

NEW BEGINNINGS!



Dear Players, Parents, Guardians and Sponsors...

Welcome to our monthly newsletter! For some of you, this is the first time that you get to experience our colourful PDF filled with all the latest and greatest UXI news. We hope that you will enjoy reflecting on all the greatness that is inspired with us each month. It's hard to believe that we are almost at the end of our second month at the UXI Rugby Institutes! The wise say that life is lived in-between pauses – the one right after we exhale, and then before we inhale. Every ending is just another beginning; and there is no better time to “breathe” this in than every morning at the Institutes.

This is only the beginning, and that is something to celebrate – but also something to be mindful of. No matter how many quotations you read on Pinterest about the “magic of beginnings”, while yes, they are magical, the reality is that beginnings are notoriously tough. Beginnings take adjustment and can often be quite daunting or overwhelming – and that's okay. This just signifies that growth is already taking place. Beginnings are often the best time to understand what it is that you really want, and then you get the opportunity to go out and make it happen, one ‘pause’ at a time.

You as players are presented with incredible opportunities for growth, development and excellence each day. Is it easy? No. Is it possible? Absolutely – the opportunities are waiting for you to grab with both hands! However, you need to need to decide whether WANT IT bad enough; and that decision needs to be made in that ‘pause’ when you first wake up every morning. You need to continue making that decision to GO BEYOND in every ‘pause’, in every minute, every day. The biggest truth is that there is no better time than the moment you are in right now to choose the path you want to follow. We know you can do it; you just need to believe that you can. The UXI Rugby Institutes will create the best possible environment and programme for you to achieve your greatness; from there, the rest is all within you.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



As the end of March signals the 1st sign of Autumn, the Easter holidays and the first quarter break around the corner, we CELEBRATE the success of the first tough few weeks for our Players during Orientation; learning to adapt to new challenges and environments!

During our one-on-one interviews with the Players over the past month, I was so inspired by our young men's dreams for their futures to become, not only better PLAYERS, but to make a difference in the world we live in. I was greeted with bright smiles, determination, and the intense realisation that if we can harness these honest ambitions of our youth and continue to encourage and cheer them on, invest in their education and development, then South Africa has HOPE for a brighter future.

Collectively as parents, sponsors, loved ones, educators, and coaches we have a responsibility to keep our youth's flames burning with this desire to "be different", and "make a difference", as this is truly the purpose of our lives. We should never grow weary nor tired in our roles to achieve this!



The UXI Sport Team's purpose is to INSPIRE THEM TO GREATNESS in every way and through every activity of their daily programs. With the academic calendars starting in April in the new Edu-Hubs at every Institute, we trust that their minds will be inspired to learn and grow into exciting careers, just as they are inspired to grow in their sport!

As the year starts building momentum on the sports fields, gyms and classrooms, our team is ready make them even better, stronger and fitter than they were yesterday!

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.

~ Ralph Waldo Emerson

~ Thea Miller



From the Desks of the

PROGRAMME MANAGERS



Feedback From The Month

Our first month of the Academy kicked off well; our second years are in the full swing of things and training very hard. We currently have 6 players in the WP u/20 training group. We are also very proud of current 2nd year Jan-Daniel Cilliers, who has been performing very well in the u/20 Currie Cup, as well as WPRA Old Boy Nande Moses. The players in the wider squad have also shown great development with their experiences carrying over well into the Academy training environment.

The first years had to get used to new levels of training very quickly, while also adapting to the new environment of new friends and living on their own. Even though the first 3 weeks was very basic in terms of training, which focused on fundamental movement in the gym and motor skills on the field, we did pick up that the players are struggling to keep up with the loads. We are checking in with these players on a daily basis and also constantly adapting training loads of the players. We do have regular chats and lectures with the players regarding recovery after training sessions to ensure that the players are ready to go at their next training session. Players have also been allocated to clubs, and most have already played their first friendly games for their clubs.

