

# the Medalist

sport, science, knowledge



UNIVERSITEIT VAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA



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# from the CEO'S OFFICE



**F**reddy Mercury the once famous lead singer of the group Queen aptly put it in one of their famous songs that "Time waits for nobody. We must plan our hopes together." It seems like only yesterday that we were sitting down for the first time to plan the refurbishment of the hpc for the Argentinean Team for the 2010 FIFA World Cup.

Seventeen official meetings later, a lot of unofficial meetings, a lot of frustration, hours of hard work and gnashing of teeth and the hpc was ready to be presented to the advance party of the Argentinean team. We were ready! WRONG! On arrival of the advance party they requested an additional R850 000.00 work to be done in less than a week before the teams arrival. Never say never and we had the job done ahead of their arrival.

The team was met by a few hundred screaming fans outside the security zone of the hpc and then by our learners from the school in the inner security zone and then finally by the Grade 12 students and the staff of the hpc. Their singing and dancing made for a traditional South African welcome and combined with the magnificently upgraded hpc made me a very proud CEO.

The team settled in well and the entire party of 72 were soon into their routine and preparations for the tournament could begin in earnest. The first few days were very difficult, in that the staff had to learn their ways of operating and their requirements at meal times, but once this was achieved it got easier and easier.

It was amazing to see the extent to which the Argentinean Football Association went to ensure that their delegations every need was catered for. In fact all the team members needed to arrive with was their toiletries as we received over 6 tons of clothing and a further delivery of up market bags and suitcases of varying sizes. They also brought a selection of sweet puddings along with them, as well as packets of their traditional tea called Matte and we also managed to buy traditional Argentinean ice cream for them.

On a daily basis the hpc, which became known as Alcatraz by the team, was under siege from the press and the daily press invasion of the last 15 minutes of the teams' practice sessions was something to behold.

I honestly do not think that the average South African could even begin to comprehend the magnitude and coverage that the World Cup delivered and we were able to take advantage of this at every opportunity and the University of Pretoria's name and that of the hpc was taken to all parts of the world during these media conferences and practice sessions.

All too soon the tournament was over for us and the senior Argentinean team returned home within hours of returning from Cape Town and their defeat by the Germans. The Junior National team and the balance of the administration and support team only returned home a few days later.

Time had taken no prisoners and in a flash it was all over and very soon the post world cup depression set in and the hpc was like a morgue and the atmosphere was like we had just lost a number of very close friends.

So many doubts were cast our way during the preparation period as to our ability to "pull it off", but with the help of the Universities' Facilities and Services department and the Security department, we can now sit back in the knowledge that we can do anything, as I honestly do not believe that there is anything bigger and more professional than the soccer world cup.

To all my staff that went more than the extra mile and to all those suppliers and service providers who all rallied around to ensure this unbelievable ride was a huge success a very, very big thank from the office of the CEO.

VAMOS ARGENTINA, VAMOS HPC! 🇦🇷

*Toby Sutcliffe*

# Surviving Argentina

*Text: Morris Gilbert Images: hpc staff*

The successful hosting of Argentina during the recent FIFA World Cup Tournament proved beyond any doubt that the University of Pretoria's High Performance Centre (hpc) is as ready as can be to become a global player, say CEO Toby Sutcliffe and GM Operations Colin Stier as speaking from the same mouth.

"I had little doubt before the World Cup tournament that we can favourably compare with any other similar institution locally and internationally, but the proof of the pudding was still in the eating. Our big test evidently came when Argentina chose us as their base for the biggest showdown in sport," said Toby.

"On the question if we have passed our toughest test to date, I am fortunate to reply: 'Yes, unequivocal yes!'. We want and will do it again – tomorrow if need be," added Toby.

Hosting Argentina, one of football and the World Cup greats, tested "our professionalism and work ethics. We pushed ourselves almost to the point of expecting the impossible, but the staff all rose to the occasion like the champions they are. I have to pay tribute to each and every staff member because it was only thanks to a phenomenal team effort that we made Argentina's stay at the hpc one that they and we will always remember for only the right reasons," said Toby.

"To give you just one example of our staff's commitment: Argentina arrived back at the hpc from one of their matches at 02:00. The staff was ready to serve a very late supper that only finished at 03:00. At 05:30 the same staff members reported back for duty," Toby added with obvious admiration.

To him the hosting of Argentina also brought the hpc so much closer to other University departments such as Security and Facilities management.

"The interaction was superb and I have to commend all our UP partners. We felt like being part of the UP family and much more than ever before," said Toby.

Even though the hosting of Argentina was a major success, important lessons were still learned.

"You can plan to the best of your ability, but still need to be adaptable in order to accommodate your client in every possible way. In fact, what made us even more fantastic hosts was our



willingness to regard every request of the Argentine team as another challenge to be met. We never said no to anything they requested and I am glad to report that thanks to a 24/7 effort we made sure that things fell into place every time at the right time.” Toby said.

As examples Toby referred to Argentina’s request for a mini golf course and steps from the embankment down to the A field.

“They got a 4 hole golf course and the steps, which is still in place,” said Toby.

Colin added that the hpc and its very competitive staff are now ready to deal with anything world sport can throw at them.

“We have set such a new bench mark of excellence that we no longer have to be hesitant to play in the big league. We have what it takes. Our only challenge now is maintain the standard set immediately before and during Argentina’s stay. Even though they have gone we still have to be very watchful to always remain the no 1 facility of choice for national and international sports teams,” commented Colin.

Toby added that the first week of Argentina’s arrival was the most difficult as “we had to adapt to their style of thinking and doing. They are very demonstrative and unpredictable people and one had to get used to the manner in which they relay requests. We quickly learned that they mean no harm or disrespect by waving their arms and speaking in rather loud voices. That is the way they communicate and we learned to appreciate that.”

Toby and Colin spent more time at the hpc than at home during Argentina’s stay as it was a rule that a senior member of management should be available at all times – night or day.

“Colin and I made turns to spend the night at the hpc. It was pulsating times as there was always excitement and expectation in the air, something one will not experience again soon,” said Toby.

Some of the real problems that arose at night was solved before Argentina sat down for breakfast the next day.

“Gary Albertyn was on duty one night and around 04:00 he noticed that the one jacuzzi has literally burst with the consequent loss of 20 000 litres of water. It was a big and wet problem to fix, but when Argentina started having breakfast at 09:30 the jacuzzi was in working order again and no trace of wet surfaces left. That was quite an accomplishment and a testimony to the staff involved,” added Colin.

The World Cup Tournament also brought the biggest flock of members of the media ever to the hpc.

“They came from all over the world to report on Argentina. One particular day I took the trouble of counting how many international TV crews were waiting outside our premises. My count was 15. Argentina’s first media conference was an eye opener as members of the printed and electronic media literally

gave chase to get to the media tent first,” added Toby.

On how Argentina reacted to their 4-0 thrashing by Germany in the quarter-finals, Toby said: “It was like death in the family because everyone was very sad and disappointed. They arrived back from Cape Town at 2 in the morning, but six hours later they were fully packed and ready to board the chartered plane for the return flight to Buenos Aires.”

Toby said the farewells were therefore very emotional. Some of the players were still in tears when they left for the airport. Others were completely withdrawn, obviously still in shock.

“One thing we quickly learned was that they kiss you on the cheek when they greet you – men and women – but on that Monday morning the Argentineans were so heartbroken that they broke with their tradition by only extending a hand to say goodbye” 🇨🇦



# Bafana Bafana's Bongani

*Text: Morris Gilbert Image: Etienne Rothbart of Independent Newspapers*

## Bafana Bafana's Bongani Khumalo will always have a soft spot for TuksFootball.

"My real break in becoming a professional player came when I played for Tuks and I will never forget that. Since I still live in Pretoria, a mere 15 minutes from the TuksSport Campus, I make a point of it to pay a visit to my old club and team mates as often as I can. I have a lot of friends who are still playing for AmaTuks," said Bongani, who played in all three South Africa's group matches during the 2010 FIFA World Cup tournament.

TuksFootball recruited Bongani when he was playing for Arcadia Shepherds.

He spent the 2006/2007 season with AmaTuks during which time he started in 24 matches. He was impressed with "the whole setup at TuksFootball. From the moment I became a member of TuksFootball I knew I was in safe and very capable hands. The coaching is of a very high standard and there's an environment in which the common strive towards sports excellence and true professionalism are as good as contagious. To top it all TuksFootball also has a wonderful infra-structure and facilities."

His fondest memory of playing for AmaTuks "was the first goal I scored, but I can unfortunately not remember who our opponents were. I made a lot of good friends whilst playing for AmaTuks and that ensured the chemistry needed to become a unit."

23 year old Bongani, who scored South Africa's first goal in the WC match against France in Bloemfontein on 22 June, has little doubt that TuksFootball has all the makings to become one of the country's top clubs. He believes that AmaTuks' PSL status is on the cards. It is not a case of if, but when.



After his stretch with AmaTuks Bongani joined SuperSport United where he currently captains the side that has won three consecutive PSL titles.

Bongani had his first taste of international football when he was still playing for AmaTuks. He played for Amaglug-glug (the SA u.23 team) which paved the way for him to become a regular member of the national side.

His debut for Bafana was on 11 March 2008 against Zimbabwe. Since then he has represented his country in another 14 internationals.

“Taking part in the World Cup on home soil was almost better than living your dream. It was magical, awesome, a wonderful and never to have again experience,” said Bongani.

The fine form he showed during the World Cup Tournament did not go unnoticed as it was revealed on the Rangers F.C website that the Glasgow Club was interested in signing Bongani.

AmaTuks team manager, Graham Oosthuis said it came as no surprise to them that Bongani has made it at the highest level of football.

“He is a very gifted, skilful and humble player who has not lost touch with reality, despite his success. That makes him a role model for any young player who also dreams of playing for South Africa. We are very proud to say that he once played for AmaTuks,” added Graham 🇿🇦



# Surprise Package

*Text: Rick de Villiers Images: Reg Caldecott*

**W**e arranged to meet at a restaurant in the east of Pretoria. Neither of us had ever laid eyes on the other party and yet, though there was no exchange of details about what we would be wearing, I suspected the identification process would be easy enough: I'd be brandishing a Moleskine, she is in a wheelchair.

I cast my gaze far. So far, in fact, that I didn't realise KG Montjane had *walked* right up to me. I had, it appeared, proven the latter half of the saying that goes: when you ASSUME, you make an ASS of U and ME.

The No. 1 South African Women's Wheelchair Tennis player pulls out a chair and sits down. After some awkwardness on my part, she kindly asserts that the mistake was a natural one to make. A mistake, anyway, that isn't beyond the appeasing powers of a cappuccino.

It's the final week of the World Cup and, though Bafana Bafana have long since been knocked out, KG is proudly sporting her supporter's jersey. Over her shoulders hang a pair of black earphones that is connected MP3 player from which a whispered hip-hop beat flows.

She plays the part of city-girl well, though she is new to Pretoria. The move, KG explains after putting an oversized coffee cup down, has been worthwhile. 'Back home in Limpopo we had almost none of the facilities that I now use here at the hpc,' she explains. 'There's the gym, physiotherapy, and my personal favourite – the vision gym. Things are certainly different here

and I don't get much time to visit home, but it's a very rewarding experience.'

