

# **SOUTH AFRICAN NATIONAL BOXING ORGANISATION**

*"Olympic Style Boxing"*



**HIGH PERFORMANCE BUSINESS PLAN  
2009 – 2012**

**THE ROAD TO 2012  
STARTS HERE**



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## 1. Executive Summary

The four year business plan and budgets presented in this document will guide SANABO through setting achievable and **measurable outcomes**, which will be monitored and adjusted during the four year period.

A total amount of **R 19,074,151.91** for High Performance training and **R15,125,116** for International participation (**Total: R34,199,267**) is required over a four-year period (2008 – 2012) to fully support boxers to compete on International level and win medals. The main objective is to qualify boxers for the Olympic Games 2012 and to win medals at the 2012 Olympic Games and World championships during the four year period.

Should the Department Sport and Recreation South Africa only allocate a percentage of the total amount per year, the budget and business plan will be re-evaluated and adjusted to ensure proper **prioritisation** of focus areas. Refer to **Annexure A** for detailed costing breakdown of all initiatives.

## 2. SANABO Major Objectives for 2009 to 2012

### Vision:

Development of **world class** boxers and coaches through High Performance training targeted at winning more medals on International level, which will lead to a greater number of boxers qualifying for the 2012 Olympic Games in London and winning three (3) medals.

### Key Objectives:

To develop world class boxers in all the categories of boxing and to win medals on all levels:

- a. Elite boxers.
- b. Youth Boxers.
- c. Schoolboy boxers.
- d. Women boxers.



### 3. The 4-year Plan through to 2012

We have 4 major programmes (**initiatives**) that support our major objectives.

Ref#	Initiative	Focus Area
<b>A</b>	Scientific Testing of Elite Athletes	Elite performance
<b>B</b>	Team Training and Preparation Camps	Elite performance
<b>C</b>	Testing Cycles (Decentralised)	Elite performance
<b>D</b>	Residential Programme	Elite performance
<b>E</b>	International Participation	Elite performance

#### INITIATIVE A: SCIENTIFIC TESTING OF ELITE ATHLETES

Primary Objective	To expose the top boxers identified during the National championships to the scientific approach to their sport and to provide them with basic life skills and mental preparation as they are approaching an elite level of competition.	
Description of Initiative	<p>22 Boxers to be identified and tested. 2 Groups of 11 boxers each. Group A: <b>11</b> SANABO Senior champions (11 Divisions). Group B: <b>7</b> Identified boxers (Schoolboy &amp; Youth). <b>4</b> Women Boxers.</p> <p>4-day testing (physiological, mental, nutritional) at HPC combined with a training camp (10 Days in Total). (Total = 22 Athletes tested two times per year: 44 Sport Science testings).</p>	
Why is this Initiative Required	The importance of sport-specific testing is a mindset that SANABO is aiming to instill on all levels, and should not be underestimated. The outcomes of development programmes can be measured and controlled at the hand of such testing. It also supports the individual athlete in his efforts to reach the highest level of competition.	
Investment / Cost Requirement per Year	See Budget summary	Based on 18 male boxers and 4 female boxers x 2 per year. Costs include travel, accommodation, testing, etc
Targeted Outcomes	<ul style="list-style-type: none"> <li>o Accessible benchmark information on our elite boxers.</li> <li>o Improved quality of High Performance training programmes.</li> </ul>	

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**4-Year High Performance Business Plan**  
**2009 - 2012**



**INITIATIVE B: COMPETITION TRAINING CAMPS**

Primary Objective	To equip and prepare all National squads selected for international tournaments in order to optimise their overall performance	
Description of Initiative	Training camps, lasting 14 days each with the main objective of preparing individuals scientifically for international competitions. Pre- International Participation training camps should be minimum 14 days long. Aspects such as physical conditioning, nutrition and mental preparation will be addressed. The camp will also provide the boxers with an opportunity to bond as a team before competition.	
Why is this Initiative Required	Training camps have become an integral part of team preparation for International competitions and supports overall team cohesion and individual focus.	
Investment / Cost Requirement per Year	See Budget summery	
Targeted Outcomes	<ul style="list-style-type: none"> <li>o Well prepared teams</li> <li>o Improved performance and more Medals</li> </ul>	

**Costing Notes:**

1. Costs include testing, education materials, accommodation, travel, medical and other services.
2. 11 boxers, 3 Coaches and 1 Manager are budgeted for each camp.
3. The all-inclusive costs of one camp in 2009 are R 280,836.62 with a 10% escalation for each year to follow.

**INITIATIVE C: TESTING CYCLE (Decentralised) Four times per year**

Primary Objective	To evaluate the athlete's fitness level and identify areas where he/she need to improve for international tournaments in order to optimize their overall performance.	
Description of Initiative	Athletes will attend the testing at the closest COS. The Boxing protocol and relevant tests will be conducted. A Full report will be made available to SANABO.	
Why is this Initiative Required	The testing will assist the Coach/SANABO to monitor the fitness level of the Elite athletes. Problem areas will be identified and the necessary interventions can be implemented in time.	
Investment / Cost Requirement per Year	See Budget summery	
Targeted Outcomes	<ul style="list-style-type: none"> <li>o Well prepared and fit teams</li> <li>o Improved performance</li> </ul>	

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#### INITIATIVE D: RESIDENTIAL PROGRAMME

Primary Objective	To give our identified Elite athletes the opportunity/support they need to prepare themselves on a full time basis to excel on International level.	
Description of Initiative	Athletes will stay at the COS and receive the professional support they need to win medals on International level.	
Why is this Initiative Required	To the National Coach/SANABO to monitor the fitness level of the Elite athletes. Problem areas will be identified and the necessary interventions can be implemented in time.	
Investment / Cost Requirement per Year	See Budget summary	
Targeted Outcomes	<ul style="list-style-type: none"> <li>o Professionally prepared athletes</li> <li>o More medals on International level</li> </ul>	

#### 4. Measurement against SASCOC/SRSA objectives

We believe that **boxing** can certainly achieve exponential growth over the next few years, and that South Africa can become the powerhouse of African boxing. The initiatives scoped out in this plan forms the blueprint for SANABO achieving this. Without funding however, this will never become a reality and we are also acutely aware that **the funds allocated to the sport need to realize benefits in the form of growth and medals.**

SANABO will therefore develop a detailed “**balanced scorecard**” of our four-year plan and we will report on our progress against this scorecard to SASCOC and the Dept Sport and Recreation South Africa.