Positives to Take Away

We have had the opportunity to watch the players play their first club preseason match, and the talent on display was a pleasure to watch. The integration and feedback from the clubs has been positive and the players have bought in to gaining as much game time as possible. Our coaching staff has also spent many man hours on helping each individual set up a personalised goal for the end of the term along with shorter measurable goals on a weekly basis. This will take place in the form of IPDs which occurs after the general field sessions.

Challenges Faced

We are picking up many players are struggling with their sleeping patterns. This could be down to a number of different reasons such as the use of technology in bed, caffeine consumption late in the afternoons, irregular sleep patterns etc. We have provided the players with a presentation on tools to aid a more comfortable sleeping habit and we encourage parents to help follow up. We also encourage players to read the Wellness "Athletic Abilities with Ali" at the back of this newsletter for tips to improve their sleep patterns.

What to Look Forward to Next Month

Going forward into the new month, our coaches will be ramping up the field training intensities as we have used the first four weeks as an adaptation period. We look forward to watching these young players push themselves and showcase their talents on the rugby field at their clubs, while we continue to chip away and develop their generic, primary and positional skills.

~ Jason Hector (On-Field PM) & Coenraad de Villiers (Gym PM)



Feedback From The Month

In January we welcomed back the Seniors of 2021. Excitement levels were high, as they all graduated during this time at our new UXI Edu-Hub venue, where they will attend classes in the coming weeks. We then travelled to Greyton for our yearly Leadership Camp with the Senior class of 2022, which included various team building activities and a training session against the local rugby club. This was an incredible experience for our players as they got the opportunity to train against older club players, and our players learnt a lot from this.

The first years have adapted well to the High Performance programme; we started slow and focused on the fundamentals, keeping in mind that most of the first years haven't had a full season of rugby since 2019!

Positives to Take Away

We are so proud of our WPRAs players who trained with WP u/20s; we would like to congratulate Jan-Daniel Cilliers, Nande Moses, Edmilson Fredericks, Ayon Adams, Wiehan Kruger and Botshelo Kubyadi for being part of the wider training group - we are all super proud of this achievement. Three of these WPRAs players also went on to represent the WP u/20 Currie Cup Side: Jan-Daniel Cilliers, Nande Moses, and Botshelo Kubyadi. Botshelo was the latest player who made his debut for the WP u/20 side – well done!

Currently most of our players are engaging in club rugby and playing weekly for their respective clubs. We are proud of the players who are representing their club's 1st teams - this is another great achievement, as we play in one of the strongest club leagues in South Africa!

Challenges Faced

The 1st players who have now joined the Academy have really been affected by Covid-19, as they have missed out on playing rugby at school for the last two years. Out of the 50 first year players we have with us this year, only 1 player has played more than 4 games since 2020. This was a major concern for us, which lead us to split the WPRAs sessions, into Senior and Junior players, so that we could start scratch with the Juniors and on motor skills. We are fortunate to have experienced coaches in Stellenbosch; we never back down from a challenge. We can assure you that the players will be ready for the league that starts in April.

What to Look Forward to Next Month

We can't wait for the league to start in April; finally, the players will have some competition again. The players have been working hard and they are ready to make a statement on-field. Our players currently represent the following clubs: Durbell, Tygerberg, NTK, Unimil and Kuilsriver. We will continue with our weekly "family meetings" on Fridays, where we take a look back at the week and reward the standout players for that week. This is a great way to get the players hyped for the club games on Saturday.

As we work hard with helping our Junior players catch up, we will slowly start integrating them into training sessions with Senior players. In the weeks to come, we will have Senior and Junior forwards training together, and the same will apply for the backline players. This will serve two purposes: comparison of positions alongside each other AND mentorship from the Senior players to the Junior players. We will start to look at the group of players in terms of ability, in order to adjust the training programs accordingly.

Jarrod Brown has been our standout player for both the gym and field through phenomenal commitment, work rate and leadership.

~ Warren Petersen (Head Skills Coach), Bolla Conradie & Hendrik Louw

From the **FIELD**





From the **GYM**



Feedback From The Month

At the start of this year for the Senior players, we really hit the ground running. On the return of the Senior players from their Leadership camp in Greyton, they went into a strength block; this was to further build their strength foundation for the year. This block continued up until the first testing for the year. The Senior players are now busy with a strength speed block in the gym, seeing that they have started to play games for their representative clubs.

