



THE

# Fighter

3

Boxing  
South  
Africa

Oct 2005



Photo courtesy SABC

# Meet the new Board of Boxing South Africa

## **Ms Violet Magwaca**

Springbok colours and judge of amateur boxing. Active in community development - many awards received. Member of African Boxing Union.

## **Mr Siphatho Handi**

Former boxer and promoter. Chairperson SATISCO. Chairperson NSG (KWZ). Chief of Staff. Executive Mayor at Buffalo City. Mr Handi resigned in July 2005.

## **Mr Alan Norman**

Investment banker with a Merchant Bank. Bachelor of Arts and Bachelor of Law degrees. Active sportsman and involved with training and development of young sports people.

## **Dr Peter Ngatane**

Gynaecologist and Obstetrician from Diepkloof, Soweto. Vice Chairman of African Boxing Union. South African representative of World Boxing Council.



## **Mr Sakhwe Sodo**

Director of Sport and Recreation, and of Arts and Culture for OR Tambo district in Transkei. Member of SANABO.

## **Mr Dali Mpofu**

Advocate by training and Group CEO of SABC. Served on various Boards, including Board of Altron. Ministerial representative on the University Council at University of Johannesburg. Mr Dali Mpofu is Chairman of BSA.

## **Ms Stompie Xulu**

Managing Director of Akani Communications. Director of Mpumelelo IT Services. Director Roadmix and Protech Training, Mpumalanga. Member of DC PSK



# KEY OBJECTIVES

## OF THE NEW BOARD

The Board and senior staff of Boxing South Africa attended a Strategic Planning Workshop at the Hemingways Hotel in East London on the weekend of 15 and 16 July 2005. The following topics were discussed in a number of sessions that started on the Friday night.

- Desired outputs of the workshop
- Relationship with Broadcasters
- BSA structure and relationships
- Relationships with international boxing organizations
- Tournaments and quality management.
- Relationship with SANABO and female boxing.
- Ownership issues
- Training and development
- Welfare projects.

Seven major outputs were formulated, and the following action plans agreed:

### 1. Organised and regulated environment

- Establish Provincial Advisory Committees which will include BSA provincial employees and regional boxing personnel

### 2. Design an appropriate structural arrangement for boxing

- Develop communication plan for interactive relationship with licencees and other stakeholders and segmented approach with defined programmes for different stakeholders
- Adopt 3 year plan and implementation programme.
- Allocate portfolios to Board members and staff.
- Develop corporate governance framework which separates powers between executives and non-executives, fiduciary duties and responsibilities
- Define duties of BSA Provincial Representatives

### 3. Improve quality of tournaments

- Appoint committee to investigate relationship between broadcasters and promoters

### 4. Enhance the popularity of boxing.

- Develop a marketing plan to bring crowds back to boxing
- Investigate comparative and trends analyses with boxing organizations in other countries