That she doesn't have much free time is an understatement. When she's not on the court practicing, she's abroad playing tournaments and notching up victories (she's played in Holland, Italy, England and Belgium). Her most recent international trip was to Turkey, where she competed at the World Team Cup. The experience, she says, was extraordinary. Yet she is quick to point out that team scenarios are not exactly her thing.

'I'm not much of a team player. I like individual sports because it's up to you and you alone to overcome whatever hurdles you might face. You have to do your own thing, come up with your own solutions. Doubles' tennis is certainly not for me!'

This individualist determination is one of the factors that has helped KG cope with the challenges of her disability. Born on 30 June, 1987, she was diagnosed with congenital deformity. In 2000, her left foot was amputated. But ask the 23-year old about her struggles and she'll respond: what struggles?

'The secret is just to stay positive. I've had incredible support from my family throughout my life, and I owe it to myself to do the best I can.' She takes the last sip of coffee and, as a parting gift, drops a last pebble of wisdom. 'Anyway, what's better than soaking up the sun and being active?' 🌈





Hidden away deeply inside the University of Pretoria's Sports Centre is the fairly modest office of Dr Rendani Mulaudzi (52), the Deputy Director, Sport Management, TuksSport. His title and surroundings, however, don't come close to defining a man, with a doctorate in Education, a CV filled with qualifications that will make most of us envious and with a passion for sport. More importantly sport as a builder of character, communities and the upliftment of people.

Included on the long lists of administrative duties Dr Rendani has also been the General Manager of the University of Pretoria's National First Division side (AmaTuks) since August 2005 and in July was Chef de Mission of the University Sport South Africa team to the Confederation of Universities and Colleges of Southern Africa. A team of 237 sportsmen and women went to the Games held in Botswana covering Athletics, Basketball, Chess, Darts, Football, Netball, Table Tennis, Tennis and Volleyball. The team won 41 Gold, 19 Silver and 12 Bronze medals at the games against countries such as Botswana, Angola, Zambia, Zimbabwe, Lesotho, Swaziland, Namibia and Malawi.

That's only part of Dr Rendani's life though. The Medalist caught up with him to find out more.

**Q**: We'll start off with an easy one. Tell us a bit about yourself, your background and your family life.

**A**: Dr Rendani - I am the 2nd born son of Esrom and Sarah-Jane Mulaudzi, my most important role models. I have three brothers and a sister. I was born and bred in a small village called Lwamondo in Venda, Limpopo where I attended primary and secondary school. In 1973 we moved to Shayandima, a suburb of Thohoyandou where I completed my matric at Khwevha High School in 1977.

In 1978 I registered as a 1<sup>st</sup> year student at the then University of the North (now the University of Limpopo) where I qualified as a teacher in 1981. I continued with studies towards a Bachelor of Arts Honours degree in 1982 before I was appointed as a Senior Laboratory Assistant in the Department of Physical Education at the beginning of 1983. I was promoted to a lecturer in the same department in 1985. I lectured at the University of the North until the end of 1989 when I left lecturing to join the University of Venda as a Senior Sports Administrator in January 1990. I worked at the University of Venda from 1990 to the end of January 2000 when I joined the University of Pretoria as a Sports Manager in charge of Community Engagement. However, from July 1990 to July 1995 I was an exchange student at the University of Illinois, Chicago, USA where I completed a Master of Science in Physical Education and Doctor of Philosophy in Education (specialising in Curriculum Design). This period was the most enlightening of my life in many ways and has defined how I approach life and work even now. I returned to the University of Venda in August 1995 and became the Assistant Director in 1997. I then joined the University of Pretoria in February 2000 to become the Manager: Outreach. The move to the University of Pretoria has been most fulfilling and rewarding experience in many ways. I have never regretted joining the University of Pretoria.

I am married to Leah and have two sons and a girl, Muthu (20), Zwifhiwa (14) and Lindelani (11).

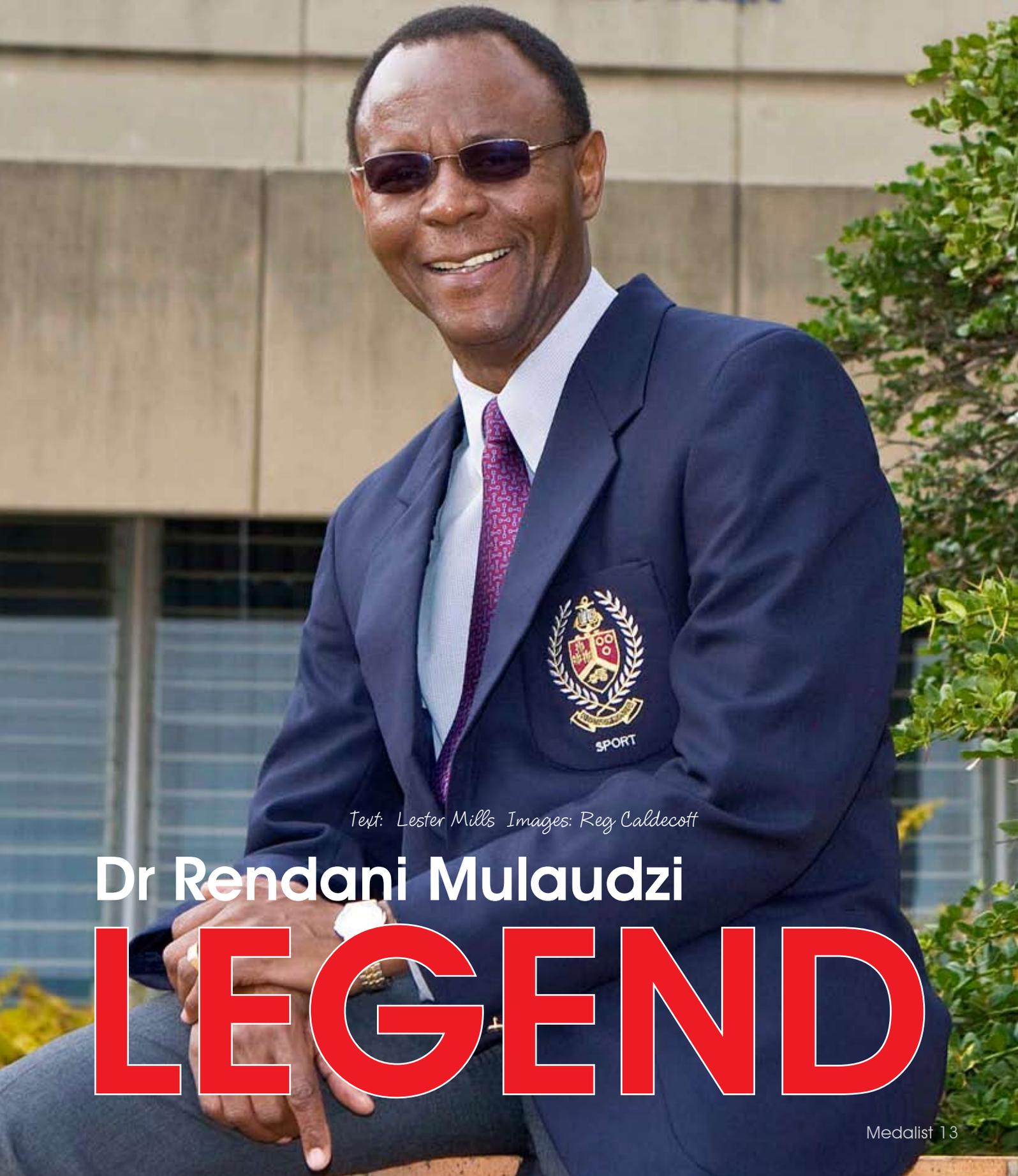
**Q**: Where was your interest in sport born? Did you for arguments sake, play soccer or participate in athletics or coach at any kind of representative level and do you have any kind of coaching qualifications?

**A**: Dr Rendani - As a boy, I did what every boy in my village did - play football after school. If I was not doing house chores, I was playing football. Initially my mom was not very keen on me playing football but my father did not mind. He would buy me a monthly football magazine and provide soccer boots whenever I needed a pair. However, it was when I was a Form 1 student at Khwevha High School that I started playing football seriously in the school team. I also played in the local community club.

On passing matric, my father suggested that I consider studying Physical Education after noticing my interest in sports. When I went to the University of the North, I did enrol into the Physical Education programme and continued to play football. The highlight of my football careers was being selected for the University of the North's Interschool football team and played alongside former professional footballers such as Ephraim "KK" Lentsoane (Moroka Swallows), John "Guinea" More (Benoni United and Witbank Black Aces), Godfrey Makgalemela and Gregory Mashigo (Mamelodi United) and Ronnie Ramafoko (Klerksdorp City). My football career blossomed from the exposure to professional football and between 1983 and 1984 I played for Seshego City Carlton in the old 2nd division league. Our main rival was Seshego Saints for whom Harris Choeu and Jazzy-Queen Ledwaba played at the time. Though I was not a regular starting player at City Carlton, I enjoyed those two years in playing in what today would be equivalent to the South African Football

# SPORTS CENTRE

## UNIVERSITY OF PRETORIA



*Text: Lester Mills Images: Reg Caldecott*

**Dr Rendani Mulaudzi**

**LEGEND**

Association's 3rd Division league (the Vodacom League).

During my student and working years at the University of the North, between 1978 and 1989, I also developed love for Badminton and Tennis. These I played regularly and was instrumental in founding the University of the North Badminton Club in the mid-1980s. I believe the club still exists.

As a lecturer I had coaching responsibilities for Athletics, Badminton and Tennis in the Physical Education practicals. To ensure that I taught my students well, I attended my first Athletics coaching course in Welkom in the mid-1980 where I received Level 1 High and Long Jump certificates under the old South African Amateur Athletics Union (SAAAU). Then with the advent of a democratic South Africa and changes that followed, I completed my Athletics South Africa Level I and II Sprints Coaching certificates between 1996 and 1998. As of now I do not coach – I have really become a desk jockey. I guess it is the academic in me that enjoys dealing with conceptual and managerial problems rather than having to spend day-in and day-out producing elite athletes in the hot South African weather. I do take my hat off to those men and women who ensure that our teams are among the best in the country. In my role as Deputy Director – Sports Management, it is my passion and enormous responsibility to ensure that all our coaches are provided with all the resources they need to keep our programme running effectively and efficiently.

Have I played representative sport? No! I never got the opportunity. Unlike now, getting a good education was the main focus during my youth and I had parents who would leave no stone unturned to ensure that I performed to the best of my ability academically. Playing sport was secondary and right through my student years; I always chose education over sport. Funny enough I have no regrets for not pursuing my football career to elite levels.

**Q**: You have an obvious passion for developing sport in disadvantaged areas. How deep do you think the well of untapped talent in this country is and what can we do about seeing talented young sportsmen and women come to the fore?