For the 1st years, we had to take a more conservative approach now at the start. We started with a 3-week period of just focusing on lifting technique, strength and conditioning theoretical classes and basics movements. This period was very important, as we as coaches need to ensure that all players display great lifting technique and understanding of the movement, before moving on to following a proper gym program.

Both our Junior and Senior players also began on-field conditioning, which was done after their field sessions. The field conditioning for the Juniors were slightly more conservative, seeing that they are not used to training as much as what our Senior players are. We want to ensure that all our players stay safe and injury-free. Currently, all of our players are finishing with their Fartlek fitness blocks; this complements the fitness that they are doing at their clubs in the evening.

Positives to Take Away

We are extremely satisfied with the work and effort that we have seen thus far, from both our Junior and Senior players. Our Seniors players continue to learn extremely quickly, and we are extremely proud of how far they have come in the last 2/3 years. We know that the 1st years will follow in their footsteps, as they have great energy levels in both the gym and on the field.

Challenges Faced

It has been challenging for our 1st year players to get used to the different gym exercises and the intensity of programme, especially having not played rugby in so long. The 1st year players are learning that they have to really push themselves in the gym and in the field conditioning sessions, in order to start producing the results that they so badly want. On the other hand, many players are not taking proper care of their bodies: this includes doing the proper recovery programme, the prehabilitation programme and making sure that they are getting enough sleep. We are also seeing that many players are engaging in poor eating habits (fast food) and not eating enough, which is resulting in weight loss. Those players who are trying to gain weight and/or muscle, they are also not eating enough to produce the gains they want. We will assist them with this.

What to Look Forward to Next Month

We are looking forward to moving into our new High Performance gym, "The Shed". We believe that this will be very exciting for all of our players and will help boost their motivation levels even more. Going forward, all our players will be getting PLENTY of game time at their respective clubs. This means that the players are going to continue to work hard in the gym and on the field.

~ *Jacquin Marthinus & Matthew Boshoff*



From the

HEART



Feedback From The Month

In the first month we covered topics like perception, ego, ownership, sacrifice and vision. The players have daily readings through the A-game daily app, have also had life skills class around those topics. It has been good to see how quickly our first years have settled into the UXI Life Programme, and with the first month behind us we are ready to get stuck into what ultimately will make each player a better human being.

Positives to Take Away

The introduction to the A-game daily app has been a huge positive for us, as it has given the players access to a High Performance mental mindset platform, 7 days a week, with great content and practical understanding.

Challenges Faced

This past month, we only really had one challenge, and that was to get 1st years to see how life skills and rugby go hand-in-hand, and that the mental side of this year is hard. Building yourself up physically is easy and tangible, but when you must build what you can't see now is tougher than most can think or grasp.

What to Look Forward to Next Month

We are looking forward to the possibility of various off-campus activities and outings, where we can enrich the view and understanding of each player. Players can look forward to possible trips to Table Mountain/Lions Head, as well as visiting various museums and cultural sites to highlight the cultural beauty of our country.

~ Jody Burch

2022 ORIENTATION DAY

On the 12th of February, we welcomed our new 1st years to the Western Province Rugby Academy. The day was filled with a “Welcome Presentation”, Meet-and-Greet and Q&A with the coaches and staff, as well as giving the new WPRA players an opportunity to all meet and get to know each other.

The Orientation Day was hosted in the WPRA’s new Edu-Hub space, located in Bosman’s Crossing! The WPRA Edu-Hub, which is fitted with communal computers, is an environment where the players can sit and study towards their academic qualifications. This new exciting space is also where our newly renovated gym is located, “The Shed”. The WPRA Edu-Hub and “The Shed” opening in April to our players!