### 5. Develop high performance boxers and ring officials

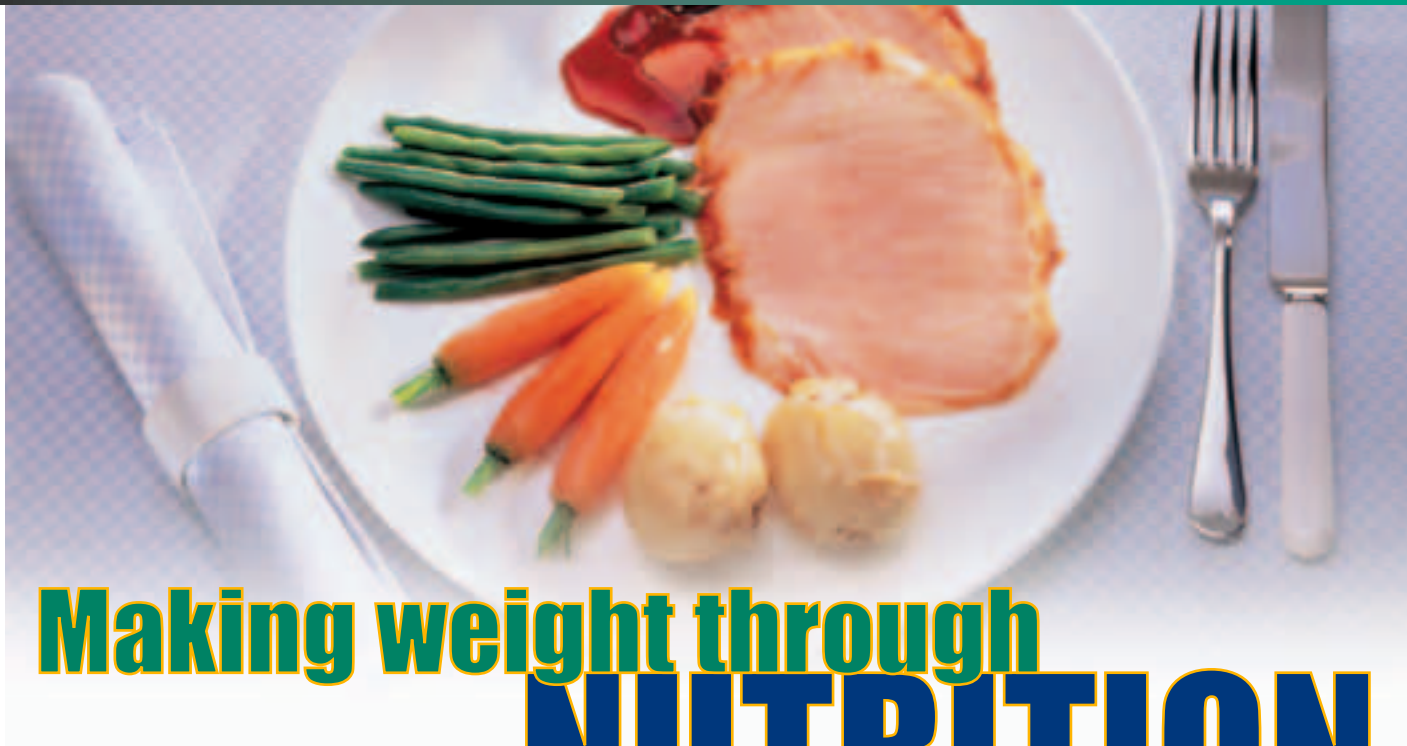
- Develop segmented approach to training and development
- Conclude agreements with leading international boxing organizations

### 6. Create an enabling environment for the increased welfare of licencees

- Raise funds through BSA Foundation
- Source and inform licencees about other welfare issues such as medical aid and pension

### 7. Provide for the seamless transition of boxers from amateur to professional ranks

- Conclude agreement with SANABO



# Making weight through **NUTRITION**

Few people are aware of what boxers go through to prepare for their fights. The main objective is to come in prime condition mentally and physically. Kilometres of roadwork are necessary for stamina and endurance. Weights and wood chopping give that much needed edge in power. Jumping the rope and physical exercises add coordination and flexibility, while countless rounds of shadowboxing, bag punching, hitting the pads and sparring add more value to timing the boxing technique.

There is however, the other side that even the most experienced trainers either ignore, overlook or are totally unaware of - making weight by nutrition. All the sweat-inducing exercises can only result in negative consequences if not adequately checked. Boxers even get to take drastic measures like food days, restriction, fasting, rubbersuits, food supplements like fat cutters and/or the illegal diuretics.

These measures often lead to dehydration that affects the brain and kidneys. Loss of bone mass and poor nutritional status may affect training and recovery. These negative consequences can be avoided if the physical side of training can be assisted through a well-managed nutrition system. Boxers can fight physically, mentally and nutritionally prepared.

With a well-managed nutritional and training program, boxers could be able to contain their weight limit throughout the year even at times when there is no boxing. This weight management strategy may be beneficial if managed under the supervision of a dietician who will emphasize nutrient-rich carbohydrates like cereals and mealie meal, rice, pasta, samp and starchy vegetables like potatoes, sweet potatoes and pumpkin. Lean protein foods like lean meat, fresh fish, low fat and fat-free dairy products like

yoghurt and skim milk should also be on the menu. Boiled chicken with skin removed, served with beans, lentils and plenty of salad and vegetables must also be consumed.

As the fight draws nearer boxers should follow a low fat diet with a reduced salt intake to limit water retention, as they have to dry out for the weight limit. This is necessary to shed the last few kilograms before the weigh-in. Some boxers believe that the weigh-in signals the end of the struggle. On the contrary the fight has just begun, as a lot of fights are lost at that time by eating the wrong food. Importance should be attached to the kind of food that is taken as the body cannot suddenly find having to carry so much after fasting for between 12 and 48 hours depending on each boxer's circumstances.