**A**: Dr Rendani - I was first employed at the University of Pretoria to do sport development work in Hammanskraal. Although I did not have much experience, the project, funded by BMW (Pty) Ltd SA, was successful in ensuring the development of a sustainable sport club system in Hammanskraal. I have also done sports development work in Mamelodi, Eersterust in the City of Tshwane, and the Amathole District Municipality in the Eastern Cape. The experience tells me that there is unlimited talent in disadvantaged communities (I actually prefer to call the "developing" communities). However, we are unable to tap this talent and ensure that it is developed and nurtured properly due to lack of national vision, local commitment and a will to do the right things. I also believe that the demise of Physical Education as a profession and course of study at many universities has denied South Africa good sport leaders. My experience at the University of Pretoria has taught me that good-to-excellent programmes are due to strategy, dedication, selflessness and smart work. This I have observed in my colleagues over the past ten years at the University of Pretoria.

You ask what must be done to ensure talented young sportsmen and women come to the fore - give the job of running sport to well trained and professional administrators, managers and coaches. This is probably not a popular thing to say - unfortunately it needs to be said because we continue to flounder around aimlessly with our sport programmes as a country.

**Q**: Your extensive CV underlines many courses you have done around people management. How important is it to understand the way sportsmen and women in a student environment think?

**A**: Dr Rendani - I am a perpetual learner and believe that everyone has the potential to change the world. My approach is very simple: it is informed by a way of life called "positive freedom." This way of life implies that those who have been fortunate to get a good education, good jobs, good upbringing and so on, must use their development for the "self-development" of others. In other words, my fortune to get a good education and to be blessed with parents with strong values about life, work and so on, is not meant for me and my family only. Every day, I am called upon to use my experience, insights, knowledge and so on, to empower someone, to change a life for the better, to learn to be humble and to always put oneself in another person's shoes. Whereas I might know more about sport from a theoretical point of view, sportsmen and women and their coaches, have much to teach me about the active life of participating at various levels of sport. Therefore, the defining principle for me is what John Maxwell states: "People don't care how much you know until they know how much you care. Leadership begins with the heart, not the head. It flourishes with meaningful relationship, not mere regulations." Here I am hoping that people will remember me not for my position and qualifications but for how much I cared and supported them as they pursued the things that their heart desired. I will also remember them for what they taught me. So, this is how I view sportsmen and women and my responsibilities towards them.

**Q**: You must be particularly proud of what AmaTuks have achieved in the short time they have existed as a top notch soccer team. Tell us of some of the main challenges the team has faced.

**A**: Dr Rendani - Definitely - I have enjoyed the time I have been the General Manager of the AmaTuks. I have learned a lot about football in South Africa - some of the lessons not so good. But this is a topic for another day.

Now, what distinguishes our football programme and teams from the rest in South Africa? It is the system that has been developed to ensure that our coaching staff become successful in producing optimal and consistent performance from our players. Unlike in many other clubs, we as management do not interfere in the coaches' work. In return, the coach is the first one to know when the team is doing not well and begin remedial work. As the General Manager, mine is to support the coach so that he is able to produce good results on the football pitch.

Some of the challenges that we face as the AmaTuks is our

inability to compete with the bigger clubs for good players. There is a lack of a transparent way of recruiting players in South Africa that have got us to lose many a young player when we would have wanted to keep them for a year or two more to enhance our own chances of playing at the elite level. But then, football is one of the most controversial sport in the world, and South Africa is no different. Unfortunately these circumstances are not moving us forward.

**Q**: Do you think AmaTuks can one day make it into the Premier Soccer League and become a regular team in that league like Wits University?

**A**: Dr Rendani - yes that is my wish and prayer that one day, the University of Pretoria Football Club will stand shoulder to shoulder with teams in the PSL, and the majority of players in our team will be students. I really believe that playing in the better resourced PSL (with all televised games and a huge monthly grant) is the place to be. Being in the elite league would provide us with enough resources to continue our development work in a more comprehensive manner. I mean we have done very well up to this point in producing many great players. A better resourced AmaTuks would ensure other programmes also become the cream of the crop.

**Q**: How important do you think the success of AmaTuks has been for the image of Tuks as a whole?

**A**: Dr Rendani - I can only describe it in one word - immeasurable. The AmaTuks have given the University great exposure in print and electronic media, especially during the successful run in the Nedbank Cup in the 2008/9 and 2009/10 seasons.

**Q**: As a traditionally white Afrikaans university, how far do you think Tuks have come in embracing sports development?

**A**: Dr Rendani - I have been at the university for ten years now and not a single day has I come to work regretting why I was here. TuksSport as a department has done a lot to embrace sports development and transformation. This was not done due to an abundance of resources. No, this was done because of the desire and will of staff to embrace sports development and transformation. Of course, the work is not done yet. We are still a country and nation where the playing field is still not level. Hence, we appreciate every sponsorship and donation that comes our way. We do raise our own funds for sports development though it will never be enough. And we shall keep on creating opportunities to reach out to communities and clubs elsewhere to share with them what we know and believe about great sports programmes.

**Q**: Do you think Tuks can improve their focus of development, especially in rural areas and how?

**A**: Dr Rendani - yes, indeed. We are working on partnerships with some international organisation to take sports development to areas such as Mamelodi. Every year we also apply to the National Lottery Distribution Trust Fund for Outreach funding. Some years we get some funds, and other years we do not. But we do not get discouraged. As long as there is another Caster Semenya and Bongani Khumalo out there, we shall refine our sports development programme and reach out to as many young people we can possible assist and accommodate.

**Q**: If the Medalist could give you one special wish for sport at the university, what would that be?

**A**: Dr Rendani - my wish would be for a great African university sport programme that meets the needs of current and aspirant student-athletes. I do not mean this in an extravagant manner but there are certain basic needs that each good (to great) student-athlete desires for him/her to study and play sport at league and elite levels. A few more indoor facilities would also not do much harm to ensure that our many indoor sports programmes have a more permanent base for both practice and match events 🇿🇦

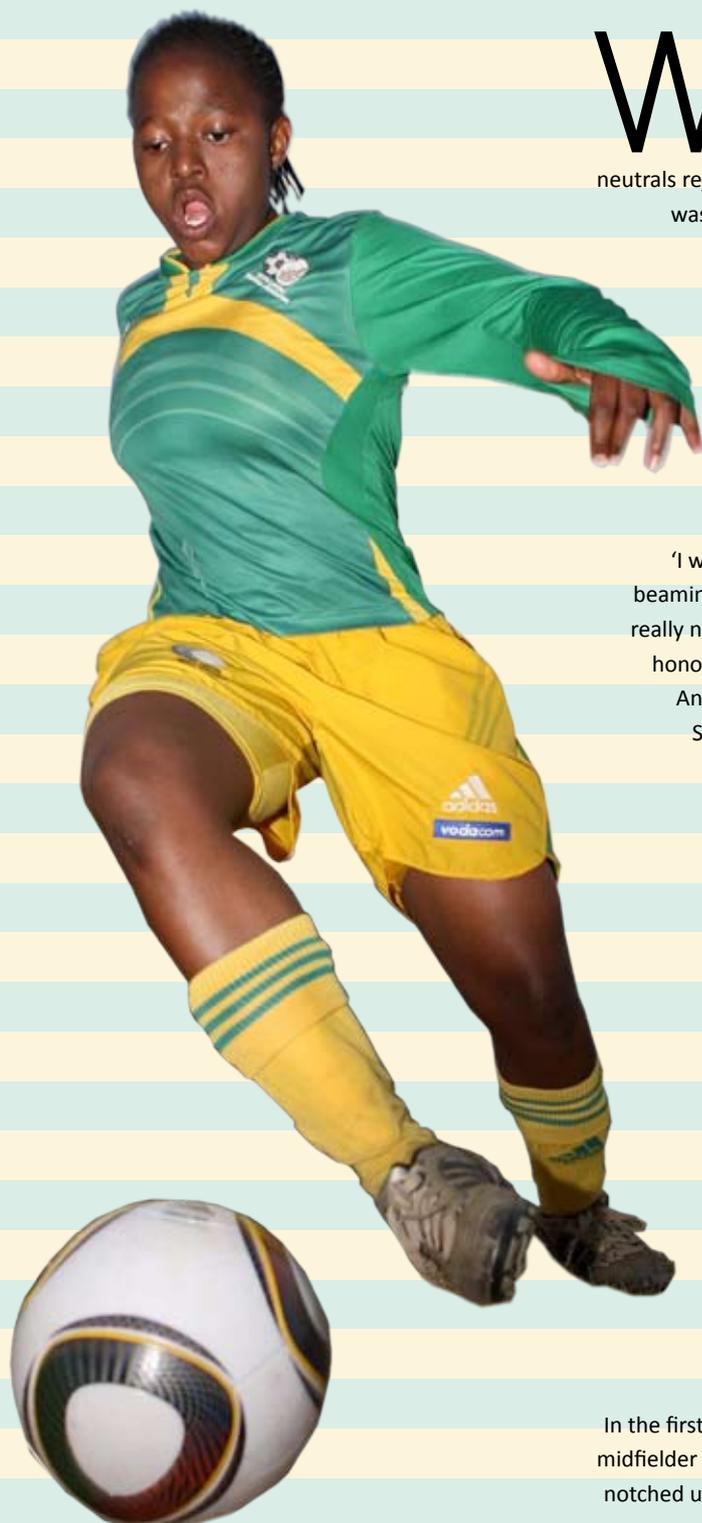


# Cupbearer to the Kings

*Text: Rick de Villiers Images: Reg Caldecott*



We chat to Rachel Sebati, captain of the national u/17 girls' soccer team, about struggles, hopes, and carrying the World Cup.



**W**hen it was brought out onto the pitch of Soccer City, no one was holding their breath. Dutch supporters let out a collective sigh of disappointment, Spanish fans continued to fill the air with jubilant cries, and neutrals rejoiced at the proper conclusion to an epic battle. No one was holding their breath. No one except Rachel Sebati.

Inside the pair of white gloves that wrapped around the base of World Cup Trophy, her fingers trembled. She was holding the most coveted award in world sport. And though the 18-carat gold sculpture weighs only six kilograms, the gaze of more than 700 million people across the globe made it just that little bit heavier.

'I was calm until a minute before the match,' Rachel says, beaming. 'But as I was about to go onto the field, I got really, really nervous. In the end it was very exciting and also a great honour – I mean, everyone was watching.'

And indeed they were. Moments before Iker Casillas, Spain's captain/goalkeeper raised the cup in victory, the 17 year-old Rachel Sebati – captain of Bantwana (national u/17 girls' soccer team) – had the grand duty of carrying the trophy to the platform where the new World Cup winners would receive it.

'When I got the call and was told I had been chosen, I didn't exactly know how to react,' says the Grade 11 pupil with disarming honesty. 'So many people sent messages congratulating me, but I couldn't understand what all the fuss was about.'

Soon enough she realised the significance of the occasion. Maybe it was the splendour of the VIP box where she sat during the match, or maybe it was the VIPs themselves (in the same box she saw the likes of Shakira and Freshly Ground).

But the real reason, Rachel thinks, is that she got to represent her country – something she is no stranger to.

In the first year of her Bantwana captaincy, the compact central midfielder has had a good run. More often than not, the team has notched up desirable results. The most recent string of successes



came during a tour of Tunisia, Nigeria and Botswana earlier this year which saw the team qualify for the World Cup in Trinidad and Tobago that will take place in September.

Rachel is modest about her influence. 'The whole team works hard and we all motivate each other, which makes things easy for me. Being captain has changed me in a good way. In the past I didn't talk much, but now I have to – I must pick up my team mates and lead by example.'

