



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 sport science 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 (3-star hotel) & Lockers (4-star backpackers)
- Sportscience gym
- Sportscience & medical unit
- TuksSport Academies
- TuksSport Combined School
- Conferencing
- Sport facilities



time out café

TIME OUT CAFÉ ... where sports nutrition tastes darn 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 06h45 to 20h00.

Time Out Café offers:

- A selective a la carte menu
- A buffet breakfast, lunch and dinner
- 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



conferencing

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

Legacy Room

This venue is very versatile and can seat up to 80 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 with a stunning view of the surrounding sporting fields. Refreshments and meals are served on the patio overlooking the swimming pool.

Boardrooms

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

lockers

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 sports science centre, auditorium, volley ball court and heated swimming pool can be arranged according to individual client requirements.

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, Bar fridges, Tea and coffee making facilities, Flat screen TVs with access to 10 channels, including a video channel, 24-hour security, Safes and Laundry facilities (hotel guests)

hpc hotel

The hotel offers 3-star sport inspired hotel accommodation and 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 sports science centre, in-house doctors and physiotherapists as well as the conferencing facilities.

Transportation for guests is provided by the hpc's fleet. Transport is available daily and to 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, Flat screen TVs with access to 10 channels, including a video channel, WiFi HotSpots for Internet access, Bar fridges (stocked on request), Tea and coffee making facilities, 24 hour security, An electronic safe in each room and Laundry facilities.



sportscience gym



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
- 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, and Cholesterol. 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.

sport science & medical unit

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.

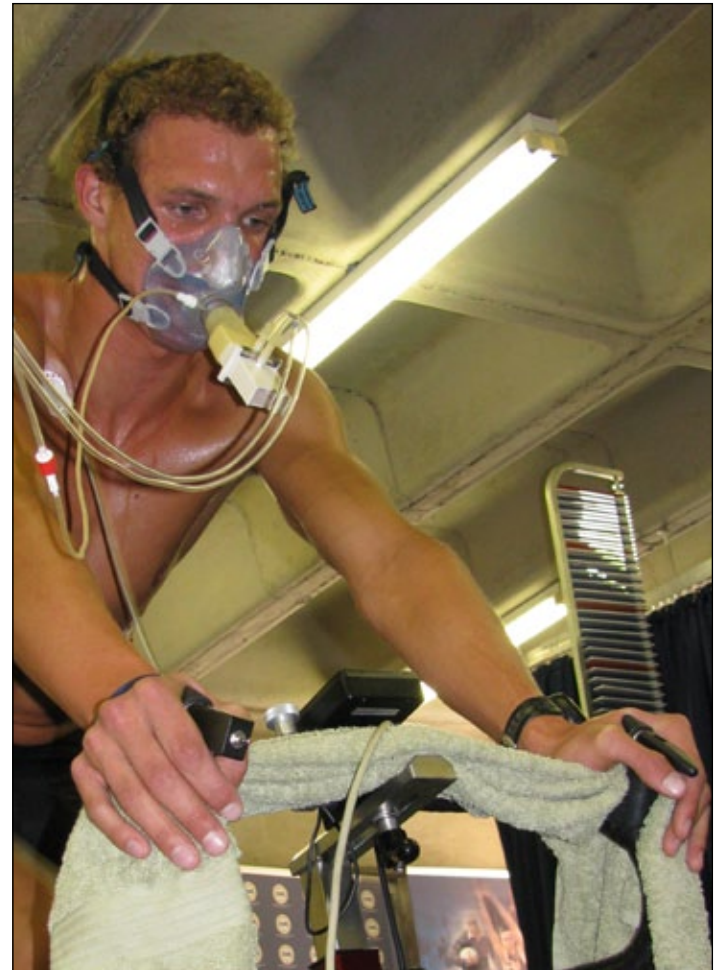
The ISR can help in the following areas:

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

Sports Psychology

Our sport psychology team at the hpc consists registered psychologists specializing in the sport context that have extensive experience in working with high performance and elite athletes. In addition to her post graduate Sport psychology services offered include individual and/or group sessions for:

- Psycho-educational programs where the focus is on performance enhancement.
- Sport counselling services to explore how personal challenges / issues effect the athlete and their performance.
- Assessments to identify and classify performance related problems and issues.



Sports Nutrition

The goal with nutritional services is to; based on science, provide nutrition messages that will empower athletes to make their own decisions that contribute to their fate as athletes and healthy human beings. Nutrition coaching may improve concentration, lead to faster recovery time in between training sessions and support optimal body composition.

In support to this message, major role players must be targeted to encourage and strengthen the message. The aim is, although scientific, to concentrate on practicality as well as sustainability of the message.

Where do we apply these services?

- Nutritional Evaluation of Individual athletes to determine energy intake as well as the distribution of macro-nutrients and the comparison with reference values for specific sport.
- Meal planning to correct any discrepancies detected from the above mentioned evaluation. Meal planning includes an educational component in which the athlete will be requiring skills to implement the meal prescription in any given situation.
- Discussion of competition principles with ideal composition of the pre-event meal, intake during competition and recovery meals. Practical application of these guidelines in the athlete's specific competition schedule.

- Advice on supplementation if necessary and the appropriate use thereof as supplement to a healthy meal.
- Group lectures around basic principles of healthy eating, competition strategies as well as sport specific guidelines to the individual sport.
- Group evaluation to measure current dietary practices and behavior in order to identify key aspects to address to support better performance.

Sport Physiotherapy Treatment

The team of Sport Physiotherapists have treated and traveled with national and international athletes.

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

Sports Medical

The SSMU has one of the most experienced groups of sport physicians in the country. 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.

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





sport facilities

The hpc, operates at the University of Pretoria's sport campus, managed by TuksSport - 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 and Rugby club house, 1 rugby stadium (3 500 seats), Athletics tartan track with stadium (3 000 seats)
1 practice athletics track, 5 cricket ovals and Cricket club house, 24 cricket nets (8 all weather), 4 hockey grass fields and Hockey club house, Astro turf, 6 all weather netball courts, Cross-country track with 2 routes, 9 soccer fields and 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 (12 lane 50m heated) 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 and Golf practice facility

tukssport high school

The hpc boasts its own sport school, TuksSport High School, which offers the learner athletes the unique opportunity to live out their passion for sport in a unique and specialized sports environment without compromise to their school career. 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 High 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 15:05.

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 8 – 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 High School is reflective of the lifestyle and milieu of sportsmen and women. The learners wear shorts (boys) or a skirt (girls) and a golf shirt in summer, and a track suit during the colder winter months.



tukssport high school academies

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 nior 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.



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