After the weigh-in light food rich with carbohydrates should be consumed. These are food like pasta, low fat chicken, rice and cornflakes. Fluids like water and sports drinks should be taken while strictly staying away from fatty foods as they make the body sluggish, which is the last thing a boxer needs for an excellent performance in the ring. All the above is really the tip of the iceberg as there is more that the boxers can learn and gain from dieticians.

Financially - stable boxers have permanent dieticians on their payroll who prepare their food. Unfortunately not all boxers can afford this luxury but can benefit from this little advice.

## ENJOY YOUR FOOD!

*Loyiso Mtya*

# Baby Champs

## LEAGUE

### INTRODUCTION

The limited strength of our boxers against word class competition has prompted OPERATION OUTREACH to investigate and implement ways which could help our boxers to practice, learn and pit their skills against the best locally. It is felt that if a boxer can be exposed to a lot of competition early in their careers, they will benefit and their skills will improve by leaps and bounds. Therefore a National competition that will include all the boxers who have just come into the professional ranks and those with records of up to four fights will surely benefit from such a venture. The competitions are meant to start from the district but because there is very little competition there; it will kickoff from the regions and move on to a National Championship.

### OBJECTIVE

The main objectives of this exercise are to:

1. Create more opportunities and exposure for the newcomers.
2. Increase their skill levels and experience at an early stage.
3. Create opportunities for them to be exposed to more advanced training programs early in their careers.
4. Level the playing fields.

### METHOD

Tournaments will be promoted in all the regions to give maximum exposure to all the boxers in their home bases before they have to compete in other areas for semifinals and finals. Matchmaking will be controlled and done from the BSA office but the matches themselves will be staged by local development promoters. The initial plan was to first have district championships but because of lack of competition at the grassroot BSA had to start at regional championship level. All regions will have their local championship after which the winners will meet in the semifinals and finals in each division.

### VENUES

Venues will be carefully selected in terms of crowd attendance and ambience so as to give more mileage to sponsors.

### TELEVISION

This Championship will go a long way towards popularising boxing as it has TV coverage and will pit the youngsters from all corners of the country irrespective of where they come from. All shows will be televised. Marketing will be enhanced by the involvement of TV as the launching of the championship and all the fights thereafter will receive coverage.

### BOXERS IN THE POOL

There are 112 boxers in the Baby Champs Boxing League. This figure may change as some may have exceeded the fight limit of 4 fights at the time of matchmaking. According to the number of boxers per division, nominees have been allocated as follows:

GAUTENG	3
EASTERN CAPE	3
WESTERN CAPE	1
KWAZULUNATAL	1
MPUMALANGA	1
FREE STATE	1
LIMPOPO	1

### CHAMPIONSHIPS

All the winners from the Provinces will then be moved to a venue where the finals will be held. A champion per division will be crowned. Vodacom has promised a belt for each category according to calculations at the championship will be over in 11 or 12 fights and the budget of the development tournaments by SABC will be enough to see the tournaments.

### BUDGET

Unfortunately because of budget constraints, only seven divisions could be catered for this year.

*Loyiso Mtya*



# THE BSA Found



Gauteng Ring Officials



Loyiso Mtya

- The BSA Foundation function held on Vodaworld in Midrand of the Found
- to manage training
  - to raise funds for box
  - to involve veteran box

BSA Board Members receiving



Denim



# Foundation Launch

Professor Denver Hendriks of the Department of Sports and Recreation



Foundation was launched at a  
on 21 May 2005 at  
and. The objectives  
of the foundation are:  
- Promoting and development  
- Improving the welfare of retired  
- Encouraging former boxers to promote  
- Encouraging