Even if her words are few, her determination over the last few years has trumpeted loud and clear. In 2007 Rachel picked up injuries to the hip and heel of her left leg. The damage was so severe that she was sidelined for two years.

'It was terrible. I had come to the school because of my soccer, but now I couldn't play. When the other girls went to practice in the afternoons and I was left alone in my room, all I could do was cry.

'But the injury motivated me, and it made me realise I how much I needed God. I worked hard at school, did whatever exercises the physio gave me, and waited patiently. I never expected that I would come this far. I mean, I got to carry the World Cup!' 🇧🇼





# 10 Questions in 10 Minutes with Future Star Wian Süllwald

*Text: Rick de Villiers Images: Reg Caldecott*

**Q: When and why did you come to the hpc?**

A: I arrived here at the start of the year. In my home town (Warmbad) training was a lonely affair, but here I have all the support I need. What's even better is that I walk out of the res door and I'm on the training field.

**Q: What does an average week in your life look like?**

A: When we're training in the off-season, I'm busy seven days a week. It's a hectic routine that requires work before and after school hours, but it's worth it. Naturally, the end of a rigorous training session is accompanied by some pains and cramps, but it also comes with a great sense of achievement.

**Q: A triathlete is basically an evolved amphibian with massive lung-capacity. What distances do you cover during a race?**

A: I still compete in the under-19 circuit, so the course consists of a 750m swim, a 20km bike ride, and a 5km run. The Olympic distance is double that.

**Q: What achievement in your short but successful career are you proudest of?**

A: Without a doubt it would have to be my inclusion in the South African 2010 Junior Olympics Squad. I'm leaving for Singapore in just three nights!



**Q:** Yet another stamp in your passport. Where else in the world have you competed?

**A:** I've been to Turkey, Hungary, Australia, Germany, France, Dubai; and England.

**Q:** What is the best thing about being a triathlete?

**A:** The fact that I get to see other parts of the world is a massive bonus. But it's also great just being active all the time – your body is in excellent condition and you feel good about yourself.

**Q:** Any downside?

**A:** Nope.

**Q:** What do you do when you're not melting a tekkie on a tar road or ploughing through the waves?

**A:** I love spending time with my family and friends, especially if it's outdoors.

**Q:** How about the girlfriend department?

**A:** [Abashed chuckle] I don't have time for that.

**Q:** How can a girl win you over? What makes your heart melt?

**A:** Cornflakes. I love Cornflakes!

**Q:** Any last word of wisdom?

**A:** With God in your sight, impossible is nothing 🇷🇺

## Fast Facts

Date of Birth: 1993  
 By day: Gr 11 Learner at  
 TuksSport High School  
 At any other time: Triathlete

# There are more to athletes than just performance

*Text: Monja Human and Prof Lourens Human*

SSMU's sport psychology staff at hpc hosted a two week workshop (1 -15 May 2010) for lectures and students from the California University of Pennsylvania (United States of America), as well as from the Department of Psychology at the University of Pretoria. This workshop re-emphasised the importance of sports counselling services for the athlete population.

## USA / SA Workshop

Prof. Taunya M. Tinsley (Department of Counsellor Education at the California University of Pennsylvania, USA), Prof. Lourens Human (Department of Psychology at the University of Pretoria, SA), other USA academic staff and students, MA (Counselling Psychology) students of the University of Pretoria, as well as athletes from the various sporting academies at hpc participated in group sessions during the two weeks.

The theme for the two weeks was developing cultural competence and cultural sensitivity for helping professionals working with the athlete population. It consisted of lectures, practical sessions and various visits to community projects.

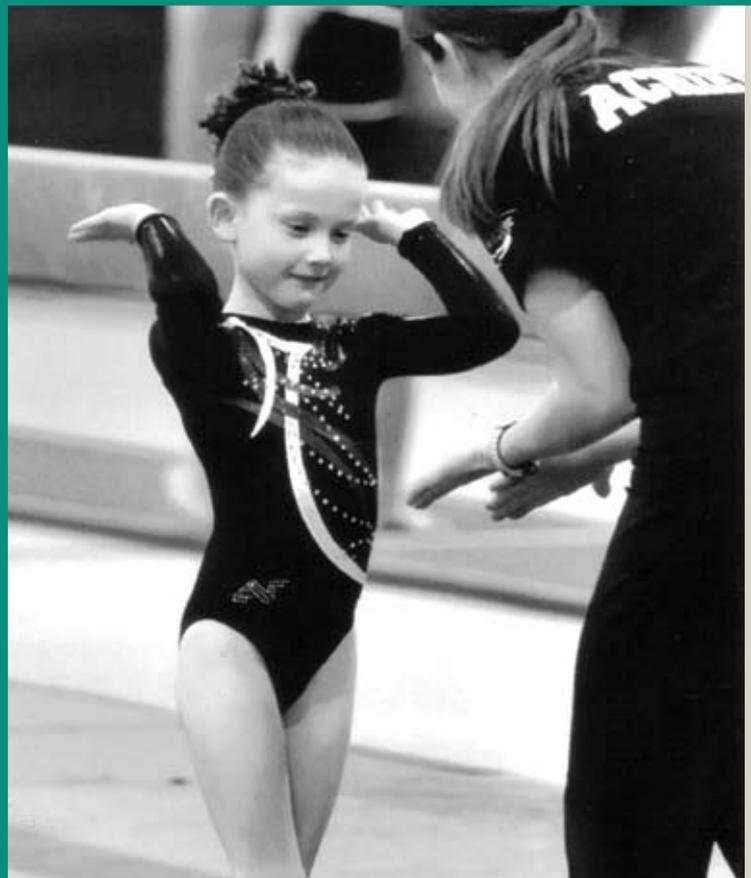
These discussions included amongst others the role of sport in the lives of adolescents, the role of family in sport participation and the meaning of sport. Everybody came from different cultures but sport was the meeting place for all these stories to come together.

## Sports Counselling Services

One topic that was discussed in detail was the role of sports counselling services in the lives of the athlete population. The term athletes will be used in this article to refer to children and adolescents participating in high performance sport.

Athletes have been viewed as one of the most recognized, yet unofficial special populations in schools. Sport can be the most rewarding and most stressful endeavours for athletes. Athletes also experience the same academic, emotional, personal goals and concerns as other children not participating in sport. However, athletes need to also manage the rigors of athletic participation which include the stress of performance and issues of time management. Many athletes spend about 20 hours per week practicing and participating in sport. This often leaves little time

for academic work or any leisure activities. Successfully balancing the above mentioned demands could be too much to handle for some athletes, making them more susceptible to mental and physical distress.



## The Story of John

Here is an example of a young cricket player to illustrate the point:

John is a 16 year old cricket player. He has been performing well all season except for during the last month. He appears to be distracted whilst training and reluctant to talk. Bob, his coach referred him for performance enhancement interventions with the hope of getting "the old John" back. One day in school he broke down and admitted to the school principal that his marks are going down and he doesn't know what to do. His parents struggle to understand as they just recently paid for a course in study methods. So instead of focusing in training he worries about school work and then in school he worries about not performing in cricket and getting dropped from the team.

John is obviously faced with a couple of dilemmas. However, there are a lot of athletes that shares John's story and experience. Luckily there is always hope and there are services that can help John to perform well again! Sport psychology services offer sports counselling to athletes that struggle with performance related matters for example in John's case.



## Referral Guidelines for Sports Counselling

Here are some guidelines for referring an athlete:

Athletes can be referred by teachers, coaches, parents, anyone involved in their training and lives. They can also refer themselves.

### (I) Performance development:

This is to enhance the athlete's performance, for example, improving a soccer player's focus and concentration after making a mistake during a game. In the case of John, performance development could be one of the interventions to assist him.

### (II) Performance dysfunction:

This includes athletes who experience any psycho-social, interpersonal or relationship difficulties for example a tennis player who experience his coach as cold, unforgiving and harsh and therefore he struggles to perform well because he just receives criticism from his coach. This also reminds him of his father's view where he was never good enough. In the case of John he might be worried that the decline in his performance might influence the relationships with his coach, and therefore a sports counselling intervention might be needed to address this concern. In the case of John this sports counselling intervention should be addressed first, before any performance development work can be done.

### (III) Performance impairment:

This includes athletes that experience clinical difficulties for example a swimmer that is so conscious of her weight that she starts developing dysfunctional eating patterns which results in an eating disorder.

### (IV) Performance termination:

This is in reaction to career termination due to injury or retirement from sport. For example: an athlete who decides to retire from competitive sport after struggling to perform well again after a severe ankle injury and surgery.

The two week workshop in May 2010 proved again the importance of sports counselling. Previously when an athlete was not performing everybody wanted performance enhancement. Now we realise again that other factors such as performance dysfunction, performance impairment and performance termination need to be sorted out first otherwise it will take so much longer to get an athlete like John back to performing optimally or like Coach Bob stated getting "the old John" back.

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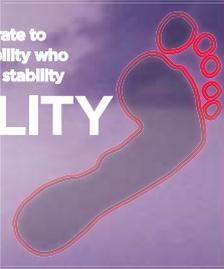
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# Anaphylaxis

*Text: Dr Phatho Cele, hpc*

**A**naphylaxis is an acute, generalized potentially fatal allergic reaction. It is a Type 1 hypersensitivity reaction that occurs in a person who has been previously sensitized by exposure to an allergen. The allergic reaction occurs on repeated exposure to the same allergen.

An allergen is a non-parasitic substance capable of stimulating an allergic reaction in individuals. Common allergens include insect bites or stings, medication, latex rubber and foods such as peanuts, shellfish, milk and egg.

An anaphylactic reaction begins when the allergen enters the bloodstream and reacts with an IgE antibody. This reaction causes a generalised inflammatory response stimulated by the release

of histamine from cells in the body. There is an immediate multisystemic response to these cellular events involving mainly the respiratory and cardiovascular system. The airways constrict causing wheezing, blood vessels throughout the body dilate with a resultant drop in blood pressure, the walls of blood vessels lose integrity and leak fluid causing swelling and hives. Finally, cardiac conduction may be impaired resulting in an erratic and inadequately functioning heart.

The person may initially complain of dizziness, flushing, angioedema, urticaria, nasal congestion, and sneezing. Severe symptoms include upper respiratory tract obstruction, hypotension, vascular collapse associated with angioedema and urticaria, gastrointestinal distress, cardiovascular arrhythmias, and/or arrest.





In a 5 year prospective study conducted in the United Kingdom, the incidence of anaphylaxis was determined to be 8.4 per 100 000 persons per year with the most common allergens being insect stings and oral medication. Approximately 10% of cases had hypotension and shock that required urgent treatment. A separate study in the United States by Neugut et al showed that anaphylaxis affected 1.21% to 15.04% of the US population. The most common causes were found to be medicines, insect stings, radiologic contrast medium and food.

Anaphylaxis results in approximately 1,500 deaths per year in the U.S. In England, research shows mortality rates of 0.05 per 100 000 population, or around 10-20 a year. Anaphylactic reactions requiring urgent hospital treatment seem to be increasing, with authorities in England reporting a threefold increase between 1994 and 2004.

