

satsa Newsletter

JUNE 2017

#TAKING YOUR ORGANS PLACES

News from the Eastern Cape Transplant Sports Association

LIVINGSTONE HOSPITAL PORT ELIZABETH SUPPORTS WTG 2017 AND EASTERN CAPE ATHLETES

It was a very special occasion on Friday 3rd March for Dean Arnolds and Mpumelelo Damane. Dr Lizette van der Merwe handed each of them proof of payment for a sponsored amount that was paid into the SATSA account towards expenses for WTG 2017 in Spain.

Dr Van der Merwe, head of ICU, was the driving force behind the fundraising efforts. Generous donations were made by staff members of the ICU and Renal Unit and they also had cupcake sales to raise money. The support and encouragement from the professional team at the ICU and Renal Unit is amazing.

Sr Bambisa Nyweba was the master of ceremony, Susan Burri shared information about the World Games and the preparation of the athletes, Dr Lizette van der Merwe

congratulated them and wished them well and Dr Jason Ensor did the vote of thanks.

ECTSA is grateful towards the personnel of Livingstone Hospital for their support of our athletes not just this year but also on many occasions in the past.



Photo: Susan Burri, Sr. Renal, Sr. Bambisa Nyweba, Mpumelelo Damane, Dr. Jason, Sr. ICU, Dr. vd Merwe, Dean Arnolds, Sr. ICU, Wendy de Kock, Dr. Southworth.

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SATSA host first ever national training camp

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EASTERN CAPE ATHLETES – SHIFTING BORDERS

The Eastern Cape Region has for more than 300 years been known for their shifting borders and that is exactly what the ECTSA is endeavoring to do with regards to transplant sport and organ donation awareness.

Appointment of coaches

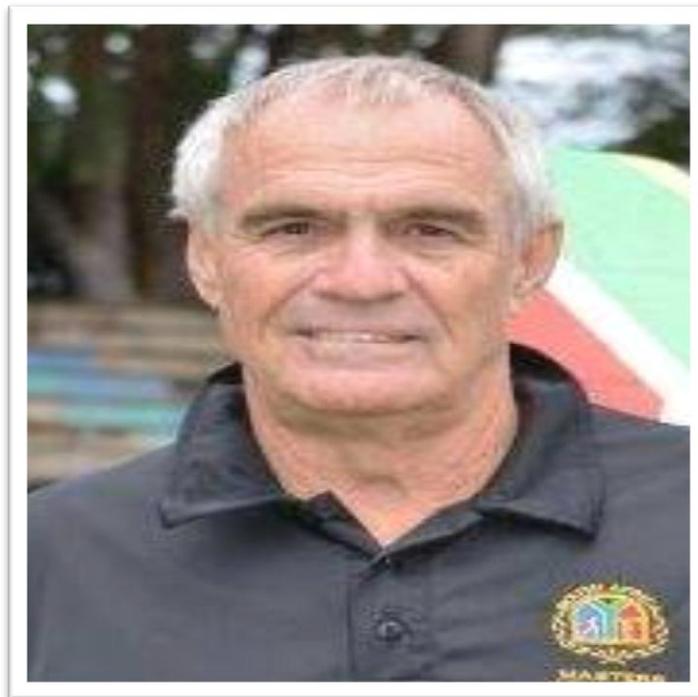
Since January this year, ECTSA athletes have been privileged to receive training from two of the best coaches.

Johan van Greunen is known for his excellent training techniques for track athletes, not only with school children, but also Masters Athletes. Many of his children are top performers at National level. Another proud moment was when his athlete, Hendrik Botha, received top honors as Sportsman of the Year – Golden age, at the EC Achievers Awards in February 2017. Hendrik is a Masters athlete participating in the 85 – 89 age group.

Susan Burri, Dean Arnolds and Mpumi Damane are very proud to be his athletes.

Heilie Uys has the privilege to be coached by **Nic Human** who is one of the outstanding Master's athletes in South Africa.

Nic participates in the 70 – 74 age group and achieved outstanding results in the 2017 SA Masters Championships held in Cape Town during May 2017. Human won gold medals in shot put, javelin, shot put, discus and hammer throw.



“We are ready”



Transplant athletes attend first ever national training camp

The South African Transplant Sports Association hosted its first ever national training camp in Bloemfontein from 24 to 26 March 2017.

Several transplant athletes from all over South Africa were invited to attend this training camp in order to prepare for the World Transplant Games in June 2017.

Reflecting on the great success at the previous World Transplant Games in Argentina, the Management Committee decided to plan and host the first ever national training camp for athletes that qualified for the World Transplant Games. The main objectives of the camp was to assist the athletes in improving technically in their various sporting codes and secondly to build team spirit between the members of the team before departing for Malaga, Spain.

Athletes arrived at the beautiful Bains Lodge in Bloemfontein on Friday, 24 March for registration. The evening kicked off with a motivational talk by Christo Spies. Christo is sought after mental coach in South Africa and has assisted athletes like Chris Rossouw, Lance Klusener and the Cheetahs rugby team to perform at their peak of their skill level. Christo focused on each person's potential and how to perform under different circumstances. The rest of the evening was dedicated to the official opening and welcoming by the Chairperson, Stan Henkeman. Athletes were also briefed on the purpose of the training camp and the arrangements for Malaga 2017.

On Saturday, 25 March the athletes were transported to their different sporting venues after enjoying a delicious breakfast.

The track and field athletes had a functional movement and performance test at the Free State Sports Science Institute (FSSSI). Each athlete was tested and the results of these test and the suggested training improvements were forwarded to the athletes after the camp. The cyclist was also tested at the FSSSI and received technical guidelines and pointers by cycling coach Dercksen Olivier. The golfers had a great day

of coaching at the Bloemfontein Golf Club by Quintin Williams and Terence Salo.

After a long day of getting the technical help in various sporting codes from some of the best coaches in the country, the team had the privilege to attend a rugby match between the Cheetahs and the Sharks at the Free State Stadium where the South African National Transplant Team was officially welcomed in the stadium.

The evening and the closing of the training camp was ended in true South African style with a Braai. Although athletes were tired from the days training everyone was in good spirit and the conversations around the dinner table were not just about the new technical skills learned but also the conversations between new friends made.

The first national training camp was a great success and is surely a step forward for transplant sports in South Africa. The support of Sports & Recreation South Africa enabled SATSA to host a very successful training camp. The objectives of the camp were met and Team South Africa is ready for the World Transplant Games in Malaga, Spain in June 2017.



Photos: Heilie Uys & Vivian de Klerk

NATIONAL TRAINING CAMP



Track & Field

Herculaas Lamprecht warming up before the start of the tests at the FSSSI



Cycling

Cyclist doing strength test on Watt-bikes under the watchful eye of Dercksen Olivier



"The outcome is not determined by what goes on around you, but by what goes on within you"

– Christo Spies

How did the Eastern Cape Transplant Athletes experience the training camp?

The EC athletes attended the first ever SATSA Training Camp in Bloemfontein.

It was with great excitement that these athletes left for Bloemfontein in a mini bus with Willie Uys as driver. Robyn Emslie was the Captain of the bus, Susan Burri the "mother" of Dean Arnolds and Mpumi Damane, Heilie Uys the navigator while Dean and Mpumi were the quiet back-seaters!

This was also a sightseeing trip with regular stops at the Gariiep dam and in small towns.

The Training Camp was a remarkable success and all the EC athletes agreed that this very well organised event not only built Team spirit, but offered valuable tips and new insights about mental and physical preparation for the World Transplant Games in Spain (25th June till 2nd July).

