea to you is that you make stretching an integral part of your quest for better health. For those of you who believe that stretching is for the more serious sports enthusiast please keep in mind that in spite of our best attempts to avoid the inevitable ageing process, we succumb to a constricted posture in our torso and limbs. Fortunately, through proper stretching and restoration of flexibility, we can maintain a healthier, pain free state, and enjoy better quality of life 🌈



The Kinesio Craze

Text: Claire Shuttleworth Images: The Kinesio Taping Association and Reg Caldecott

Traditionally, sports injuries have been taped with rigid sports tape. While this is effective in supporting joints and muscles, it limits the available range of motion. Dr Kenzo Kase was dissatisfied with this technique and felt that in many cases the healing process was hindered by the application of this rigid tape. After searching for a sports taping method that would assist in the healing of injured tissue, the Japanese doctor pioneered the Kinesio Taping method in 1973. Used as early as the 1988 Seoul Olympic Games, Kinesio Taping has grown in popularity over the years. Its use in sport exploded onto the world stage during the 2008 Beijing Olympic Games.

Kinesio Taping aims to provide the patient with the support they need while simultaneously aiding the healing process. The tape affects three systems:

1. Skin

- Stimulates the skin thereby relieving pain or abnormal sensation

2. Musculoskeletal system

- Supports the muscle while enhancing the function of the muscle fibres and tendon while maintaining full range of movement
- Improves the alignment of the joint while allowing full range of movement

3. Lymphatic system

- Stimulates the lymphatic system to facilitate lymphatic drainage, thereby reducing swelling

The tape is applied to support the muscle and joint (Figure 1), to inhibit over-activity of muscles (Figure 2), to correct joint biomechanics (Figure 3), or to assist in lymphatic drainage (Figure 4).

Kinesio Tape is made of 100% cotton material and contains no latex. This reduces skin reactions such as redness and itchiness. The tape allows the skin to breathe and can be worn for 3 to 5 days without re-application and can get wet. It can be used to treat a variety of conditions ranging from acute injuries such as ankle sprains to chronic conditions such as osteoarthritis. This makes Kinesio Tape practical for sports people and the general public alike.

Make a statement with one of the variety of vibrant colours or keep it low key with the neutral flesh colour. Available at Andri Smuts Physiotherapy at the hpc – give it a try and feel the difference 🌈

Figure 1



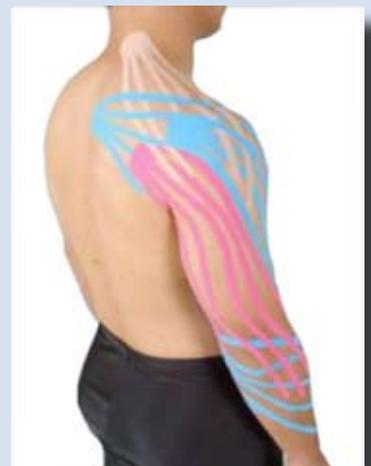
Figure 2



Figure 3



Figure 4





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Water Aerobics

Text: Danielle Steenkamp (Biokineticist)
Institute for Sport Research (ISR), UP

For more information contact the ISR

Water exercise is an enjoyable way for individuals of all ages and fitness levels to achieve injury-free, effective exercise results. It is beneficial in the treatment of orthopaedic injuries, spinal cord damage, chronic pain, cerebral palsy, multiple sclerosis and many other conditions, making it useful in a variety of settings. It is also a preventative maintenance tool to facilitate overall fitness, cross-training, and sport specific skills for healthy athletes.

Why are water workouts effective?

The effectiveness of water is largely due to its properties. These properties include buoyancy, viscosity and hydrostatic pressure. Nearly 90% of the body's weight is supported by water, thus reducing the strain on the body's joints. The water provides resistance against movement through gentle friction, allowing for strengthening and conditioning. The mass of water also applies pressure on the body's cells resulting in an increase in blood flow to the muscles allowing oxygen and nutrients to be carried to the muscles more efficiently.

Individuals with physical conditions such as, arthritis, back pain, heart disease, and high blood pressure can usually only perform a limited number of land based exercises. The water provides them with a more supportive medium in which they can exercise safely and in a pain free capacity.