In less severe allergic reactions, the patient may be treated with oral antihistamines. When severe symptoms develop, however, emergency resuscitation must be initiated with attention to airway management, supplemental oxygen and intravenous fluids. Administration of epinephrine is the treatment of choice with antihistamines and steroids often used as adjuncts. Often patients are observed in hospital for 6 - 24 hours due to concerns of biphasic anaphylaxis.

In some instances it may be possible to prevent anaphylaxis.

The greatest success with prevention has been the use of allergy injections to prevent recurrence of sting allergy. The risk to an individual from a particular species of insect depends on complex interactions between likelihood of human contact, insect aggression, efficiency of the venom delivery apparatus, and venom allergenicity. Venom immunotherapy has been demonstrated to reduce the risk of systemic reactions to below 3%.

Desensitization techniques are also being investigated for peanut allergies. In the meantime, a potential vaccine has been developed to prevent anaphylaxis due to peanut and tree nut allergies. Although the vaccine has not yet been approved for marketing and distribution, it shows some promise to reduce the likelihood of anaphylaxis in affected individuals 🌈

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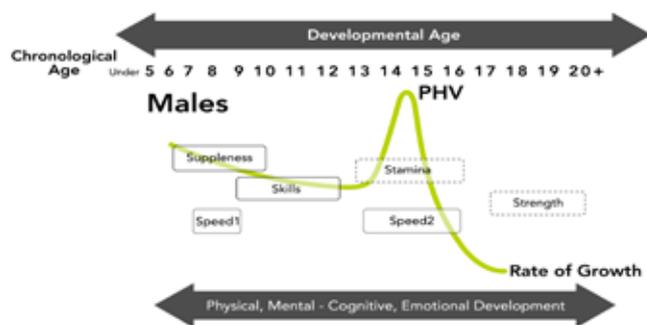
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# Conditioning and Supplementation of High School Rugby Players

Critical development of athletic and cognitive ability begins at a very early age. As children mature, they progress through the same development stages of maturation and growth. Optimal windows of trainability exist, during a child's development that offers optimum opportunity to develop particular attributes such as basic movement skills, basic sport skills and physical capacities. Without developing skills and certain physical and mental attributes at the proper time, a child's ability to reach his or her full genetic potential will be significantly affected.

Although all people follow the same pattern of growth and maturation significant differences exist between individuals in the timing and magnitude of these changes. Science therefore underpins the fact that children cannot be treated as mini-adults and that the development of training programs of children should not only be based on their chronological age but also on their specific biological age. Exposing children to the appropriate stimuli before, during and after puberty is therefore crucial for long-term development and place a unique burden and responsibility on parents, coaches and trainers alike.

## Windows of trainability during growth & maturation (Balyi and Way 2005)



Unique windows of trainability exist for speed, suppleness, skills, stamina and strength before, during and after puberty. For e.g. studies indicate that males should refrain from resistance training with weights until 12 – 18 months after the PHV (Peak Height Velocity) in their growth curve during puberty has been reached.

It is a scientific fact that nutrition also plays an important role in the development of children. It has become fairly common practice for teenagers to start using nutritional supplements. Parents and coaches should be aware of the potential dangers regarding supplement use.

It is PVM's scientific policy to discourage the indiscriminate use of nutritional supplements by high school rugby players because of legitimate scientific and ethical considerations. Parents and coaches should be aware of the fact that:

- Achieving success requires hard and smart work. Instant success is impossible and avoiding fads is important.
- Legislation does not put the onus on supplement companies to scientifically prove efficacy and safety of their products and of the claims they make.
- Rugby players run a high risk of consuming supplements containing banned substances.
- Product labels and persons advising on supplement use cannot be trusted blindly

Nutritional supplements should be seen as complementary to specific training regimes and good balanced nutritional intake on a daily basis. Only within this context do nutritional supplements play a contributory and scientifically valid role in health and performance. It is therefore advisable that parents and coaches seek professional assistance and advice buying supplements. PVM is not only subcontracted to condition the Free State Cheetahs but also provides nutritional assistance to various top schools most notably Grey College Bloemfontein.

To quote Dr. Johan Volsteedt, Headmaster of Grey College: "Parents and coaches who deal with teenage sportsmen must be made aware of the advantages and developments regarding fitness-, strength/conditioning-, psychological programmes and supplementation. Well-meaning parents/coaches with superficial knowledge or information can easily give the wrong advice or rely on quick-fix programmes in the hope that school children can be turned into "superstars" overnight.

Enjoyment of an activity and striving to be the best one can be, should be the main reason for participation and development at school level. At Grey College we are pleased with the involvement and expertise of PVM in school sport. At the heart of our partnership is PVM's ongoing research and genuine interest in what is best for our players."

Alfred Rheeder - PVM Nutritional Sciences. Should you require nutritional assistance contact PVM at (012) 804 7676 or visit [www.pvm.co.za](http://www.pvm.co.za)

PVM Nutritional Sciences offers superior nutrition through applied science. Since 1968 PVM, the producer of the world's original energy bar, 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 Free State Cheetahs.



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# Purpose of Swelling after Injury

*Text: Menzi C. Ngcobo Biokineticist,  
Institute for Sport Research (hpc) University of Pretoria*



Injury to a part of the body triggers a localized response called **Acute Inflammation**. In medical terminology, the term acute refers to any condition with a sudden onset (e.g. tissue injury) and of short duration. Inflammation is a process whereby the body's immune system reacts to perceived invasion by foreign matter, infection or tissue damage.

The acute inflammatory response has two components. The first is the vascular component, which involves a dramatic increase in blood flow to the damaged tissue and an increase in venule permeability. This leads to the redness and warmth that is often observed at the site of injury. Local swelling also occurs due to the movement of fluid and cells from the blood into to the intercellular space.

The second is the cellular component. Large numbers of leukocytes (white blood cells – protect against foreign material and infectious disease) move to the tissue spaces, where they inactivate certain disease agents and remove cellular debris. This movement of fluid, suspended substances and cells is called exudate (fluid rich in protein and cellular elements).

Having considered the formation of fluid exudate in acute inflammation, you may well ask, what good comes from the accumulation of fluid and plasma proteins at the site of injury.

Four benefits can be derived from this process:

## 1 Dilution of Toxins

The accumulation of fluid at the scene dilutes harmful substances, limiting any further damage.

## 2 Increased Pain

The increased pain caused by swelling limits the use of the affected part and thus, may prevent additional injury.

## 3 Vascular Permeability

The change in vascular permeability allows for white blood cells and antibodies to move to the site of injury where they can act against disease-causing micro-organisms or cellular debris in the tissue spaces.

## 4 Content of Proteins

The content of proteins in fluid exudate contribute to enhancing the response to injury, killing organisms and fostering the phagocytosis (the engulfing and ingestion of bacteria or other foreign bodies by white blood cells) of various particles associated with tissue damage.





A physician will often prescribe anti-inflammatory drugs for swelling. It may seem strange to limit the inflammatory response process when we have just identified its beneficial role in the healing process.

However, there are problems associated with excessive inflammation.

### 1 Pain

Although pain is beneficial in signaling tissue damage and limiting its use, intense and prolonged pain can present significant problems to the patient.

### 2 Swelling

Large amount of swelling can impair function by limiting joint mobility or by obstructing anatomical passage. Swelling can also produce pain as tissue pressure impinges upon nerve endings and pain producing mediators accumulate.

### 3 Tissue Damage

Inflammation can become chronic. Chronic inflammation occurs when the acute inflammatory response does not eliminate the injuring agent and restore tissue to its normal physiological state. The presence of the inciting agent in the tissues causes long term conflict with phagocytic cells of the host. The infiltration of functional tissue by inflammatory cells progressively interferes with normal function. When the process continues over months, function deteriorates as tissue is destroyed and scarring develops.

Inflammation is the body's way of initiating the healing process by the immune system. However, there are problems associated with excessive or chronic inflammation. For this reason, therapy to limit the inflammatory response may be necessary. The challenge is to apply therapy in such a way that the negative effects of inflammation are prevented while allowing a sufficient response to deal with the problem effectively 🌈



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# Myth Buster

## Different training programmes for different body types

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

Since the dawn of time (or should I say the dawn of gym instructors) people have wanted to know what the best way is to get a smaller butt, tighter abs, or bigger guns (Gymnase for biceps).

Most gym instructors will lead you to believe that body type plays a crucial role in selecting a sound workout programme. First, they'll do a body assessment, then determine your body type, and finally conjure up a magical programme tailored for your specific needs. Naturally, you will fall into one of the three archetypal body types (as outlined by Tamilee Webb and Lori Seeger from [www.dummies.com](http://www.dummies.com)) and your workout programme will centre around this vital bit of information.

According to these authorities you will either be:

A mesomorph (or meso, for short) can be defined in one word: muscular. If you're a meso, your body type is usually the envy of all gym rats because you can increase your muscle size quickly and easily. The well developed, rectangular shapes of mesomorphs are representative of their thick bones and muscles. (Before you get too excited about this perfect form, keep in mind that being a meso may also mean you have poor flexibility.) If you are a characteristic mesomorph, you have a well-defined chest and shoulders that are both larger and broader than your waistline. Your abdomen is taut and your hips are generally the same width as your shoulders. Your buttocks, thighs, and calves are all toned and defined.

*When you think "mesomorph," think of Sylvester Stallone and Demi Moore.*

A one-word description for the ectomorph body type (or ecto, for short) is slim. If you're an ecto, mesomorphs and endomorphs usually don't want to stand next to you. It's not that ectomorphs aren't personable, it's just that you're probably a tall, slender individual who has trouble gaining weight (oh darn!). As you may have guessed, the perfect example of an ecto is a fashion model. An ectomorph is relatively linear in shape with a delicate build, narrow hips and pelvis, and long arms and legs. As an ecto, your muscle and bone outlines are usually visible (especially if you are an extremely thin ecto), and you normally have less fat and muscle mass than people with other bodytypes.

*When you think "ectomorph," think of Tom Hanks and Courtney Cox.*

A one-word description of the endomorph body type (or endo, for short) is curvy. The soft, flowing curve of an endo are similar to that of an hourglass in more ways than one. And wouldn't you know it; the sands of an hourglass tend to settle in its bottom half just like the fat in the body.

Comparatively, if you're an endomorph, your body fat may have a tendency to settle into the lower regions of your body, predominantly the lower abdomen, hips and thighs, rather than being distributed evenly throughout your body. Keep in mind, though, that most endomorphs don't have all the features of characteristic endomorph, but a blend of features from other body types as well.

*When you think "endomorph," think of Robin Williams and Oprah Winfrey*

While it's true that these are the dominant body types, it's important to keep in mind that you can be a combination of all three. Customising your workout to suit your build will have no greater or lesser effect on the results. There are thousands of theories about how to approach training, but in the end the only real determinant is putting in the hard yards.

So if you are serious about getting into better shape, ask yourself a few important questions:

1. What is my goal?
2. How badly do I want this?
3. What do I stand to gain from this?
4. What do I stand to lose from this?
5. How will I know that I have achieved this? What will I see, hear, feel, think?
6. What steps do I need to take to get this?

Make sure your training fits in with the goal you want to achieve. If you want to lose fat, train to lose fat! Remember that the human body adapts to any stimulus that it is given and that the adaptation process equals the results. This also means that after a period of time, when the body has finally got used to these rigours, the results will become less visible. So keep in mind that when it comes to training principles anything works, but nothing works for very long.