Dingaan Thobela vs Jimmy Abbot

their blazers



A sense of nostalgia with a few veteran boxers





# Forthcoming Tournaments

Date	Promoter	Venue	Main Bout	Title/Development
15-10-05	Lionel Kubheka Promotions	Durban	BABY CHAMPS CHAMPIONSHIP	Development
19-10-05	Golden Gloves Promotions	Carnival City	Development	Development
22-10-05	Eyethu Promotions	Orient Theatre, E L	Zolani Marali vs Thabang Phulo	SA Junior Feather title
22-10-05	Box Office Promotions	Rosettenville	BABY CHAMPS CHAMPIONSHIP	Development
28-10-05	Branco Sports Productions	Nasrec	Andre Thyse vs Andile Tshongolo	SA Super Middleweight Title
30-10-05	Masizakhe Promotions	Mdantsane Community Hall	Nkosana Sobethu vs Zolile Mbityi	Development
05-11-05	Melisizwe Promotions	Transkei	BABY CHAMPS CHAMPIONSHIP	Development
19-11-05	Rainbow Promotions	Orient Theatre, E L	Xola Mayana vs Akhona Aliva	SA Flyweight Title
19-11-05	Mzolisa Boxing Promotions	Bloemfontein	BABY CHAMPS CHAMPIONSHIP	Development
26-11-05	Eyethu Promotions	Orient Theatre, E L	Ali Funeka vs Themba Tshicila	SA Jnr Lightweight Title
26-11-05	David Fass	Cape Town	BABY CHAMPS CHAMPIONSHIP	Development
02-12-05	Showtime Promotions	Orient Theatre, E L	Simphiwe Vetyeka vs Wendy Mackenzie	SA Bantamweight Title
10-12-05	Tshiawelo Promotions	Polokwane	BABY CHAMPS CHAMPIONSHIP	Development



# Core roles and responsibilities of a...

# BOXING MANAGER

One of the major weaknesses in the boxing family is the shortage of properly trained boxing managers. At the moment the trainers of boxers are doubling up as managers and attempting to perform both roles. We understand that the business of professional boxing is not profitable enough for a boxer to have a trainer and a manager. This situation is set to continue for the foreseeable future. For this reason Boxing SA has decided to assist trainers by informing them of the core roles and responsibilities of a boxing manager.

## Main purpose of management

The main purpose of management is to provide structure to an organization. In the case of a boxer, the manager's main purpose is to guide the career of the boxer and manage his affairs. Managing a boxer is about decision-making. Decisions are needed to ensure that the right things are done at the right time and in the right way.

## Boxing managers require a range of management techniques

This means that in managing the affairs of a boxer, the manager performs a variety of functions which involve planning, organizing, leading and ensuring that things are in fact being done.

## Planning

A manager has to plan the career of his boxer. This means that he should understand the division in which the boxer fights - both locally and internationally. He should choose the opponents very carefully and in a measured way so that his boxer is not rushed. The timing of fights is also very important as part of career planning.

The planning activity involves gathering information, making predictions, formulating goals and objectives and drawing up plans programmes, rules and guidelines on how to achieve these goals and objectives.

## Organising

This means that the manager must arrange the tasks and people in the gym to achieve the best results for the boxers. For example someone must arrange for the transport needs and training schedule of the boxer. Another person may arrange fights for the boxer with promoters. A third person will take responsibility for attend to the dietary requirements of the boxers and his financial affairs.

## Leadership

A boxing manager is also expected to provide leadership. This means that he must motivate the boxer and his staff in the gym, direct the activities of the various people in his gym, select the most effective communication channels to profile his boxers and resolve that may arise from time to time in his gym.

## Ensuring that things are done

The buck stops with the boxing manager. Beside directing the people and activities in the gym he must make sure that whatever instructions are given by him are in fact carried out.

## Resources needed for good management

Good boxing management requires the following resources:

- People
- Money
- Facilities and equipment
- Information

In the final analysis the boxing manager must plan, organize, lead and control the resources of his gym to achieve the goals and objectives of his boxer in the best possible way.

South African Boxing lost one of its most beloved sons when Mzukisi Sikali fell victim to a robbery and was fatally wounded in his home town of Uitenhage.

Sikali, whose multitalents won him the SA Junior Flyweight title and world titles in different categories



and boxing organisations like the WBF, WBO, and WBC, will forever stay in boxing fans' minds.

Boxing South Africa in conjunction with his family, friends and all boxing stakeholders sent him a farewell befitting the national hero he was.

# The Magic Man

*Anonymous*

*It feels as if it was only yesterday  
when Mark Breland beat Harold Volbrecht.  
And it also seems no coincidence  
That Mark Breland succumbed to Marlon Starling,  
The original Magic Man.*

*He is in the ring, but the punches do not find him.  
Many say his style is awkward.  
Starling was the most unlikely person to dethrone the smooth Breland,  
But it is the outcome that counts, not the polish.*

*I am reminded of the Reuben Matewu fight against Gideon Cona.  
Again the winner was not the box office favourite.  
Reuben was the Magic Man.  
And then there was Mzukisi Sikali.  
Recognition came later in the day.  
He was the unlikely person to dethrone The Hawk.  
Was he not the one whose lifestyle defied stereotypes,  
But then he downed Makepula,  
Not once but twice.*

*Not unlike Starling, his fight plan was not sophisticated.  
He had a punch and punch he did.  
Then there was his style.  
Like Reuben, like Starling,  
He was the Magic Man.*