Although water workouts may not elevate heart rate as much as land based exercises, it has been proven to provide aerobic benefits. Exercising at a lower heart rate is beneficial for pregnant, obese, and heart disease participants. Injured athletes may also benefit greatly from exercising in the water as it provides them with a means for rehabilitation while maintaining fitness levels and overall muscle strength. The American College of Sports medicine recommends that a person burn 300-400 calories per day. Approximately 400 calories can be burnt during a one hour water aerobics class.

Additional benefits of water aerobics:

- Improved physical, mental, emotional, and spiritual well-being

- Improved body composition
- Reduced drug prescription requirements
- Reduced risk of injury
- Increased flexibility, coordination, balance, muscle tone, and energy
- Increased strength and muscle tone
- Water provides 12% more resistance than movement on land
- Is adaptable to everyone's needs and abilities
- Safe for non-swimmers
- In-door pools allow for year round exercise

When is it not safe?

It is important to be assessed by a biokineticist/medical professional before starting water aerobics. There are certain circumstances when pool exercise should be avoided: Fever, Urinary infection, Open wounds, Infectious disease, Contagious skin rash, Extreme fear of water, Recent heart problems (must obtain medical approval and guidance).

Fortunately, most of these conditions tend to be temporary in nature and present only a passing impediment to beginning a water exercise programme.

What can I expect?

Water aerobics is performed in a heated swimming pool and consists of specifically designed activities which are presented by qualified instructors. A class typically includes the following:

- Warm-up
- Aerobic Exercise
- Muscle strengthening exercises
- Cool-down stretches

The workout involves simple to more complex movements that may be performed with special equipment (e.g. pool noodles, kicking boards, etc) to increase the resistance or assist with flotation and balancing.

In conclusion, water aerobics is an effective means of exercise and is safe for all to do 🌈

References: MaryBeth Pappas Gaines. Fantastic Water Workouts;Martha (1995). Water exercise. Champaign, IL: Human Kinetics;http://www.fitnesszone.co.za/aerobics1.htm; http://myoptumhealth.com (5)http://www.wateraerobicexercise.net;http://www.waterwellnessworkouts.com/tips.asp;Prentice, W.E: 2004 Rehabilitation Techniques for Sports Medicine and Athletic Training (4th ed). McGrawHill, USA;Lippincott Williams & Wilkins (2006). "ACSM's Resource Manual For Guidelines For Exercise Testing And Prescription, fifth edition"



Institute for Sports Research
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SA Sport: In desperate need of good governance

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



SOUTH AFRICA

There is a need for sports to become more professional in the manner in which it governs itself. The recent action taken by the South African Sports Confederation and Olympic Committee (SASCOC) against Athletics South Africa have shown that it is no longer an empty threat that a particular sport may be run by someone other than the governing body of that sport where there is a display of poor corporate governance or lack of leadership. Accordingly, a greater need for proper management and governance models within sports becomes apparent.

In the past sports in South Africa were run through unincorporated entities such as voluntary associations. However, the tendency today is to conduct sports through incorporated entities such as companies (usually private companies). Although most sports are now run through companies, many of these companies have poor corporate governance policies (if any) in place. This is highlighted by a number of recent articles in various newspapers exposing possible mismanagement, corruption and fraud within South African sports. This has exposed the necessity for entities through which sports in South Africa are run to implement corporate governance systems. Proper corporate governance systems should be in place irrespective of the vehicle through which sport is run. All sporting bodies should comply with corporate governance even if they operate through entities such as voluntary associations and the like.

King 3 Code of conduct

Corporate governance and the need for it only really came to the fore in South Africa in 1994 with the release of the first King report on corporate governance (King 1), King 2 was released in 2004 and in September 2009 we saw the adoption of King 3. The Code illustrates the characteristics of good corporate governance, namely discipline, transparency, independence, accountability, responsibility, fairness and social responsibility.

In the context of sports, corporate governance systems should be adopted for the benefit of all stakeholders and sports as a whole. Such stakeholders include investors, sponsors, employees, players/athletes, suppliers, broadcasters, spectators, government, local authorities and representative bodies as well as society at large.

