



High Performance Centre





hpc (high performance centre)

The hpc is Southern Africa's first elite one-stop sports facility. Launched in May 2002, the centre is the training ground for tomorrow's sporting champions and the venue of choice for sports professionals and enthusiasts alike. From training facilities to sportscience and medical services, accommodation and food, the hpc offers everyone the opportunity to enjoy its awe-inspiring environment.

The centre is situated on the University of Pretoria's sports grounds offering 76 hectares of sports dedicated land. Endorsed by the University's Institute of Sport Research (ISR) the hpc enjoys the very best in state of the art technology and expertise. The centre manages the intellectual development of sport science based practices, sporting infrastructure and facilities, sport events and sport-inspired hospitality services.



The hpc is located in Gauteng, in South Africa's capital, Pretoria. Pretoria boasts the best of South Africa's weather, high altitude (approximately 1,500m (4902ft) above sea level) and easy access to Oliver Tambo International Airport (the busiest airport in Africa). This makes the hpc ideal for the full-time training of its academy students as well as for visiting local and international guests.

The hpc fulfills two very important roles in the sporting community - it offers a **venue** for high-profile international and local athletes and teams for pre-season or pre-event training and is the home of **TuksSport Academies**.

Services offered by the hpc are the following:

- Restaurant
- Accommodation - Rugby House & Lockers
- Sportscience gym
- Sport science & medical unit
- TuksSport Academies
- TuksSport Combined School
- Conferencing
- Sport facilities



time out café

TIME OUT CAFÉ ... where sports nutrition tastes damn fine. This is the philosophy around which the dining facilities have been developed. Not only does the food taste great, but it also looks good. The Time Out Café caters for the guests in a healthy exciting and nutritious way. Menus are determined in conjunction with a nutritionist.

Looking out over five rugby fields through an expanse of glass, the Time Out Café offers grill house foods in one of the world's most unique sporting environments. From a selective a la carte menu, to buffet meals, Time Out Café offers an experience that is both fresh and wholesome. It is open seven days a week, serving from 06h30 to 22h00.

Time Out Café offers:

- A selective a la carte menu
- A buffet breakfast, lunch and dinner
- A coffee bar
- An outdoor patio seating 50 - overlooking the hpc swimming pool
- 24-hour televised sports coverage
- Event opportunities
- Mid-morning and mid-afternoon snacks on order

We offer food in one of the world's most unique sporting environments



lockers

The lockers offer 4-star residence-style accommodation

Four comfortable lockers complete the hpc complex with residence-style accommodation. The lockers run parallel to the Rugby fields and overlook the 25m heated swimming pool. The first two lockers are dedicated to guests and the last to permanent academy students. Each floor of the academy lockers has its own mentor, who is responsible for the well-being of the students that reside on that floor. The lockers offer top-class team accommodation with rooms configured to accommodate singles, double sharing and, for younger teams, up to four guests per room in bunk beds.

Usage of the sports science gym, medical and sport Rugby House offers 4-star sport inspired hotel accommodation



The lockers offer:

- 20 four-bedded rooms
- 3 twin-bedded rooms
- Rooms for disabled persons
- Additional facilities can be arranged on availability
- En-suite bathrooms with showers
- Desks with telephone lines
- Bar fridges (stocked on request), tea and coffee making facilities
- TV's with access to 10 channels, including a video channel
- 24-hour security
- Safes
- Laundry facilities (hotel guests)



rugby house

Rugby House is housed on the top floor of the hpc and boasts spectacular views of the sporting grounds and surrounding Pretoria. Visitors stay in top star comfort while being offered use of the centre's full spectrum of services.

Hotel packages are tailor-made to meet each customer's needs and make full use of the services offered at the hpc. Usage of the sports science gym and 25m heated swimming pool is free of charge, and optional extensions include the services of the Institute of Sport Research (such as assessments), the medical and sport science centre, in-house doctors and physiotherapists as well as the conferencing facilities.

Transportation for guests is provided by the hpc's fleet of McCarthy Toyota vehicles and range from day and overnight tours to transport to the school and various sporting facilities.