*To a murderer's knife, he succumbed.  
Without a major title, he passed on.  
To his children, to his fans, to his family, to his peers,  
Thank you for sharing the Magic Man.  
Down with the knifeman, down.  
Long live the Magic Man, long live.*



# BSA Anti-doping Policy

Boxing SA has set up its own anti-doping policy to ensure that the sport continues to remain free of drugs. The Board adopted the policy at its meeting on 12 August 2005 from which date the policy applies. Key elements of the policy are as follows:-

## ANTI-DOPING VIOLATIONS

In terms of the policy, anti-doping rule violations include:-

- The presence of prohibited substances in the boxer's bodily specimen (blood or urine)
- The use or attempted use of prohibited substances
- Refusing to submit to sample collection
- Failure to provide a physical address for out-of competition testing
- Tampering with doping control
- Trafficking in prohibited substances
- Possession of prohibited substances
- Administering prohibited substance to the boxer

### LIST OF PROHIBITED SUBSTANCES

The list of the prohibited substances shall be the list which is published by the World Anti-Doping Agency. The boxer shall bear the responsibility to explain the presence of a prohibited substance in his/her bodily specimens.

### LICENCEES TO BEAR COST OF INQUIRY

The licensee shall bear the costs of the disciplinary inquiry.

### LICENCEE ENTITLED TO FAIR HEARING

All licensees shall be entitled to a fair hearing. Boxing SA may conduct the hearing on its own or appoint a third party to conduct the hearing on its behalf.

### SENTENCES

Boxing SA shall impose the following sentences on guilty parties:-

#### • *Use of dagga*

- First violation - ranges from a warning to 3 months suspension.
- Second violation - 6 months suspension
- Third violation - 12 months suspension

#### • *Use of diuretics (to reduce bodily fluids by artificial means)*

- First violation - 3 months suspension
- Second violation - 12 months suspension
- Third violation - lifetime ban

#### • *Use of anabolic steroids*

- First violation - 12 months suspension
- Second violation - lifetime ban

#### • *Use of any other prohibited substance*

- First violation - ranges from a warning to 6 months suspension
- Second violation - 6 months to 12 months suspension
- Third violation - lifetime ban

# Boxing SA Official Ratings as at 30 September 2005

## HEAVYWEIGHT (86.18kg)

Osborne Machimane	Champion	GP
1. Sebastian Rothmann		GP
2. Wiseman Dlomo		KZN

## JUNIOR HEAVYWEIGHT (86.18kg)

Vacant	Champion	
1. Sebastian Rothmann		GP

## LIGHT HEAVYWEIGHT (79.38kg)

Erasmus Magwaza	Champion	KZN
1. Not rated		
2. Not rated		

## SUPER MIDDLEWEIGHT (76.2kg)

Andre Thyse	Champion	GP
1. Andile Tshongolo		WC
2. Peter Mashamaite		LP
3. Patrick Simelane		GP
4. Daniel Bruwer		GP

## MIDDLEWEIGHT (72.58)

Mpush Makambi	Champion	EC
1. Sandile Ngwenza		WC
2. Peter Mashamaite		LP
3. Christopher Buthelezi		KZN
4. Emmanuel Duma		GP
5. Xolani Ngemntu		EC
6. Simon Mokoena		GP
7. Raymond Nyathi		GP
8. Kgotso Motau		GP
9. Kenneth Masikwane		GP

## JUNIOR MIDDLEWEIGHT (69.85)

Vincent Vuma	Champion	LP
1. William Gare		GP
2. Tshepo Mashego		MP
3. Christopher Buthelezi		KZN
4. Roedolf Venter		GP
5. Johannes Pietersen		GP
6. Delta Mukhithi		LP

## WELTERWEIGHT (66.68kg)

Joseph Makaringe	Champion	LP
1. Jeffrey Ntuli		GP
2. Pumlani Menziwa		EC
3. Avhoshoni Mbedzi		LP
4. Welcome Ntshingila		GP
5. Sabelo Mncwabe		KZN
6. Mzukisi Sitshinga		EC
7. Mpho Tshiambara		GP
8. John Mokgotsa		FS
9. Thomas Sadike		LP
10. Michael Baloyi		LP

## JUNIOR WELTERWEIGHT (63.5kg)

Samuel Malinga	Champion	GP
1. Isaac Hlatshwayo		LP
2. Colin Mayisela		MP

3. Kaizer Mabuza		GP
4. Jeffrey Ntuli		GP
5. Lawrence Ngobeni		MP
6. Thulani Mkhwanazi		FS
7. Mzanele Mkiwane		EC
8. Mzukisi Mgidi		EC
9. Alvin Mahonisi		LP