Corporate governance in sports is important, not only because of the effect of or for the protection of sponsors but because of the impact such bodies have on particular sporting codes and society as a whole. There is no question that sport is influenced by society and that sport influences society. Accordingly, appropriate corporate governance systems must be adopted. Should a sporting body responsible for running a sport in South Africa fail as a result of poor corporate governance, it would be disastrous for the sport in question and could have adverse ramifications on society as a whole.

Aim of Corporate Governance

The broad aim of a corporate governance code can be said to have four pillars, namely to:

- provide assurance to all stakeholders that the sport is being run in a just and equitable manner that ultimately will protect the long-term future of the sporting code;
- make directors, board members and managers accountable to the stakeholders;
- ensure effective and efficient risk management of all variables, including strategic, operational, compliance and financial matters; and to
- lead to business prosperity.

The board members or directors of a sport body play a prominent role in ensuring good corporate governance. The role of the board remains a fiduciary one and directors are charged with looking after the sport body in a proper manner. It is incumbent upon the board to ensure that the sport body complies with all relevant laws, regulations and codes of business practice and communicates with its stakeholders openly and promptly. The board should have unrestricted access to all information, records and documents.

Benefits of Adopting Good Corporate Governance

The following are some of the benefits of adopting good corporate governance:

- good governance makes good business sense;
- properly managed federations would be able to attract and retain sponsorships;
- it ensures the continued financial viability of the sports body;
- it would give players/athletes and other stakeholders (including spectators) comfort that the sport is being run in a just and proper manner.

It would be foolish to simply assume that by simply adopting King 3 sport in South Africa will miraculously be fixed. However, the benefits in adopting King 3, or a formal corporate governance system, would go a long way towards restoring some pride to the South African supporter who does not want to read about mismanagement, and would give additional comfort to stakeholders including players and sponsors. A consequence of adopting corporate governance systems may be further sponsorships and improved performances by national teams due to the fact that they would perceive their employers to be fair, accountable and responsible. It would also allow players and athletes to focus on their performances rather than concern themselves with boardroom battles 🏆

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For more information, please contact: Prof Rian Cloete
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Teagan's Tao of Drive

Text: Rick de Villiers Image: Reg Caldecott

To wangle Paul Gallico's words: if there's any arson in a man, golf will bring it out.

You could read this metaphorically, interpret it as a universal absolute about the passion golf kindles. Maybe it's not even that far-fetched. In the tranquil pint-sharing moments after the game, when that bunker on the 7th is but a distant memory and your bent sand wedge is safely stowed away, you do love the game. Anyway, you were just joking about setting the neighbour's house aflame.

Of course, fluctuating commitment is a trait of the mercurial dilettante. In a serious love affair you can't indulge criminal thoughts every time a swing goes wrong. You need calm, you need balance, you need patience.

Seated serenely in front of a grilled chicken wrap (no pepper), Teagan Gauché has something of the Zen master about him. His lean frame, green t-shirted, is propped symmetrically in the chair. When his knife and fork meet, it is to poise without clangle an unpeppered bite upon steel prongs and deliver it to the cavern of his mouth. He swallows, wipes his mouth, and muses. 'This sweet-chilly sauce is the best. Ask anyone around.'

The way a man tucks into a chicken wrap tells you a lot about his character, and right now it's telling me Teagan is a man for the moment, a man in the moment. Heidegger would call it Dasein. Teagan calls it focus, and he's got it in grand measure.

This year alone he won the South African High School Inter-provincials, several Gauteng-North Golf Foundation Tournaments, and the Nomad Golf Junior Tournament. This list of achievements comes in between bites and comes slowly. Perhaps that chilly-

sauce really is captivating. But you suspect it's because Teagan's the kind of person who looks toward new challenges rather than resting on yesterday's laurels.

'Mentally, golf must be one of the toughest sports. I enjoy it because there's always a challenge. You never feel like things are going smoothly, but I guess that's life. For me, the game is at its best not when I'm playing well, but when I'm in control of my mind and emotions.'

Next year Teagan will be in Matric, and in conjunction with the many amateur tournaments he's looking to play, you'd think 2010 will prove a trying period for him. It might still, but he hasn't realised it. Yoda-like but without the contorted syntax and the pointy green ears, he says:

'The great thing about the TuksSport Combined School is that the responsibility is on you. I've missed a lot of school this year, and it was up to me to catch up. The HPC's approach teaches you discipline, and teaches you to make time for the important things.