Hotel guests enjoy the option of dining a la carté or having team made meals tailored to their nutritional needs at the Time Out Café.

The hotel offers:

- 17 Twin-bedded rooms
- 1 single room
- En-suite bathrooms with showers
- Air-conditioning
- Two baths in a central unit may be used for ice-bath therapy
- A private lounge available for the exclusive use of hotel guests
- TVs with access to 10 channels, including a video channel
- Full-sized desks with dedicated lines for Internet access
- Bar fridges (stocked on request)
- Tea and coffee making facilities
- 24 hour security
- An electronic safe in each room
- Laundry facilities

Sports inspired Hotel accommodation





Combining state of the art technology with a multi-disciplinary professional staff compliment, the sportscience gym is the first of its kind in Southern Africa. It's all about a holistic approach to health and sports conditioning. This revolutionary training facility focuses on one-on-one attention by qualified health and fitness professionals within a controlled exercise environment. Our highly trained staff includes Strength and Conditioning Specialists, Biokineticists and Fitness Consultants.

The sportscience gym offers state of the art equipment. This includes the:

- **Technogym Key System** – providing you with your own personal training assistant and enabling you to monitor your results on a daily basis.
- **Hammer Strength Machines** – providing a Sport Specific and functional training alternative for the elite or developmental athlete
- **Olympic Lifting Platform** for functional, sport specific weight lifting activities
- **Power Plate** for the general individual or the elite athlete
- **Spinning bikes, Swiss balls** and much more.



We offer personalised training programmes according to your assessment results. These assessments include measuring the following:

Sub maximal VO₂ Body Composition, Body Mass Index, Flexibility, Muscular Strength, Blood Pressure, Blood Glucose, Cholesterol.





sport science & medical unit

The SSMU has been created to support the high performance athlete en-route to achieving his/her full potential. The sport science and medical services include the following: Performance Enhancement, Sport science testing, Sport medicine, nutrition and rehabilitation

Institute for Sport Research (ISR)

The ISR is a leader in sport specific physiological testing. Athletes are assessed according to a sport specific protocol to be able to set a baseline for the player and for the team as a whole. This includes cardio-respiratory endurance, muscular endurance, speed and agility, explosive power, flexibility and body composition. Post testing, feedback includes identification of strengths and weaknesses as well as advice on how to get the individual or team to perform at their peak.

The ISR has Certified Strength and Conditioning Specialists (CSCS) (Accredited by the National Strength and Conditioning Association of America) who have experience with Olympic Athletes. The ISR can help in the following areas:

- Periodised Strength and Conditioning Programmes
- Speed and Agility Training
- Rehabilitation
- Personalised and Group Training Sessions
- Workshops on various topics (Informational)
- Lectures for coaches and officials

Sports Psychology

Our sport psychology team consists of Monja Muller, Melissa Brokensha and Greyling Viljoen. They are psychologists specializing in the sport context and have extensive experience in working with high performance athletes. Monja completed extra training at the University of Southern Queensland in Australia and did practicum placements at WAIS in Perth.

Advanced psychological screening of athletes is carried out to determine their mental capacity & approach to their sport and based on the results, it is determined whether the athlete needs:



- Individual sessions to address specific weaknesses
- Group sessions
- Mental skills training

Another valuable service offered is:

- Coaches education workshops and case discussions

Sports Nutrition

Nicki de Villiers is our resident nutritionist. Nicki is accredited with the South African Sports Commission, and has experience in working with Olympic and national athletes.

Nutritional screening of an athlete includes a general nutritional information questionnaire, food frequency questionnaire, typical training day's intake and a typical competition day's intake. From this, the nutritionist can determine individual and team nutritional problems which can be addressed.

The services includes:

- Eating plans when planning for overseas trips
- Workshops on various topics pertaining to nutrition
- Lectures for coaches and officials

Sports Medical

The SSMU has one of the most experienced groups of sport physicians in the country. Our doctors are Dr Christa van Rensburg and Dr Maaiki Ramagole. The experience gained from working with provincial, national, international and Olympic athletes and teams make these doctors extremely valuable in the preparation of high performance athletes. The medical screening includes a general medical assessment, a musculoskeletal assessment and a sport specific assessment.