## LIGHTWEIGHT (61.24kg)

Irvin Buhlalu	Champion	EC
1. Benedict Dlamini		GP
2. Sikhulule Sidzumo		EC
3. Khululekile Sibeko		WC
4. Zamane Hate		WC
5. Anele Maqhajana		WC
6. Siviwe Ntshingana		WC
7. Nigel Classens		WC
8. Simphiwe Joni		EC
9. Hugo Manqina		GP
10. Mlungisi Dlamini		KZN

## JUNIOR LIGHTWEIGHT (58.97kg)

Ali Funeka	Champion	EC
Cassius Baloyi	IBO Champion	WC
1. Anthony Tshehla		M
2. Zukile Khandisa		WC
3. Patrick Masango		M
4. Godfrey Nzimande		LP
5. Gabriel Phakula		LP
6. Daniel Botman		NW
7. Mpumelelo Mbedle		EC
8. Themba Tshicila		EC
9. Siphon Taliwe		EC
10. Jasper Seroka		LP

## FEATHERWEIGHT (57.15kg)

Malcolm Klassen	Champion	GP
1. Lehlohonolo Ledwaba		GP
2. Lindile Tyhali		EC
3. Willie Mabasa		LP
4. Mkhusele Kondile		WC
5. Edward Mpofo		GP
6. Luyolo Kotsana		EC
7. Mico Makhwelo		WC
8. Sidney Maluleka		LP

## JUNIOR FEATHERWEIGHT (55.34kg)

Zolani Marali	Champion	EC
1. Gabula Vabaza		EC
2. Jeffrey Mathebula		LP
3. Thabang Phulo		WC
4. Mzikayise Mchasi		WC
5. Springkaan Khongoane		FS
6. Takalani Kwinda		LP
7. Oscar Chauke		LP
8. Koos Sibiya		MP

## BANTAMWEIGHT (53.52kg)

Simphiwe Vetyeka	Champion	EC
1. Siyabonga Nyanga		GP

2. Vusi Malinga		GP
3. Wendy Mackenzie		EC
4. Sakhumzi Bongwana		EC
5. Nkosinathi Tshinavhe		LP
6. Luthando Maqolo		EC
7. Mzimkhulu Funde		EC
8. Tshifhiwa Munyai		LP
9. Siyabulela Ziqula		WC
10. Ebenezer Tumane		FS

## JUNIOR BANTAMWEIGHT (52.16kg)

Simon Ramoni	Champion	GP
1. Masibulele Makepula		EC
2. Zolani Mbelekane		EC
3. Lunga Ntontela		EC
4. Siphwiwe Nongqayi		EC
5. Theo Modise		WC
6. Nkosana Sobethu		EC
7. Ncedo Cecane		EC
8. Evans Mbamba		GP
9. Nkosana Vaaltein		EC
10. Khulile Makeba		EC

## FLYWEIGHT (50.8kg)

Xola Mayana	Champion	EC
1. Mhikiza Myekeni		EC
2. Moruti Mthlale		KZN
3. Zamuzi Xola		WC
4. Patrick Twala		GP
5. Siphon Mantyi		WC
6. Akhona Aliva		EC
7. Xolani Ntese		EC
8. Luthando Lekevana		EC
9. Siphwiwe Masondo		KZN

## JUNIOR FLYWEIGHT (48.99kg)

Muvhuso Nedzanani	Champion	LP
1. Sizwe Sinyabi		EC
2. Mfundo Gwayana		EC
3. Simphiwe Mabona		EC
4. Thembelani Maphuma		EC
5. Vuyani Kheswa		EC
6. Ayanda Ramncwana		EC
7. Phumzile Matyila		EC
8. Thozamile Myali		EC
9. Phathutshezo Nemukongwe		LP

## MINI FLYWEIGHT (47.63kg)

Nkosinathi Joyi	Champion	EC
1. Tshepo Lefele		FS
2. Mwanda Sineko		EC
3. Mzikayise Foslare		EC
4. Thulani Ndyamara		WC
5. Sakhumzi Mqadaru		EC
6. Monwabisi Gundwane		EC
7. Wele Maqolo		EC
8. Khusulekile Gada		EC
9. Mzukisi Myeki		EC
10. Sithembele Kibiti		WC