'It's all made a bit easier by the environment. Everyone here is a sportsperson, everyone here is dedicated. On top of that I like the people.' At that very instant Mr Anton Ferreira walks past, calls the kid a clown, and shares a laugh with him. Inside joke, but you get the idea.

Teagan takes a last sip of water – water, because 'sugar kills a six-pack'. He must be off – writing the Creative Writing exam on Monday, but more importantly he has to get to the driving range. As a parting word, he explains with Confucian brevity: 'the day I stop golf is the day I stop everything. Anyway, a Ferrari isn't going to pay for itself' 🌈



The Assignment

Text: Hettie de Villiers, Principal, TuksSport High School Images: Dr Jaco Joubert

The assignment: Write an article about TuksSport High School's Accolades Ceremony.

The brief: Be brief, factual and unbiased

Probability of achieving success: 0%

A simple enough brief, one would think. All I have to do is exchange my principal's hat for a journo cap, arm myself with a trendy Moleskin notebook and a pencil, and *voila*. Not so easy. To expect me to write an impartial article on the learners of TuksSport High School is like asking a new mother whether she thinks her child is the most beautiful contestant in a baby competition. I am unequivocally proud of the learners and their achievements, so I hope you'll forgive me if I break the first rule of good journalism and stray to the dark sentimental side.

A newcomer to the Accolades Awards evening might be forgiven for expecting just another run-of-the-mill school prize giving ceremony on reading the inside of the elegant black and silver programme handed out at the door.

**Welcome
Message by the CEO
Academic Awards
Interval
Sports Awards
Introduction of the 2010 Representative Council of
Learners**

The understated simplicity of the programme did not in any way prepare the guests for the evening of splendour that awaited them. The words held no hint of the magic that Mrs Lizelle van der Merwe, Afrikaans teacher and events organiser extraordinaire had weaved to turn the stage into a silver candlelit podium fit for champions. There was no indication that Aphelele Gule and Rochelle Ras, the two Grade 11 learners who welcomed the audience, would give such a succinct yet touching overview of their journey as learner-athletes at the school and at the academies. There certainly was no suggestion of the sheer pleasure each and every member of the audience would experience as they witnessed the lesser known talents of some of our learners.

When Cariese Coetzee and Alice Khoza recited the poems they had written themselves, they not only displayed their more creative side, but by sharing their innermost thoughts, allowed the audience a sneak preview into the weird and wonderful world of a teenager. The soulful (soccer) boys-only song item touched the hearts of all (and no doubt secured the exchange of more than one phone number), and the dramatic contemporary dance by six masked soccer dynamos had the audience on their feet, clapping and ululating, begging for more. Yes, none of this was revealed in the deceptively simple outline of events on the programme.

Every member of the audience was reminded of the true spirit of the **hpc** when Mr Toby Sutcliffe, the ever-likable CEO of the High Performance Centre, delivered his message in a professional yet intimate and personal manner. His message rang true for everyone in the auditorium: make the most of the opportunities presented to you so that you never have to say "if only I had....". Rather, he advised, reverse the word order and realise that only if you work hard, change your mindset, lifestyle and attitude can you become a winner.

As principal of the school I am aware of how well our learners perform academically. I sign the report cards, listen to teachers' comments and conversations, and every now and again I'm lucky enough to sit in on a lesson and experience the learners in action. But despite knowing this, I wasn't prepared for the surge of pride I felt every time I called out a learner's name and waited for him or her to walk up the stage to receive a merit award for academic excellence.

The recipients of the Special Awards deserved, and rightfully received, no less applause than those who received academic awards. Learners in this category were acknowledged for embodying those characteristics and values that form the cornerstone of the school – respect, honesty and discipline – and for showing "Vasbyt" in challenging times.

The highlight of the evening, the Sports Awards, was introduced in a manner reminiscent of the old Did You Know Chappies wrappers. Mr Danie du Toit, the Academy Manager of the hpc, had everyone's attention

when he asked the audience whether they knew that in 2009,

- 12 learner-athletes received their full Senior National (Protea) Colours
- 4 their Junior National Colours
- 9 learners qualified for Senior Provincial Colours, and
- 8 for Junior Provincial Colours.
- The School Golf team won the McCarthy Super 6 schools tournament 2009, as well as the Nomads High School Team challenge.
- The soccer boys played 33 games, and lost only one.