We loved meeting and mingling with our new players, and their parents. A huge shout out to our WPRA and UXI staff members for making this Orientation Day a huge success! We are so excited for the eXtraordinary year that lies ahead of us. Here’s to going ABOVE and BEYOND in 2022 with the UXI Rugby Institutes!





Senior Leadership Camp!

At the beginning of February, our second and third year WPRA students embarked on their 3-day Leadership Camp to Greyton, in preparation for the arrival of the 2022 1st years. This camp was the optimal opportunity for our Senior students to *learn* and *grow as leaders*!

The Leadership Camp was jam-packed, and filled with fun and meaning activities. From hiking, to Ready Room testing, to field and skills training sessions, to potjie competitions, to swimming in waterfalls - our students experienced it all!

Our WPRA students were even given the “royal Greyton treatment”, and were treated to a private dinner at The Oak and Vigne - pretty cool right? We hope that our students had as much fun as our coaches did, and that they learnt some valuable lessons which will help propel them in their newfound Senior roles!





U/20 WESTERN PROVINCE SELECTION

We are so proud of two of our WPRAs players, **Nande Moses** (WPRAs 2021) and **Jan-Daniel Cilliers** (WPRAs 2021 & 2022), who have been selected for the Western Province u/20 Currie Cup Squad. Nande and Jan-Daniel both wore the renowned blue and white stripes for the first time on the 26th of February, when the Western Province u/20 squad went up against the Sharks u/20 in Durban. The Western Province u/20 claimed victory, producing a 20-17 win against the Sharks u/20.

Since then, Jan-Daniel has further represented the Western Province u/20 Currie Cup squad in two more matches, and Nande in all five matches. We are so proud of Nande and Jan-Daniel for this incredible achievement! You both have achieved so much since starting at the WPRAs last year - and look how far you've come! We wish both players all the best for the remainder of the season.

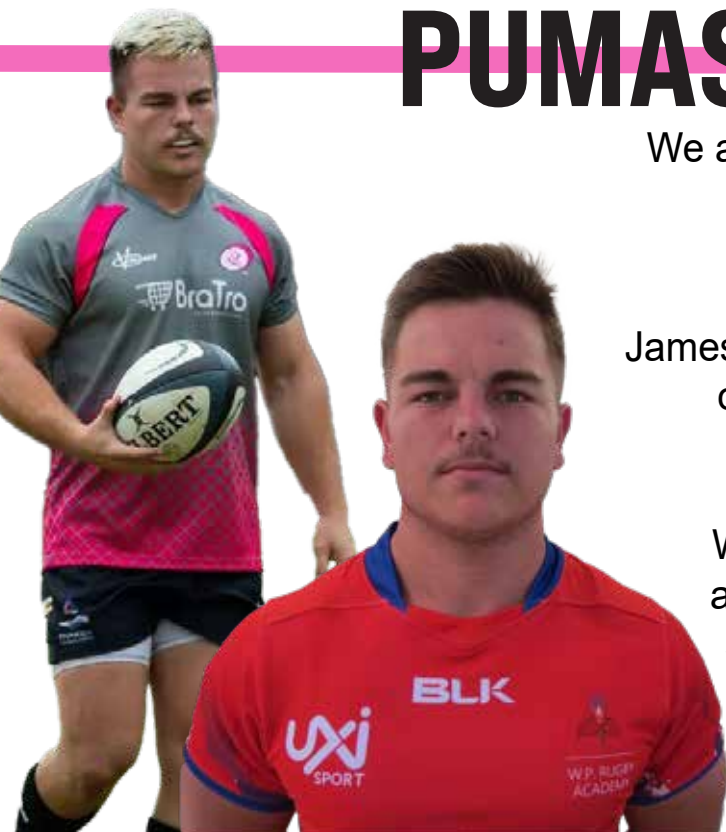


PUMAS POWER!

We are so proud of WPRAs player, **James Coetzee** (WPRAs 2021), who was selected for the Senior Pumas B Squad, in Mpumalanga!

James sported the Pumas pink jersey for the first time on the 11th of March 2022, as the Pumas B squad went up against the Valke.

