



Introducing SAILza

Building the Future of Sports Performance Analysis in South Africa

Educate. Explore. Elevate Performance.



WELCOME TO A NEW JOURNEY IN SPORTS PERFORMANCE ANALYSIS

Sport continues to evolve — becoming faster, more competitive, and increasingly driven by information, insight, and evidence-based decision-making.

At the centre of this evolution is **Sports Performance Analysis (SPA)** — a discipline that helps coaches, athletes, and organisations better understand performance, identify opportunities for growth, and make more informed decisions.

Welcome to SAILZA — a platform built to educate, explore, and contribute meaningfully to the growth of Sports Performance Analysis in South Africa.

Why SAILza Exists

South Africa has incredible sporting talent — but there remains a significant gap in accessible education and structured development pathways for aspiring performance analysts.

While countries like the United Kingdom and across Europe offer specialised university qualifications in this field, South Africa has limited formal pathways into Sports Performance Analysis.

SAILza exists to help bridge the gap.

Through education, insight, and practical learning, the aim is to create a stronger foundation for the next generation of analysts.



FEATURED COURSE

FOUNDATIONS OF SPORTS ANALYSIS

Build the knowledge. Understand the why.
Create the foundation

FOUNDATIONS OF SPORTS ANALYSIS

A beginner-friendly course designed to build a strong understanding of:

- key terminology
- foundational concepts
- analytical processes
- why analysis methods are followed in practice

[Available now on SAILza.co.za](https://www.sailza.co.za)

FOUNDER MISSION

“**My own journey into analysis has been one of continuous learning, practical application, and professional growth.**”

- **Michele van Rooyen**

Having developed expertise recognised by international professional bodies including ISPAS and APSA, I've chosen to help build a pathway for others — creating educational resources, sharing practical knowledge, and contributing to the development of analysis within South African sport.

This is more than a website — it's the beginning of a movement.

Michele van Rooyen | Founder, SAILza



Follow the Journey

SAILza will also publish regular **blog** and **insight articles** documenting the ongoing journey into Sports Performance Analysis.

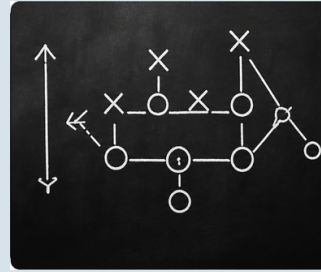
- Lessons learned
- Practical reflections
- Analysis concepts
- Emerging ideas
- Thought leadership in sport



Beginning to Explore Sports Analysis.

How I started my Journey into video-based feedback.

[Read More.....](#)



Reflecting on Early Stepping Stones.

Cutting my teeth as a Team Sport Performance Analyst

[Read More....](#)



Tournament Life - Days without end.

My first tournament experiences and steep learning curves.

[Read More.....](#)

JOIN THE COMMUNITY



Whether you are a student, coach, aspiring analyst, educator, sporting organisation, or simply passionate about sport you are welcome here.

Join us as we build the future of Sports Performance Analysis in South Africa.



Students



Coaches



Aspiring Analysts



Educators



Sporting Organisations



Sports Enthusiasts

[VISIT SAILza](#)

Stay connected

Thank you for being part of the journey.
Together, we can elevate performance.



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