These achievements and the many other sports achievements that were recognised on the evening would do any school proud, let alone a school with a mere 134 learners!

A subdued yet anxious hush settled amongst the learners when it was time to announce the newly elected members of the Representative Council of Learners. The silence was short-lived, as the learners erupted in applause with the announcement of each name – a true testimony to the close bond that exists between the learners in the school. When the two new head leaders, Aphelele Gule and Rochelle Ras pledged their commitment, support and loyalty to the school in their acceptance speeches, there was little doubt that they deserved the trust and support learners and teachers had placed in them.

As the learners were called to the stage to receive their awards throughout the evening, no-one was left in any doubt that the school and the academies have remained true to the vision of providing a unique and flexible environment that allows talented young South Africans to reach their full potential in sport and academics.

It was also clear that the learners at TuksSport truly embrace their school motto. They have **the will to do and the heart to win** 🏆



Lawrence Ntswane received the award for the Most Improved Senior Soccer Player



Chantel Swan received her Senior National Colours



Nico Meyer was voted the most courteous senior student at TuksSport High



Moira Fraser who received the Director's Award for the highest achievements in sport and academics.



Thomas Zaqueu - Most Improved Junior Soccer Player of the Year



Hasintiana Andriamialy - Junior Soccer Player of the Year



Bongani Xulu - Most Courteous Junior learners



Khanyisile Madlala, Patricia Mazibuko and Zodwa Maphanga - Senior National Colours for Table Tennis

RCL for 2010: Rochelle Ras, Aphelele Gule, Jade Thiel, Kayla Richards, Nico Meyer, Linda Mbedzi, Candice Lennox, Robyn Baptiste, Quenton Delie, Grant Kekana, Khanyisile Madlala, Marcello Bernado

Most courteous Junior learner: Bongani Xulu

Most courteous Senior learner: Nico Meyer

Recipient of the Director's Award for exceptional academic and sports achievements: Moira Fraser

Vasbyt Award for the learners who showed the most perseverance: Min-Young Seo (Jnr); Akane Makamu (Snr.)

TuksRowing

TuksRowing had eight members selected for Blues/Grudge at the USSA Championships, sent six athletes to the u.23 World Championships and four to Senior World Championships. TuksRowing won important local races such as the W1X, W2X, M8+ and M4- at the SA Championships and the M4- at the Buffalo Regatta. The men's A 8+ won the USSA Boat Race for the first time ever since TuksRowing has been competing.



TuksGolf

Stefan Anderson is a member of the University of Pretoria Golf Club and won his native country's highest amateur golf trophy – The Kenyan Amateur Golf Championships. Stefan is studying BSport Science with specialization in Golf and also forms part of the University of Pretoria Golf Teams that are preparing for the 2009 USSA Golf Championships in December. Stefan was also selected to represent Kenya in a test series against South Africa later this year.



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TuksSport



Roland Schoeman - TuksSwimming

Roland Schoeman, being the most decorated SA Olympian at any one Olympic games, has been a loyal member of TuksSwimming since its early days. During the last year Roland has represented Tuks and his country with pride. He has based himself in Pretoria, since January of this year and has provided limitless support and inspiration for his fellow Tuks swimmers. At the SA Nationals in April this year he qualified for the 13th FINA World Aquatic Championships in Rome Italy in July. This was his 5th World Championships since becoming a member of the club. On his return from World Championships he competed in the SA Short Course Nationals in Pietermaritzburg in August, where he broke the 50m Freestyle World Record.



Caster Semenya - TuksAthletics

Caster Semenya is the current 800m World Champion. Her time of 1:55.45 is the best in the world for 2009 and also a senior national record. She also won the 800m at the African Junior Championships in Mauritius in a time of 1:56.72. She has become only one of four South African women to finish the 800m under 2 minutes.

TuksSport Honorary Colours & Awards

23 October 2009

There can be little doubt that the University of Pretoria in 2009 again proved itself to be one of the powerhouses of South African sport.

In 2009 the University produced a total of 80 Senior National representatives – 68 Springboks & Proteas and 12 athletes representing other countries.