- Consultations and Treatment
- Injury Management
- Blood Tests (as requested)
- X-Rays and Sonars (as requested)
- Lectures for coaches and managers

Visual Skills Performance

Dr Sherylle Calder is a leading authority in visual skills testing and training of high performance

athletes. Dr Calder has helped many international teams to success, namely England's Rugby World Cup, Australian's Cricket World Cup, Springbok during World Cup 2007 and many South African Teams.

- Individual visual training
- Group Training Sessions
- Computer Based Training
- Interactive on field training

Sport Physiotherapy Treatment

Andri Smuts heads up the expert team of physiotherapists that consults and treats athletes. Andri and her team have treated and traveled with national and international athletes.

- Initial treatment of injuries
- Rehabilitation
- Strapping and massage
- Functional movement assessment
- Pilates classes

Biomechanical and video analysis

The biomechanical and video analysis services are available to teams and individuals alike. A consultative process is followed to ensure that appropriate information is provided relevant to the level of players and coaches, seasonal criteria, sport specific elements and injury prevention. The main components of assessment include:

- Functional movement screening
- Individual skill and technique assessment
- Individual competition analysis
- Team play / game assessments

Supplementary Services

The SSMU also offers other services that help give any athlete the edge:

Audiologist:	Audiology Dept
Optometry:	Louise Loubser (Menlyn Eyecare)
Sonar:	Zanet Oschmann
Orthopaedic Surgeon:	Dr V Close

The greatest single advantage of the hpc sport science and medical team is the fact that all the professionals involved operate as a team. A multi-disciplinary approach is followed during the treatment and rehabilitation of any athlete.

Sporting programmes

The hpc accommodates the following sport Federations and Tuks Academies: TuksGolf; TuksSwimming; TuksAthletics; TuksSquash; TuksSoccer; TuksCricket; TuksGymnastics; PGA Golf; TuksTennis; Tuks Taekwondo and TuksRugby Academies.

National Federations

The South African Tennis Association performance centre squad (SATA); SA Table Tennis; Rowing SA; Swimming SA National Training Centre squad (NTC); SAFA Womens u/19 Basetsana squad

International federations & the IOC Solidarity programme

The programme is currently supported by various international sporting federations that have chosen to be associated with the programme. Many African federations have enrolled their own talented sportsmen/ women into the academy programmes. These countries include: Zimbabwe, Mozambique Namibia, Angola, Zambia, Kenia, Ivory Coast, San Marino, South Korea and Congo. Athletes from these countries form part of the hpc and compete in the local club, provincial and national competitions as part of their performance development.

Transformation & Fast tracking

The academy concept proved to be very successful as well as cost effective in terms of developing the potential of talented athletes from previously disadvantaged backgrounds. All athletes, irrespective of background, go through an intensive adaptation programme in order to familiarise & equip them with the insight needed to operate within the system and to cope with the hard times when it comes around.

Specific support services

The following services are available to the programmes: physiotherapy and sports massage, visual training, nutrition, sports medicine, biomechanical analysis, physiology, mental





skills training & sport psychology, strength & conditioning, sport specific testing.

Programme structure

The hpc academies provide the opportunity for young athletes to intensify and specialise in sport specific performance programmes. It is their opportunity to progress from participation based school/club programmes to a controlled environment where training exceeds 20 hours a week, covering the development of all aspects vital to elite senior performance.

These programmes provide the athletes the opportunity to be coached by highly qualified coaches, who work in close partnership with the scientific support staff.

In addition, this unique sporting environment exposes our learners to local and international elite athletes, visiting the hpc experience these international levels of training, power, speed and volume. This takes place through combined training or observation.



Safety and social welfare

The weekdays are divided into three sections, each section assigning the learners to responsible staff. The athletes are under the jurisdiction of the staff assigned during sport specific periods and residential time.

