



CYCLING SOUTH AFRICA  
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REPUBLIC OF SOUTH AFRICA

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09 June 2010

## MOUNTAIN BIKE SOUTH AFRICA

### HIGH PERFORMANCE SQUAD

Dear Carla

The Mountain Bike Commission of Cycling South Africa has selected you to be part of the high performance (HP) squad. I would like to congratulate you on your selection. Well done.

The purpose of this initiative is to assist and support you to achieve the highest possible standards on the world stage.

The following people have been selected for the HP squad, based on 2010 results in XC, DH and XCM nationals, and UCI events.

#### Elite Men

- Burry Stander
- Kevin Evans
- Ben-Melt Swanepoel
- Oliver Munnik
- Matthys Beukes
- Max Knox
- Justice Makhale

#### U23 Men

- Philip Buys
- Rourke Crouser
- Francois Theron
- Sboniso Ntombela

#### Junior Men

- James Reid
- Luke Roberts
- Arno Du Toit
- Travis Walker
- Brendan Davids
- Ruan du Toit



- Ryan Ellis
- Gert Heyns
- Luke Moponyane
- Bonani Xatasi

#### Youth Men

- Evan van der Spuy
- Kyle Dorkin
- Patrick Belton

#### Down Hill

- Greg Minnaar
- Andrew Neethling
- Johan Potgieter
- Hayden Brown
- Timothy Bentley (JM)
- Simon Dinkleman (JM)
- Tiaan Odendaal (YM)

#### Elite Woman

- Yolande Speedy
- Karien van Jaarsveld
- Yolande du Toit
- Carla Rowley

#### U23 Woman

- Mariske Strauss
- Caitlin de Wet

#### Junior Woman

- Rosalia Kubjane
- Candice Neethling

#### Youth Woman

- Hayley Smith

High Performance is exactly what it says, and your performance will be continually monitored to ensure that the performance standards required for this squad are maintained and improved upon by you.

SAMTB will assist and support this group of riders as follows:

- General Support
  - Newsletters
  - Activity logs
  - Face-to-Face communication
  - Coaching (We won't be coaching athletes, but would point them in the right direction, and assist where possible)
  - "Help-line"
    - Sponsorship
    - Personal
- High Performance Camps
  - Physical and Psychological testing
  - Bike set-up
  - Bike maintenance
  - How to use equipment (HR/Power meters) effectively
  - Sports Psychology
  - Sports Medicine
  - Sports Nutrition
  - Cycling specific Strength, fitness and flexibility
  - Recovery
  - Personal Marketing
  - Media Relations
  - First HP Camp: Sept/Oct 2010 (Venue to be advised)
  - Follow-up Camp: Feb/March 2011 (Venue to be advised)
- International Events
  - Funding and facilitation to compete overseas
  - Increased UCI points and ranking

HP as described above requires funding and we are currently working securing this from various sources. The fundamental requirements for you to remain part of this program are that you

- Provide us with (By 30 June):
  - Your personal particulars
  - Your racing CV to date
  - Copy of any sponsorship contract(s), or in writing your understanding of your sponsorship agreement.
  - Name and contact details of your sponsor
  - Name and contact details of your coach
  - Name and contact details of you team manager
  - Racing calendar for the rest of 2010 calendar year
- Update your activity log monthly and submit it by the last day of the month
- Update your profile and result pages on the CSA website by the last day of every month
- To submit a Doctor's certificate for non-attendance of any national event as per your racing calendar with 7 days of the event taking place.
- Be available for CSA media events (interviews, TV, photo's etc)
- Be available to attend the High Performance Camps as stipulated as well as participate in all the activities described above.

Please submit the attached form and all supporting documentation to Nic Burden by 30 June 2010 to [nic@cyclingsa.com](mailto:nic@cyclingsa.com).

PLEASE BE ASSURED THAT ALL PERSONAL INFORMATION WILL BE KEPT CONFIDENTIAL.

For any questions, comments or concerns, please contact any of the following people.

Andrew Nicholson (Director SA MTB)

- 082 495 6276 or [andrew@cyclingsa.com](mailto:andrew@cyclingsa.com)

Johann Wykerd (HP Commissioner SA MTB)

- 082 857 3735 or [johann@lifeinmotion.co.za](mailto:johann@lifeinmotion.co.za)

Nic Burden (General Manager SA MTB)

- 082 806 1232 or [nic@cyclingsa.com](mailto:nic@cyclingsa.com)

The South African Team for World Champs will be announced on the 18<sup>th</sup> June. It is our intention only to select athletes that have met all the selection criteria, and are going to perform on the world stage. Funding will be provided based on a contractual agreement between yourself and CSA.

Kind Regards

Andrew Nicholson  
Director SA MTB