Amongst the clubs that fared exceptionally well were athletics, cricket, football, golf, squash and rowing.

Tuks athletes won three medals at the World Championships: gold for Caster Semenya (800m women; 1:55.45), silver for Khotso Makoena (long jump men; 8.47) and bronze for Karen Mey Melis (long jump women; 6.80).

AmaTuks put TuksFootball on the map by reaching the finals of the prestigious Nedbank Cup Competition. Although they lost to Moroka Swallows, AmaTuks were still considered as the official Nedbank Cup 'giant killers'.

TuksSquash, TuksCricket and TuksGolf all won the respective USSA Championships, whilst TuksRowing made history by winning the annual USSA Boat Race Championships for the first time.

- 68 Proteas & Springboks
- 12 National representatives – other countries
- 15 Coaches & team managers officially accompanying national teams
- 66 Other National teams (SA Age groups & other categories)
- 43 USSA National teams – 32 students & 11 officials
- 226 Honorary colours

Awards

Student Sport Administrator of the Year:

Criselda Sheedy - TuksRowing

Administrator's Award: Mani Neves - TuksFootball

Coach of the Year – Individual sport: Michael Seme - TuksAthletics

Coach of the Year – Team sport: Steve Barker - TuksFootball

Sport Personality of the Year: Hein Raath - TuksCricket

Student Sport Club of the Year: TuksSquash

Sport Team of the Year: AmaTuks - Football

Sport Club of the Year: TuksFootball

Student Sportswoman of the Year: Bridgitte Hartley - TuksCanoeing

Other candidates were: Simphiwe Dlodlu, Isabel le Roux

Student Sportsman of the Year: Shaun Keeling - TuksRowing

Other candidates were: LJ van Zyl, Rhett Halkett

Sportswoman of the Year: Caster Semenya - TuksAthletics

Other candidates were: Yolanda Meiring, Bridgitte Hartley

Sportsman of the Year: Roland Schoeman - TuksSwimming

Other candidates were: Chiliboy Ralepelle, Khotso Mokoena

Vice-Chancellor's Award: Myrette Filmalter - TuksAthletics

Inside News



German Pentathlon Team



Cote D'Ivoire Team



Makaya Ntini in Time Out Café



International Modern Pentathlon teams - Egyptian Team



Bafana fitness coach, Justin Palm



Nigerian National Soccer star, Jay-Jay Okocha with Tukes athletes



SA University sevens rugby team



The BSG Team



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The Wallece High School



Caster Semenya, TukesSport Colour Awards - Sportswoman of the year



Marlies Ross, one of the future stars of the hpc defending her world Biathlete title in Monte Carlo. This national age group champion swimmer eventually finished a close second, one second behind the winner from Germany.



Sigwe Makitla from TukesSport High School and TukesCricket Academy chosen to play for 2009 Provincial U/15 Team. Pretoria 14 - 18 December



Marcelo Bernardo - Represented Mozambique u17 Team



Amy Bathgate, Ryan Hodierne and Dr Erin Morehead MSc (Sports Med), BSc(Hons), MCSP, HPC, Senior Lecturer in Sports Therapy, University of Central Lancashire

UK to SA...My Journey to the hpc.....

"In December 2008, I made my first ever trip to South Africa. Little did I know at the time it would be the first of many and the beginning of a new adventure!! Day to day life at the hpc was fantastic. From day one, I felt like a part of the team and my opinions and ideas mattered. I owe the hpc a lot for finally helping me discover my research ambitions.

I would also like to thank everyone for making an effort to include me in their social lives while I was visiting. My journey to the hpc has not ended, hopefully it has just begun!"

Dr Erin Morehead

Kyle Jarvis gets picked for Zim International Cricket Team

Text: Anton Roux TuksCricket Academy Head Coach



Two seasons ago a young hot blooded Zimbabwean, by the name of Kyle Jarvis, enrolled to study Bsc Sports Science at the University of Pretoria and subsequently joined TuksCricket Club to further his cricket. The Head Coach at the time, Grant Morgan, immediately spotted some talent in young Jarvis, and so he was immediately implemented in the future plans of the club. During the end of 2008 Kyle was unfortunately out of action due to an injury and thus decided to join the TuksCricket Academy for the year 2009 to get his cricket back on track.