The school employs two sport psychologists on a full time basis, who offers the mental skills curriculum as well as assist in a vocational and guidance capacity.

In addition, the academy has employed the services of a house mother and father as well as assigning a mentor to each floor of the residences for the athletes that uses the boarding facilities.



For the athletes staying in over weekends and holidays, a social programme is planned by their mentors and a non-denominational church service is held on Sunday evenings.



tukssport combined school

Learners at TuksSport Combined School are offered the unique opportunity to live out their passion for sport in a unique environment which stimulates academic, emotional and physical development.

The school is situated on the Groenkloof Campus of the University of Pretoria (Tuks), and is a division of the High Performance Centre (hpc). TuksSport Combined School distinguishes itself by offering quality education to South African and international high performance athletes, and does so in a flexible structure which allows optimal training opportunities, without compromise to academic development.

School hours

The school timetable allows for ideal training times in the early mornings and late afternoons, and gives learners the opportunity to maximize their learning time during the day.

The school runs on a five-day timetable with the first period of each day starting at 9h30 in the morning. Learners receive **hpc** lunch packs during their lunch break, after which they continue with their classes until 15:00.

Curriculum

The school aims to equip learners with knowledge and skills which will not only prepare them for their roles as future sports personalities, but also for their chosen career paths. To realise this, the National Curriculum as offered by the Gauteng Department of Education, is offered to learners from Gr 6 – 12, thereby ensuring the learners not only meet the basic requirements for a Senior National Certificate (as minimum), but also to attain university exemption should they wish to pursue a tertiary academic career. Subjects on offer in the Senior Phase are: Afrikaans, English, isiZulu, Mathematics, Physical Science, Life Science, Geography, CAT, Business Studies and Accounting.

Identity

The fashionable yet convenient school uniform worn by the learners of TuksSport Combined School is reflective of the lifestyle and milieu of sportsmen and women.



Conference facilities

The hpc's conference facilities together with the Time Out Café provide ideal venues for business meetings, presentations, conferences, events as well as intimate functions. Conference packages are tailor-made to meet the customer's specific needs. Dedicated and experienced professional staff is committed to providing quality service.

The following conference facilities are available:

The Nashua Auditorium

The Auditorium, seating 81-delegates, has built-in tables in theatre style and the most modern audio-visual equipment. The auditorium is also available for big screen match viewing, such as rugby, soccer and cricket.

The Nashua SA Hockey Room

This venue is very versatile and can seat up to 60 delegates in schoolroom style or 30 delegates in a U-shape. It is ideally suited for team meetings, training sessions, product launches and promotions. The venue is equipped for conferencing.

Boardrooms

The Nashua SA Rowing Room and Nashua SA Cricket Room are suitable for groups up to 10 delegates. These rooms are suitable for small groups, workshops and training sessions.







The hpc, operates within the University of Pretoria's sport campus offering the following facilities which are available to guests by prior arrangement:

A Sports Centre which accommodates the following:

Indoor:

A Sports hall with 3 000 seats (Basketball, Netball, Volleyball)
5 halls for gymnastics, judo, karate, badminton, fencing and table tennis
fitness gymnasium
heated indoor swimming pool
committee and lecture rooms
restaurant and cafeteria

Outdoor:

6 rugby fields
1 rugby stadium (3 500 seats)
Rugby club house
Athletics tartan track with stadium (3 000 seats)
1 practice athletics track
5 cricket ovals
24 cricket nets (8 all weather)
Cricket club house
4 hockey grass fields
Hockey club house
Astro turf
6 all weather netball courts
Cross-country track with 2 routes
9 soccer fields
Soccer club house
22 tennis courts (18 hard courts & 4 clay courts)
2 tennis practise walls
Softball field
3 all weather Basketball courts
Olympic swimming pool with pavilion (1 500 seats)
7 Squash courts (1 match court)
"Uitspan" entertaining facility
Daan Swiegers Sports Club House
2 hammer throwing circles,
Climbing wall
Dam for canoeing and rowing
4-hole golf course



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