Reference

<http://www.dummies.com/how-to/content/determining-the-best-workout-for-your-body-type.html#ixzz0uo0Ecj2F>



# Massage flush!

## How can you not afford it?

Text: Jean-Pierre du Plessis; Sports Therapist Images: Reg Caldecott

**N**owadays exercising forms a crucial part of everyone's life. Be it for elite sport, recreational sport or just to keep fit, healthy and stay in shape. Unfortunately there are by products that are caused by exercise, namely lactate, DOMS and inflammation. Microscopic tears occur causing DOMS and inflammation, these microscopic tears are necessary in order for your muscles to grow and adapt to the strain of the exercise and in that sense to get stronger. Each one of the above mentioned by products serve a specific purpose in our bodies and with the recovery cycle. It is important as a Sport Therapist and an athlete to recognize the different outcomes and what their impact are on the muscles. Here are some of the definitions in order to assist us in understanding the by products of exercise.



### Definition of lactic acid:

Lactic acid is a chemical that is formed when sugars are broken down for energy in the absence of adequate oxygen. Lactate causes the muscle pain athletes experience after engaging in strenuous physical activity for long periods of time. When too much lactate forms the ability to burn foods using aerobic respiration is impaired. Thus less energy is formed.

### Definition of DOMS:

DOMS is muscle soreness that is usually felt within 12-72 hours of exercise and often happens when you're first beginning a workout program or when you significantly change your program. Experts believe we get sore because of microscopic tears in the muscle fibres. Some symptoms of DOMS include:

- Stiff or tight muscles
- Fatigue
- Weakness
- Muscle pain

### Definition of Acute muscle soreness:

AMS is a term to describe muscle soreness felt during the muscle's use in an activity or shortly after its use (generally no longer than an hour). It is not connected to its longer counterpart, delayed onset muscle soreness, which can last up to 72 hours after muscle activity. It is generally known to be caused by tears in the muscle fibres or fascia. Soreness can occur after trying a new muscle activity or exercise, exercising during or after a prolonged period of being sedentary or a large change in your current exercise routine.



#### Definition of Muscle Inflammation:

Inflammation is the body's initial reaction to injury and is necessary for normal healing. The injured area becomes red and swollen due to changes in vascularity, blood flow and capillary permeability. After the damage of tissue a hypoxic environment causes the death of tissues which in turn causes the release of chemical mediators. Two of these chemical mediators are histamine and bradykinin, they cause increase of blood flow and capillary permeability this in turn causes edema.

Now that we know what each term means it is easier to understand the necessary treatment. In this issue we will discuss muscle flush with the help of massage.

What does it mean to have a muscle flush? It is the process of increasing blood flow to your muscle to flush out toxins, stretch the muscle and increase relaxation. A typical flush consists out of effleurage (gliding or sliding movement over the skin with a smooth continues motion), you get a light effleurage and a deep effleurage depending on the amount of pressure; petrissage (wringing, rolling, lifting and kneading of the muscles) and sometimes even tapotement (various parts of the hands striking the tissue at a rapid rate) and vibrations (to shake the muscle).

A study done by the Auckland University of Technology have shown the benefits of effleurage, petrissage and tapotement.



**Effleurage:**

Stimulates the parasympathetic nervous system and evoke the relaxation response. Enhances venous return.

**Petrissage:**

Mobilize deep muscle tissue and subcutaneous tissue. Increase local circulation. Assists in venous return.

**Tapoment:**

Stimulate the tissue either by direct mechanical force or by the reflex action.

So now when you take into consideration the different phases of the healing process you will be able to see when it is necessary to do a massage flush.

When a person is busy training or busy to compete, you will be able to do tapotement or vibration just to relax the muscles a bit, when you do a flush during strenuous activity you will increase blood flow and cause edema. You don't want swollen muscles while competing, that will just constrict your range of motion, and leave your muscles feeling tired.

Lactate will return to normal levels in just an hour or so after

exercise. So some stretching or a cool down run can assist in the removal of lactate. Whereas when DOMS forms it can really limit the training sessions and one can struggle to train as hard or as efficient. This is when a massage flush really plays a big role. Anything from within a few hours of the activity to a few days; this will also determine the amount of pressure that is used, the longer time after or before the activity will be equal to more pressure. The idea of a flush will be a day after an activity or a day before an activity.

How will it be done? You will start with effleurage, where your strokes will be towards the heart, going over the tight and sore muscle, it will be more rapid strokes than a normal sport massage; it will start of light and then go slightly deeper. One then can use petrissage, more kneading and rolling; some tapotement and then finish off with another effleurage. A flush is usually quite short in time and a full leg flush will take anything from 10 to 20min depending on the severity. Your muscles will feel relaxed but a bit drained after a flush. It should recover in a few hours; after the flush you should feel good already and a day after you will be able to perform your very best at the training session.

Working with top athletes around the world I know the importance of hard training sets with little rest, if you want to keep up with the best or become the best you must understand how important every training session is. So if you want to train hard and efficient every session make sure you get your rub downs. Success is in the hands of the go-getter 🌈

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# THE POWER OF PILATES

*Text: Licinda Liebenberg & Gareth Spiers -  
ISR (Biokinetics Division)*

Pilates is an exercise method that covers the art and science of human movement as it relates to the Pilate's principles. Pilates is for the young and the old, it offers solutions to those with restricted mobility and to the elite athlete that strives for the perfect physique.

Pilates not only offers a bridge between mind and body, between everyday life and optimal performance, between rehabilitation and healthy movement, but also has a system that has the potential to enhance every aspect of life.

## The Philosophy behind Pilates

- **Core Strength** – Pilates emphasizes the importance of the central muscles of the abdomen, the lower back and the buttocks. This is considered the “center of power” of the body. Joseph Pilates believed, as do many modern trainers, that core strength and stability are the keys to remaining injury free.
- **Concentration** - Pilates teaches active awareness of the body's movements. The athlete must be consciously aware of his or her body position at all times to maximize exercise results.
- **Breathing** – Pilates training emphasizes proper breathing control. It's important to focus on deep, steady breathing to focus the mind, tighten the abdomen, and rid the body of “toxins”.
- **Precision** – The routines in Pilates stress the use of good form when exercising. A generally accepted exercise principle for injury prevention.
- **Flowing Motion** – All exercises in Pilates should be performed by slow, fluid movement. Care is taken to avoid rapid, jerking movements. Explosive type movements increase the risk of injury.





### The Role of Pilates in Rehabilitation

Regeneration, not degeneration – that’s what the Pilates Method of body conditioning is all about. Regeneration is important for physical rehabilitation as it helps regenerate your body’s tissues and retrain your movements for a strong, healthy, balanced body.

With this in mind Pilates is used to provide rehabilitation that goes beyond traditionalist orthopedic physical therapy. Several physical therapists have found that Pilates can increase strength and flexibility, addresses posture, muscle performance, motor control and postural symmetry, the same concepts that form the basis of most orthopedic rehabilitation and therapy. It provides total conditioning that exceeds standard callisthenic, isometric or isokinetic exercise (*The Australian Pilates Academy*).

Pilates is used to successfully treat many common conditions and diseases, including:

- Chronic neck and back pain
- Sciatica
- Shoulder impingement/tendonitis
- Hip bursitis
- Ankle injuries
- Total knee/hip replacements
- Multiple Sclerosis
- Parkinson's Disease
- Fibromyalgia
- Scoliosis
- Postural and biomechanical weaknesses
- Sports conditioning and injury prevention

Pilates is particularly effective as a method for rehabilitating spinal injuries. The method of body conditioning strengthens, lengthens and balances musculature around the spine, as it aligns and decompresses injured vertebrae, helping to relieve nerve and disc pressure. This decompression facilitates and stimulates healthy circulation to the damaged spinal tissue. Spinal injuries such as herniated or degenerated disc, sciatica, unstable sacroiliac joints, scoliosis, arthritis, spondylolisthesis, spondylosis have been successfully treated with Pilates.

### Conclusion

Pilates is a favourite exercise choice among people, especially the females, but one must be sure you are getting the right advice and appropriate exercises. After a thorough assessment and personal instruction, you can start attending sessions. Constant supervision ensures the high performance quality of your exercising, and the success and enjoyment of your program. For any further information contact the ISR - Rehabilitation Division (012) 420 6033.

**"Pilates is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, in the way you play, and in the way you work." Joseph Pilates.**

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### ISR - HIGH PERFORMANCE LAB

The primary objective of the ISR performance lab is to provide sport science support to TuksSport, the national federations, the hpc academies and school as well as the general public.

This support includes athlete assessment and monitoring, research, training analysis, strength and conditioning, long term athlete development and programme development.

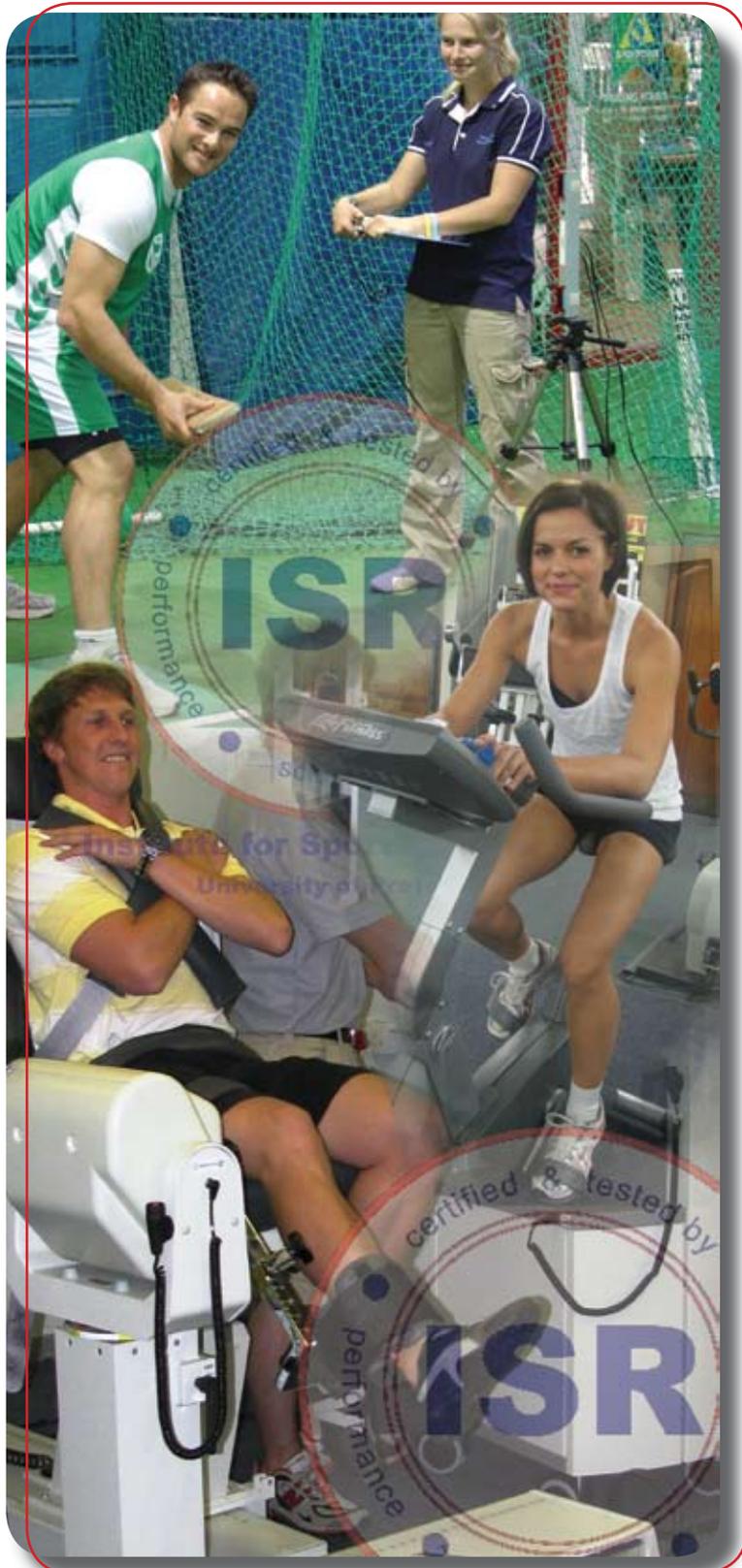
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# What's in a name?