Under the auspices of Rob Walter and Academy Head Coach Anton Roux, Kyle found the foundation to further his cricket in possibly playing the game professionally. The first port of call was turning the speedster into a class athlete that could bowl consistently high speeds and for prolonged periods of time. Once this was achieved the rest as they say is history.

Kyle always had a beautiful action that only required a few tweaks here and there, but one thing was always certain from the start, this man was made to bowl fast. His father, Malcolm Jarvis, is an ex-Zimbabwean Test cricketer and in fact was part of the team that took part in the first ever Test for Zimbabwe vs India in 1992-93. Unlike his son, Malcolm never had the pace that Kyle has but clearly cricket was instilled into Kyle from an early age and seems to run deep in his veins. Having started his cricket journey at St. John College in Harare, Kyle was a regular feature in the 1st XI for 4 years and was nominated as bowler of the year two years running. Kyle was also a Zim Representative in rugby, having played eighth man in the Craven Week.

In the 2008 u/19 World Cup in Malaysia, Kyle was the chief destroyer for them grabbing 12 scalps with the best of 3/28 against Pakistan u/19. It was after this tournament that Kyle came to Pretoria and joined Tuks. He almost immediately found success when he was

part of the history breaking Tuks team that won their 3rd consecutive Varsity title in Stellenbosch. His death bowling was something to behold in the final and since then has been an integral part of the Tuks 1st Team. In his Academy year in 2009, Kyle had the opportunity in playing against the Royal Challengers Bangalore and returned impressive figures of 3/18 in 4 over's. In a warm up game against Scotland, he made a name for himself by destroying their batting line-up in the death by claiming 4/43. The man was going places, and like his bowling he seemed to be going places at the rate of knots.

On the 7th of October 2009, Kyle made his first class debut for a Zimbabwean XI vs Kenya at the Kwekwe Sports Club which formed part of the ICC Intercontinental Cup. They went on to win that match and Kyle picked up his first wicket in the second innings when removed Thomas Odoyo for 23. Since then Kyle went on to make his ODI debut for Zimbabwe also against Kenya and returned with impressive figures of 3/36 spear heading the attack against an experienced Kenyan outfit. In the 3rd ODI Kyle went on to pick up another 2 wickets, and seems to be settling in well with his new teammates and surroundings. Currently Zimbabwe leads the 5 match series 2-0.

Having spoken to Kyle before he left, he told me that his goal was to cement his place in the side first and then hopefully represent Zimbabwe in the T20 World Cup next year in West Indies, and then further down the line, the 2011 World Cup in India. That would be an incredible story as it is amazing to think that just a few months ago Kyle was honing his skills at the hpc (High performance Centre) in Pretoria as a young 20 year old Academy student.

For more info on the hpc and TuksSport please visit the website www.up.ac.za and follow the links the either TuksSport or the hpc.

TuksSwimming in action

Text: Steven Ball, TuksAquatics Manager

Over the last five months the TuksSwimming Club and TuksSwimming Academy has been in action around the world. This has included swimmers competing in local, provincial, national and international competition. This has included local Northern Tigers age group gala's, Interprovincial Swimming Meets with other provinces, Telkom SA National Short Course Championships, the CANA African Junior Swimming Championships (Mauritius) and the FINA / ARENA World Cup Swimming Series. Overall our swimmers have done well and we are truly proud of them.

This includes the following notable performances:

Roland Schoeman: - Competed in all the World Cup Series legs and has **finished 2nd overall** in the mens competition. This has seen him win numerous gold, silver and bronze medals over the 6 week period.



Mercedes Milner (Zambia) and Quenton Du Pont (Swaziland):- Both of these swimmers represented their countries at the African Junior Swimming Championships in Mauritius

Natasha De Vos: - Natasha is a new member of the TuksSwimming Academy and represented South Africa at the African Junior competition where she returned with **8 gold medals** and an African Junior record as well. We are extremely excited about her performances and joining our academy programme.



Quinton Delie (Namibia):- Has improved in leaps and bounds since him joining the academy in January of this year. Over the last 10 months he has improved in all his events and at the recent World Cup held in Durban he swam 3 Junior Olympic B Qualifying times and has been selected for the Namibian team for the 2010 Junior Olympics.