SANABO will adhere to all the requirements set by SASCOC/SRSA as stipulated in the Special Service Agreement between SANABO and SRSA.



## 5. Conclusion

SANABO has thoroughly thought through the 4-year business plan and believes that it will guide us in implementing **sustainable processes and systems** to improve our performance in the International arena.

The budget of **R34,199,267 million** for the period 2009-2012 SANABO presents in the business plan is realistic in terms of a comprehensive **development, empowerment and performance** approach. In case of a partial grant from LOTTO/SRSA, **core aspects** of the business plan will be identified and prioritised, taking into account our key objectives and most efficient application of funds.

SANABO is **ready** to implement the strategy and plans highlighted in the document. It would however be challenging to implement the plan and reach our vision and objectives without the funding support from the NLDF/SRSA. This money will activate the implementation strategy and will give SANABO the basis to start their holistic Elite development programme of the sport.

Although we much appreciate the initiative by SRSA to implement a National High Performance Plan in terms of testings, training camps and residential programmes it will be null and void without the support to give our athletes International exposure.

We **thank you** for the opportunity to submit this document which provides you with sufficient evidence of SANABO's vision, specific objectives and case for funding. Please do not hesitate to contact us if you have any queries.

## 4. Appendices

**1. Appendix A – 2009 - 2012 International Calendar**

**2. Appendix B – Detailed Budgets and Costing**

**South African National Boxing Organisation (SANABO)**  
**4-Year High Performance Business Plan**  
**2009 - 2012**



**Appendix A - 2009-2012 International Calendar**

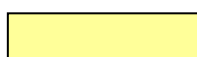
Year	Competition	Men	Boys	Men	Women	Notes
<b>2009</b>	Zone VI Championships			✓		
	Four-Nations Tournament			✓	✓	
	International Tournament (SA)			✓	✓	
	African Champs			✓		
	Common Wealth Boxing Champs			✓		
	World Senior Boxing Champs			✓		
	World Youth Boxing Champs		✓			
	World Schoolboy Boxing Champs	✓				
	Umananov International			✓		
	Copenhagen Cup, Denmark			✓		
	Kings Cup, Bangkok			✓		
	Kings Cup in Morocco			✓		
	<b>Total camps needed</b>	<b>1</b>	<b>1</b>	<b>10</b>	<b>2</b>	<b>14</b>
<b>2010</b>	Zone VI Youth Games		✓			
	Zone VI Championships			✓		
	Four-Nations Tournament			✓		
	International Tournament (SA)			✓	✓	
	Common Wealth Boxing Champs			✓		
	Africa Cup of Nations			✓		
	Commonwealth Games			✓		
	World Youth Boxing Champs		✓			
	World Schoolboy Boxing Champs	✓				
	World Women Boxing Champs				✓	
	Umananov International			✓		
	Copenhagen Cup, Denmark			✓		
	Kings Cup, Bangkok			✓		
	Kings Cup in Morocco			✓	✓	
	<b>Total camps needed</b>	<b>1</b>	<b>2</b>	<b>10</b>	<b>3</b>	<b>16</b>



**South African National Boxing Organisation (SANABO)**  
**4-Year High Performance Business Plan**  
**2008/9 - 2012**



Year	Competition	Men	Boys	Men	Women	Notes
<b>2011</b>	Zone VI Championships			✓	✓	
	Four-Nations Tournament			✓	✓	
	International Tournament (SA)			✓	✓	
	African Champs			✓	✓	
	All Africa Games			✓		
	Common Wealth Boxing Champs			✓		
	World Senior Boxing Champs			✓		
	World Youth Boxing Champs		✓			
	World Schoolboy Boxing Champs	✓				
	Umananov International			✓		
	Copenhagen Cup, Denmark			✓		
	Kings Cup, Bangkok			✓		
	Kings Cup in Morocco			✓	✓	
	<b>Total camps needed</b>	<b>1</b>	<b>1</b>	<b>11</b>	<b>5</b>	<b>17</b>
<b>2012</b>	Zone VI Games		✓			
	Zone VI Championships			✓	✓	
	Four-Nations Tournament			✓	✓	
	International Tournament (SA)			✓	✓	
	Common Wealth Boxing Champs			✓		
	Africa Cup of Nations			✓		
	Commonwealth Youth Games		✓			
	World Youth Boxing Champs		✓			
	World Schoolboy Boxing Champs	✓				
	World Women Boxing Champs				✓	
	Umananov International			✓		
	Copenhagen Cup, Denmark			✓		
	Kings Cup, Bangkok			✓		
	Kings Cup in Morocco			✓	✓	
	Olympic Games			✓		3 month residential cycle before Olympics
	<b>Total camps needed</b>	<b>1</b>	<b>3</b>	<b>10</b>	<b>5</b>	<b>19</b>



Competitions hosted by SANABO