We are so proud of James for this incredible achievement! You have achieved so much since starting at the WPRAs last year - and look how far you've come; already in a Professional Union Team! We wish you all the best for the Pumas season to come!



UXI SUCCESS STORIES

The vision of the UXI Rugby Institutes is to provide each and every one of our players with the training, skill set and opportunities needed to pursue their professional rugby dreams. We are always so proud and excited when we see our UXI Rugby Institute students thriving in their rugby careers, especially when they're playing on the big professional stage. On the 19th of March, we got to witness just that!

CIE 2021 player, Duan Ludik, represented the Cheetahs u/20 Currie Cup Squad as they went head-to-head against the Western Province Currie Cup u/20 Squad. The two powerhouse Unions battled it out in Cape Town, where the Western Province u/20 came out victorious.

Duan also went up against his former UXI Rugby Institutes competitor, Nande Moses (WPRA 2021), who represented the Western Province u/20 Squad.

It's always amazing for us to see our UXI Rugby Institutes players excelling in their rugby careers. The Institutes **REALLY DO WORK** - helping young aspirant rugby players achieve their sporting dreams. We wish you both all the best with the remainder of the Currie Cup tournament.



What Nande Has to Say About the UXI WPRA

“The UXI Western Province Rugby Academy rugby programme really helped me a lot to develop as a young rugby player, in many ways! The Academy taught me the basic things, which I didn't think were all that important in the rugby life; things like being disciplined, being on time for sessions or meetings -because these are the things that the coaches really take notice of. It also helped me to develop, not only as a player, but as a human being as well. There were times that I asked myself, “Am I ever going to get a chance to show case my talent at a higher level?”. However, by God's Grace, I was one of the players that were recognized by the Western Province Coaches and was selected to be a part of the Western Province Rugby u/20 squad.

The UXI Western Province Rugby Academy will always be in my heart, because without it I don't think that I would be at the current level that I'm at now. I was being coached by coaches that's been in this game for decades! Coaches and ex-players like Coach Bolla “The Rock” Conradie (former Springbok), Coach Jason Hector, and Coach Warren Peterson, to name a few. I really enjoyed my time at the UXI Western Province Rugby Academy and I am SO thankful and proud to call myself a former WPRA student (WPRA 2021)!

CLUB CONQUERERS!

Rugby Club season is back and better than ever! Not only do our players train and play as the “Western Province Rugby Academy”, but they also get the opportunity to train and play for local Rugby Club teams in the Western Cape. Our players are allocated to a club, which they stay at for the year. They attend club trainings on Tuesday & Thursday evenings, at their respective clubs’ fields; our players also play club matches on Saturdays! Club Rugby provides our players with some much-desired game time, and is a great way for our players to implement the skills that they have been learning at the Academy.

Our WPROA players play for one of the following Rugby Clubs:
*Durbell Rugby Club | NTK Rugby Club | Kuilsrivier Rugby Club |
Tygerberg Rugby Club | Unimil Rugby Club*

Congratulations to the following WPROA Players, who are representing their clubs at 1st Team Level:

***Dian Basson | Durbell 1st Team
Hanru Smith | NTK 1st Team***



Welcome Björn!

A very warm South African welcome to Björn Dolman, who is joining the UXI WPROA family - all the way from Haagsche Rugby Club in the Netherlands.

Björn, who will be joining the Academy for 3 months, is an extremely talented wing and fullback who comes with an incredible amount of skill and experience. We cannot wait to get out onto the field with him. We are so excited to have Björn at the Academy with us. May this be the best experience of your life!

Welcome | Welkom | Wamukelekile

MONTHLY HIGHLIGHTS

Check out some of the **FUN** our **WPRA** students have gotten up to over the past month!

WPRA "Strongman" Fridays

18 & 25 February



Visit from Siviwe Soyizwapi & Ockie van Zyl

24 February



Family Meeting Fridays

25 March



From the Desk of the National Manager of VIDEO & GAME ANALYSIS



As we start our first fixtures in new formalized leagues since Covid-19 landed on our shores, we thought we would share what the analysis process looks like. Many people have a vague and unclear understanding of what it is exactly that we as analyst do, so here is what our process checklist looks like.