Emily Gray:- At the Short Course Nationals Emily qualified to represent South Africa at the IPC World Short Course Swimming Championships in Rio, Brazil from the end of November.



12 Swimmers at FINA World Aquatic Championships:- all of the above mentioned performances excludes our swimmers who competed at the World Champs earlier in the year, where they represented countries such as South Africa, Zimbabwe, Swaziland, Kenya, Switzerland and Mozambique.

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from the sideline



Text: Lester Mills

Another South African sporting year, which can hardly be described as a quiet one, has flashed by and if you truly take time to think about what awaits next year, you'd probably suffer from exhaustion before it's even started. People from all walks of life, who have actually experienced an event as globally embraced as the Soccer World Cup is, continually tell us that we don't actually realise what's coming our way when the 2010 Fifa showpiece hits us.

We already know that Diego Maradona and his Argentine superstars are set to base themselves at our very own University of Pretoria HPC. With them will, of course, come hordes of their fanatical countryman prepared to support them to the bitter end. Word is that Germany have already also based themselves in the region with another European giant, England, also said not to be based too far away. Certainly, those English fans will be something to behold. In fact, I'd pay money just to be allowed to observe – from afar mind you – the behaviour of this lot. What the heck, you might even spot a "football hooligan" or two among them. Generally though, if they are anything like their rugby and cricket counterparts, with lost of pounds to blow and a carefree attitude, they are sure to be a lot of fun.

Officially, players, officials and fans from 32 countries will descend on us and although those are just numbers to most of us right now. The clock is ticking. At the time of writing this, England, Italy, Germany, Denmark, Switzerland, Slovakia, Spain, Serbia, Netherlands, Argentina, Brazil, Chile, Uruguay, Japan, Australia, South Korea, North Korea, Ghana, Ivory Coast, Mexico, USA, Honduras and, of course, South Africa as hosts had already qualified for SA 2010 and if this list does not already excite you nothing will. We will only find out the exact match-ups when the official draw takes place in Cape Town on December 4. However, rest assured, a big game or two or three is headed our way.

As citizens, it's probably a good idea then to brace for a month (June 11 to July 11) of upheaval, foreign faces and football fever even in a rugby driven city like ours. Fans sleeping in parks on before and after a big match – although we do hope they've done their homework and realise it does get cold up here in winter – restaurants and pubs filled with foreign and sometimes over zealous fans and a city's police force generally focused on them will all be part of the fun. The school holidays have been planned to coincide with the World Cup so thankfully we won't have to contend with the hassle of fighting through the added traffic volumes for

that too.

But the point is, it will be a time that soccer will be the one and only thing happening in South Africa and we should all embrace the spirit whether we are soccer fans or not.

One thing is for sure, no matter how you try to avoid it, soccer fever will get you in some way or the other, so brace yourself.

Speaking of being stiff-necked, it seems the chickens are coming home to roost in athletics circles with the recent disciplinary action taken against the Athletics South Africa board by sports mother body in this country SASCOG.

But unlike those in the halls of power of South African athletics, I think kudos must go to those in management at the HPC in their handling of the entire Caster Semenya saga.

First and foremost, Caster has been recognised for what she is, a human being. She has managed to use the HPC – her home away from home – as something of a haven. She has always looked genuinely relaxed there with life going on as normal in spite of the furore around her. Long may that continue. While in the mood to dish out some praise, the hpc has also had a hand in some other huge sporting successes this year.

The Springboks regularly visited and boy have they been successful. They beat the British and Irish Lions in a series and went on to dominate New Zealand and Australia in the Tri-Nations.

Although not as successful, Graeme Smith and his Proteas visited the HPC on occasion, could it be time then for Bafana Bafana to get some of that winning magic rubbed off on them.

Personally, I think South African soccer's love affair with basing themselves in Johannesburg is overrated. Locally, Mamelodi Sundowns and SuperSport United are the most successful soccer clubs in the country and both have their roots in Tshwane. Right now the local cricket franchise, the Titans are also by far the most successful team in the country. Tie them to the all conquering Blue Bulls and we've got something special going here at the moment.

Come on Bafana Bafana come and feel the magic your turn to shine is coming 🏆

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