## Naming Rights of Stadia

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

Corporate naming of sports stadiums has become an attractive alternative to other forms of traditional advertising. It costs considerably less than traditional advertising and wide reaching exposure is given to the corporation's name through television, radio, internet and the printed media. The naming of stadiums after corporations originated in 1987 when the Great Western Bank bought the rights to the Los Angeles Forum. Since then, we have seen a worldwide growth in the practice of naming stadiums after corporations. In recent years, most major stadiums in South Africa have also been named after corporations. Corporations such as ABSA, Telkom, Investec, Liberty Life, SuperSport, Sahara, Mercedes-Benz, Goodyear, Securicor, Vodacom, @lantic, First National Bank and De Beers have all jumped on the stadium naming bandwagon.

The benefit to corporations in holding naming rights, are well illustrated by America West Airlines' purchase of the naming rights to a new arena which was built for the Phoenix Suns. The rights were purchased for \$550 000, with an annual increase of 3%. During the NBA Finals, when the Phoenix Suns hosted the Chicago Bulls, a single 30 second commercial spot on NBC cost \$300 000. America West's name and logo were seen countless times at a cost of \$583 495, less than the cost of a one minute television commercial, namely \$600 000.

It was reported in June 2008 that the most lucrative deal in South Africa to date had been concluded in respect of the Ellis Park rugby stadium in Johannesburg, which is now known as the Coca Cola Park stadium. Coca Cola International had apparently paid R45 million for the naming rights in a four year deal. The deal did not include the 2010 FIFA World Cup South Africa™, as FIFA had prohibited the use of corporate names for stadia during the event (corporate use were interrupted during the Exclusive Use Period when FIFA regulations required a 'clean' stadium free of non-FIFA sponsor advertising and marketing rights in terms of the agreement between FIFA and the South African bid committee.

However, naming rights of stadia is not without controversy. The developer of the proposed New York Jets and Giants stadium broke off naming rights talks with insurance company Allianz after outrage from fans and Jewish groups. The German company insured Adolf Hitler's engineers at the Auschwitz death camp and allegedly refused to pay off life insurance policies to Jews during the Holocaust. Allianz was offering \$30 million annually to have their name on the new stadium!

There is also currently a dispute brewing in our very own Calabash. The High Court in Johannesburg will rule next month on whether Soccer City would be renamed the FNB Stadium or National Sta-

dium. FNB, who held the naming rights before the FIFA World Cup, applied for a court interdict against the changing of the name to National Stadium. Stadium Management South Africa (the management company in charge of Soccer City) decided to officially rename the stadium to National Stadium at the Springbok rugby team's Tri Nations Test against the All Blacks on August 21. FNB argues that they hold the naming rights and that Soccer City should once again be called the FNB Stadium.

Despite all of this, no one in sports marketing would question the value and impact of naming rights sponsorships. It is however complex and needs to be supported by a good marketing programme. Stakeholders, especially the fans, must buy-in and accept the name. Apart from the advertising and promotional benefits, corporations also benefit in various other ways, such as corporate goodwill, public awareness of products and services, stadium suites for hospitality purposes and certain tax benefits. The new sports facilities which were build for the World Cup in South Africa will create



new marketing opportunities and the value attached to corporate naming rights are likely to increase as they continue to do in the rest of the world 🌍

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# Greeted with the sounds of Africa

*Text: Aphelele Gule Images: Reg Caldecott and hpc staff*

Aphelele Gule, Head Boy of TuksSport High School, relates how the Argentinean soccer players were welcomed to "their home away from home" in true South African style

**W**e all get once-in-a-lifetime opportunities. Whether it's going to a World Cup match, seeing Bill Clinton in the stadium, or even doing a death-defying, adrenalin-filled stunt, it's the kind of experience that will be cemented in your memory forever.

'Matrics, you are going to be carrying the Argentinean players' bags.' Those are the words that have been ringing in my ears since they were uttered by my principal, Mrs. Hettie de Villiers, on the 26<sup>th</sup> of May 2010. It sounded too good to be true.

We all knew that the Argentinean team was going to lodge at the hpc during the World Cup, but never in our wildest dreams did we expect to get such an opportunity. I mean, these are some of the best players in the world - they probably have FBI agents as bag boys!

The days crept by and we could hardly wait. At night we would lie awake trying to process this incredible reality: we were going to be within inches of world football icons. In my mind's eye I could see Messi, Tevez, Maradonna... I had to pinch myself every now and then.

Finally, our moment of glory was here. Arriving at the hpc that wintry Saturday morning, I thought my task would be a simple one. But I soon found out that, as Head Boy, I would be entrusted with the bag that belongs to the FIFA World Player of the Year. Yes, I was to be in charge of none other than Lionel Messi's kit.

When I heard the news my heart rose up in my throat. (I'm sure if someone hadn't given me a slice of cake it would have hopped straight out!). No matter how many times you fantasize over an occasion like this you can never prepare yourself for it.

45 minutes before Argentina's arrival we were called up to the Fort Knocks-type security gate. There we saw Lieutenant Du Pisane of the South African Police force, and it was his job to take care of the

new hpc guests. In swift, military fashion he gave us a break-down of what to do and what not to do. It all went into my one ear and out the other: I was just too excited to pay attention. Suddenly, there was a spontaneous eruption into song. Waiters, cleaners and pupils alike contributed to the glorious noise, and we were already having fun before the main attraction appeared. Time flew, and before we knew it we could hear whining sirens and screeching brakes over our singing. They were here!

The Argentinean players seemed mesmerized by the sound that greeted their ears. As they stepped down from the bus, they started snapping shots of South Africans in song. Some of the Argentineans even tried to join in, mimicking our war cries and imitating our dance moves. Unfortunately, none of them had African rhythm in their blood except perhaps for Carlos Tevez.

We chanted "Messi we love you so much" and, to the amazement of this much-adored icon, one of his teammates (Mascherano) started singing along in a mock falsetto. All this was done in good spirit, and it warmed our hearts to see how happy we made the Argentinean team by being our African selves. In the end, everything was happening so fast that the players carried their own luggage, but that didn't detract from the occasion at all.

It was a moving experience and one I wouldn't trade for anything in my young and still growing football career. Walking with the best was a once in a lifetime experience that no one can ever take away 🌈



# Athletics Showcase

*Text: Lester Mills Image: Reg Caldecott*



Lux Gordhan, who has just completed his first year as the University of Pretoria's High Performance Centre Athletics Academy manager, still oozes the same enthusiasm for his job he did on the first day he stepped into the position.

In the opinion of Lux, the hpc Athletics Academy, which has been going from strength to strength, is still in the early stages of its development and over the next years the academy is going to turn into "the must be place" for any athlete with potential in this country.

The Athletics Academy is part of TuksSport Academy which has been promoting the development of sports since 2002. Their sportpersons are between the ages of 13 and 18 and occupy the top ranking positions in their respective age groups and respective disciplines.

Athletes from the Athletics Academy brought home one national title, two gold and three silver medals from the SA Junior Championships held in Germiston in April 2010.

Craig Canham was the brightest star with his personal best of 2,00m in the high jump boys u/17, which was also good enough for the national title. The Academy's second gold medal of the event was in the 4 x 100 medley relay girls u/17.

Jade Roman just fell short of winning gold in the 100m (12.05) and 200m girls u/17 (24.44), but her silver medal winning times were both personal bests. She also won gold in the medley relay. Sabelo Ndlovu also registered a personal best in the triple jump boys u/17, but his effort of 14.21 only earned him fifth place.

For Lux though, it's not just the present performances of their young athletes which excite all the coaches and officials at the Athletics Academy. It's the fact that this academy has all the tools to start unearthing athletic potential that has been hidden away in this country for so long.

"Facilities here are top notch. We have a medical centre which also does rehabilitation. Two athletic tracks and an environment which helps youngsters focus on the job at hand," says Lux. Certainly the presence of someone like Caster Semenya at the hpc does inspire those at the academy. According to Lux, Caster regularly trains with our juniors and her determination to fight the odds is a continual inspiration to all. Although anyone who shows athletic potential can apply to attend the hpc Athletics Academy, those in charge don't rest on their laurels in a continual search for potential top athletes. The Athletics Academy also has the full backing of Athletics South Africa and the Department for Sport and Recreation, who regularly refer potential athletes to them.

Young high jumper Craig Canham is a case in point. Craig hails from the KZN farming area of Mata-tiele. "A youngster like Canham can only but benefit from his time here", says Lux, who specialises in the jumping disciplines at the academy, while senior coaches Hennie Kriel and Michael Seme are charged with looking after the track athletes. Together the three also bring close to 100 years of athletics coaching experience to the academy.

Right now they are aiming at the 2011 World Youth Track and Field Championships in France as a chance to showcase the talent they have been nurturing 🇷🇵

# TuksSport

## 2010 CUCSA Games

### Botswana

The African CUCSA Zone IV Games are held every two years. Participants in the Games are the Universities in Southern Africa. The 2010 CUCSA Games were held in Botswana from the 5 – 10 July. The University of Pretoria had a total of 21 members (18 athletes & 3 officials) in the Team South Africa Delegation to Botswana.

The students represented the University in Athletics, Basketball, Football and Table Tennis and contributed to the USSA team by winning most medals.

Below are the names and results of the athletes:

#### Athletics

Name	Surname	Event	Medal
1. Arlene	Gowar	200m	Gold
		4 x 400m	Gold
		4 x 100m	Gold
2. Anuscha	Nice	800m	Gold
3. Zintle	Sinqe	1500m	Gold
		5000m	Gold
4. Eugenie	Wicksell	400m	Gold
5. Alet	Van Wyk	400m	Gold
6. Marnus	Koekemoer	800m	4th
		4 x 400m (Relay)	Gold
7. Sonia	Smuts	Discus	Gold
		Shot Put	Silver
8. Carlyn	Fischer	Injured – did not attend	
9. Dewald	Moolman	Injured – did not attend	

#### Basketball

Name	Surname	Event	Medal
1. Takalani	Mfamadi	Basketball	Gold
2. Linda	Nkuna	Basketball	Gold
3. Kelly	Tswai	Basketball	Gold

#### Football

Name	Surname	Event	Medal
1. Mandy	De Araujo	Football	Gold
2. Simphiwe	Dludlu	Football	Gold
3. Keneilwe	Mathibela	Football	Gold
4. Nonhlanhla	Phalama	Football	Gold
5. Sello	Mokoena	Football – Coach	Gold

#### Table Tennis

Name	Surname	Event	Medal
1. Gila	Barit	Singles	Silver
		Team Event	Silver
		Girls Doubles	Silver
		Mix doubles	Gold
2. Luke	Abrahams	Singles	Gold
		Team Event	Gold
		Mens Doubles	Gold
		Mixed Doubles	Gold

#### General Delegation Management

Name	Surname	Portfolio
1. Dr Rendani	Mulaudzi	Chef De Mission
2. Sibongile	Maswanganye	Logistics Manager



*Eugenie Wicksell, winner of the gold medal in the 400m.*



# TuksRowing

Two members of the Tuks Rowing Club, Lawrence Brittain and John Smith, rewrote the history books on Sunday 25 July, by becoming the first South Africans ever, to win a gold medal at the u23 World Championships, when they won the men's pair in Brest, Belarus. They beat the highly rated Canadian pair by 1.5 seconds. Lawrence & John, both students at the University of Pretoria are based at the University's High Performance Centre with the national coach, Roger Barrow.



*Lawrence Brittain and John Smith*



*John Smith and Lawrence Brittain of TuksRowing*

## "2010 African Championships"

Tuks athletes showed their class at the African Championships which took place in Nairobi, in July this year, by winning 9 medals - 4 gold, 3 silver and 2 bronze. This was only bettered by the top 3 countries, which includes South Africa. The medal count for the top 6 countries were:

	Gold	Silver	Bronze	Total
Kenya	10	7	8	25
Nigeria	8	5	5	18
South Africa	6	7	6	19
Egypt	4	2	3	9
Algeria	3	2	3	8
Morocco	2	1	3	6

Medal winners

### Gold:

- Burger Lambrechts (Shot Put - men) 18,63m
- Khotso Mokoena (Long Jump - men) 8,23m
- Elizna Naude (Discus - women) 56,74m
- LJ van Zyl (400m H - men) 48,51 sec

### Silver:

- Roelie Potgieter (Shot Put - men)
- Estie Wittstock (200m - women)
- Hardus Pienaar (Javelin Throw - men)

### Bronze:

- Orazio Cremona (Shot Put - men)
- Ruan de Vries (110m H - men)
- Hannes Dreyer was part of the 4 x 100m relay who also won gold. As can be seen from the results, Tuks had a clean sweep in the Shot Put for men.



*Gold, silver and bronze for Tuks shot putters. From the left, Roelie Potgieter (2nd in 18.62m), Burger Lambrechts (1st in 18.63m) and Orazio Cremona (3rd in 18.27m)*

## TuksGolf unbeatable in Germany!

The University of Pretoria was crowned 2010 Students Match-play Champions in Ingolstadt, Germany on Saturday, 19 June 2010. The team from the University of Pretoria beat the University of Birmingham in a nail biting sudden-death playoff when Johann Dannhauser was able to make birdie on the par 5 18<sup>th</sup> hole at the Wittelbacher Golf Club. This victorious team was lead by Eugenie Clack with her experienced team members of Johann Dannhauser, Alra van den Berg en John Ferreira. The team was acknowledged for the way in which they conducted themselves both on and off the field

The University's golf team is privileged to be invited every year by the Catholic University of Eichstaett-Ingolstadt to compete in this prestigious event - that is growing every year and had its strongest field ever, this year. Due to the number of entries received, the organising committee decided to hold regional qualifying tournaments for universities in Europe to qualify.

Students that are members of TuksGolf need to qualify every year in order to stand a chance to make this team and represent the University of Pretoria against some of the best tertiary institutions in Europe. This tournament also provides the Tuks Golf Club with the opportunity to provide female members that adhere to the selection criteria with the opportunity to represent their university in the international golfing arena.



*Johann Dannhauser;  
John Ferreira,  
Alra van den Berg,  
Eugenie Clack (Capt)*



## TuksHockey

Six of TuksHockey's 1st team players will be heading to the Commonwealth Games in New Delhi, India in September.

Rhett Halkett and Justin Reid-Ross will be representing the South African men's hockey side, whilst four of their ladies - Kim Hubach, Sanani Mangisa, Dirkie Chamberlain and Nicolene Terblanche - were included in the South African ladies' team.

TuksHockey have over the past couple of years been a constant source of players to the respective national teams.



*Nicolene Terblanche*



*Sanani Mangisa*



*Dirkie Chamberlain*

## TuksRugby

Pulane Motloutng, a member of TuksRugby's women's team, has been selected to represent the South African Women's team at the IRB Women's Rugby World Cup from 13 August tot 8 September this year. The tournament will take place in London.



# Inside News

## Annual hpc/ PVM Golf Day



## Outstanding medical service during the World Cup

Two staff members of the Section Sports Medicine were involved at Loftus during the FIFA World Cup

Dr Christa Janse van Rensburg, Head of the Section Sports Medicine, was selected by the Local organizing Committee of Tshwane to serve as Venue Medical Officer during the FIFA World Cup. As such she was responsible for the planning, management and facilitation of all medical services regarding the World Cup in Tshwane. Six of the soccer teams were based in Pretoria and 10 more teams stayed over in Pretoria when playing matches on Loftus. Apart from the medical needs of these teams she and her medical team were also responsible to oversee all medical related matters of the Loftus spectators on match days.

Dr Janse van Rensburg had to set up four medical centres at Loftus, each with its own doctors and nurses. She was also responsible to have emergency medical staff and the services of private hospitals and specialists at hand to cover any possible medical emergency.

Dr Phatho Cele, also from the Section Sports Medicine, was part

of the medical team that served at Loftus on match days. As one of the stretcher bearers she had to be next to the field during each match. Although this was very enviable place to be at, she also had to endure very cold conditions during the cold spell that hit the country during the first week of the World Cup.

Thanks to hard work and excellent organization and the wonderful support from everybody involved, Tshwane delivered outstanding medical service during the World Cup.



# Rising Star - Kaylin Swart

*Text: Eleanor Douglas-Meyers Image: Judy De Vega*

RISING Port Elizabeth soccer star Kaylin Swart, 15, is set to represent South Africa at the Fifa U-17 Women's World Cup in Trinidad and Tobago.

The Gelvandale goalkeeper has been chosen to play in South Africa's historic first appearance at a Fifa women final, which takes place from Saturday, September 5 to Saturday September 25 this year.

"I'm overwhelmed and excited it's such an honour to be part of the team," said Kaylin.

Kaylin feels confident about the team's chances and says, "This is our year."

Sports mad Kaylin is a Grade 10 pupil at TuksSport High School in Pretoria, a specialised school which allows current and potential high performance athletes to train and travel internationally, while still staying in school.

She started attending the school last year on a South African Football Association bursary after being scouted at the Dettol Shona Khona regional camp in Kwazakhele. This opened many doors for Kaylin and saw her attending a training camp in Germany and competing in Botswana, Nigeria and Tunisia for a spot at the World Cup.



*TuksSport High School soccer player, Kaylin Swart, 15, will represent South Africa at the Fifa U-17 Women's World Cup in Trinidad and Tobago.*



*Lecturers & students from the California University of Pennsylvania (USA) and the Dept of Psychology, University of Pretoria during a 2 week workshop at the hpc*



*Denstone College*



*Queen Elizabeth High School*

## Visitors



*Teorch Comprehensive School*



*Bradford Grammar School*



*Theo Blignaut at the Triathlon World Cup*



*Cadets Girls Team - Vivian Jackson and Caitlin Lingeveldt received a Bronze medal at the African Youth Championships*

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## from the sideline



Text: Lester Mills

So, Paul The Octopus, some would lead us to believe, had the decisive say in whose hands that beautiful golden trophy called the Soccer World Cup ended up.

There has certainly been something of a frenzy to gain the services of the said under water creature following the World Cup finals which were hosted here with such success.

Naturally the Spanish are keen to adopt the German plankton-sucker and give it some kind of honourary status, the Dutch on the other hand have far more practical plans Paul – of the grilled or fried variety. Need we be reminded, Spain beat the Netherlands 1-0 in the World Cup final at Soccer City not too long ago.

But, and rightly so, the German aquarium to which Paul belongs are having none of it. They are eager to get Paul straight out of the limelight. Something like an Arch-Bishop Desmond Tutu secluded retirement plan looks to be on the cards.

Frankly though, I have been unable to take any of Paul's antics to heart. Maybe it's something to do with the "seeing is believing" theory, but come on, really, an octopus correctly predicting the outcome of soccer games?

My take on the whole thing is simple. Paul's fishy instincts – an octopus doesn't have a brain, I don't think – was attracted the colour red. Spain play in red. . . or did they play in a different colour in the final?

Fact or fiction, the story of Paul was definitely one of the most intriguing to come out of the World Cup, which, and I don't think I am along here in saying so, was a superb and just shot by far too quickly. I mean, I was still wanting to pop in to the University of Pretoria's High Performance Centre to catch a glimpse of Argentine heroes like Diego Maradona, Lionel Messi and Co. They, sadly, were wrapped in a security ring of steel and their quarterfinal exist was disappointing. Personally, I would have preferred to see them being a little more accessible to the public. But then again, they are world superstars and are simply adored by too many for their own good health.

As somewhat cloistered South Africans, who are not at all used to having a soccer superstar on the stoop every other day, it was also an eye opener to actually see how these guys demand to live.

Commanding R1-million a week salaries does bring with it some power too. Buying security to keep the undesirable out is easy. What a life, playing a game which you love and earning a fortune to do so. This class of sportsman are, however, unique. In truth,

they don't really live in the real world and maybe this is the reason that many of their personal lives are in such turmoil.

Maybe, those many young sportsmen and women aspiring for the very top at specialist institutions throughout this country need to do themselves a favour here and look past the glitz and glamour. Being truly successful at anything takes balance and the best time to get that balance is on the way up.

Still, hats off to the hpc and those special task team police for looking after the Argentinians and all the other soccer players during the World Cup so well.

Of course, there are now questions about what exactly we have gained as citizens from hosting the world Cup. Well, I reckon, you just gotta to be blind not to see the advantages.

The lovely wide smooth roads we can now drive on, a policing standard was set which now simply has to be aspired to, a sense of national unity and pride which can only take us forward to better things. Certainly, the hpc can not brag with some great new floodlights and a nice smooth training pitch.

Was it my imagination, or was everyone just that also more friendly during the World Cup?

Sport – soccer this time – has again definitely acted as a fantastic catalyst to show that we are all not as different as we think. Just to see a bunch of Afrikaans schoolboys kicking around a soccer ball, instead of playing rugby is not as bad a thing as some would imagine. It's just another stepping stone in getting the youth of this country closer together in understanding and tolerance.

Rest assured, the University of Pretoria's hpc has been also placed firmly on the world map and it's not just the institution which will be reaping the benefits down the line but the entire community too.

The only problem we have now though is getting used to not being able to catch a world class soccer game on the television everyday.

I guess it's back to the saltmine 🌈

Michael Phelps. USA

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