- 1 Pre-Match:**
- 1) Equipment check.
 - a. Charging all camera batteries.
 - b. Charging all referee audio equipment.
 - 2) Prepare match recording sheet for team manager which contains team list, substitution times and point scorers (to be completed during match).
 - 3) Before Kick-Off analyst locates best vantage point for filming.
 - 4) Analysts are set up 15 minutes prior to kick-off and do final video and sound checks.

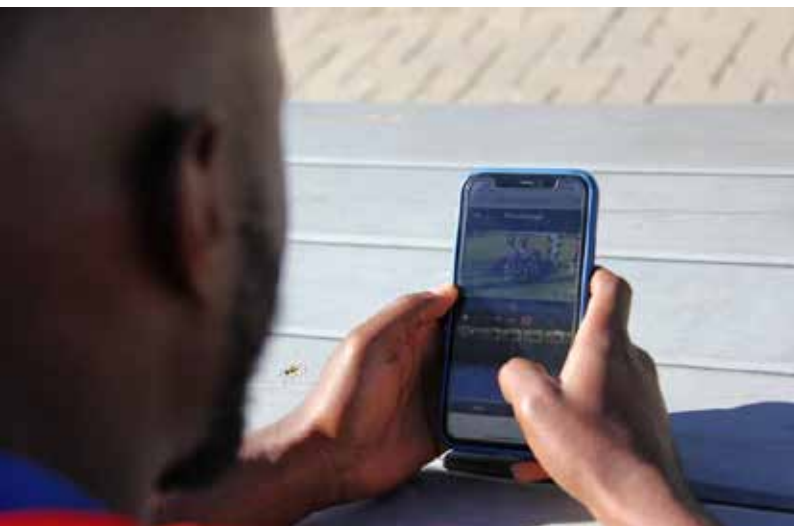
- 2 Post-Match:**
- 1) Analysts collect and pack all equipment to ensure safety of equipment.
 - 2) Analysts collect the Match Recording sheet from the team manager.
 - 3) Analyst leaves field as soon as possible to start his/her match coding.

- 3 Post-Match Analysis:**
- 1) Analysts arrive back at the office and start to code all macro events for the Team code
 - a. These macro events include but are not limited to; points scored, rucks, set-piece, line breaks, gain line carries, possession, territory, etc.
 - 2) After completion of the team code, Analyst codes the game again and tags all micro events in the individual code
 - a. These micro events and individual tags include but are not limited to; attack involvements (carries, passes, offloads, kicks, etc.), defense involvements (tackles made and missed, steals, turnovers, etc), ruck involvements (arrivals, effectiveness, etc.), set piece involvements (lineout throws, lineout jumps, turnovers, etc.)

- 4 Post-Match Feedback:**
- 1) Upon completion of codes, analyst submits coding to National Manager of Video and Game Analysis who spot checks the coding and prepares the stats sheet.
 - 2) While this is being prepared analysts upload the match footage along with the coding timelines of the macro and micro events onto Coach Logic, our online sharing platform.
 - 3) Analysis of statistical output and video footage allows for a comprehensive evaluation of the performance by coaches and analysts.

- 5 Player Feedback:**
- 1) Coaches and analysts feedback stats to the players which are also made available via the App on their mobile devices.
 - 2) Players and coaches at this point can start engaging online (on Coach Logic) by commenting on video clips and playlists from the game to maximize learning time.
 - 3) Coaches and analysts present video session to players covering all concern areas and areas of strength to give the players more detail surrounding their performance as they prepare for their next fixture. Our feedback sessions are very efficient as the players have all seen the clips already and started discussions on the Coach Logic platform. This means that the boardroom session is simply a clarity session.

And that is what the day-to-day match day and feedback process looks like from an analyst's point of view. We hope you enjoyed this and looking forward to populating some amazing highlights videos of our athletes as we start to play some competitive fixtures.



~ Heinrich Painczyk

From the Desk of the National DATA SCIENTIST

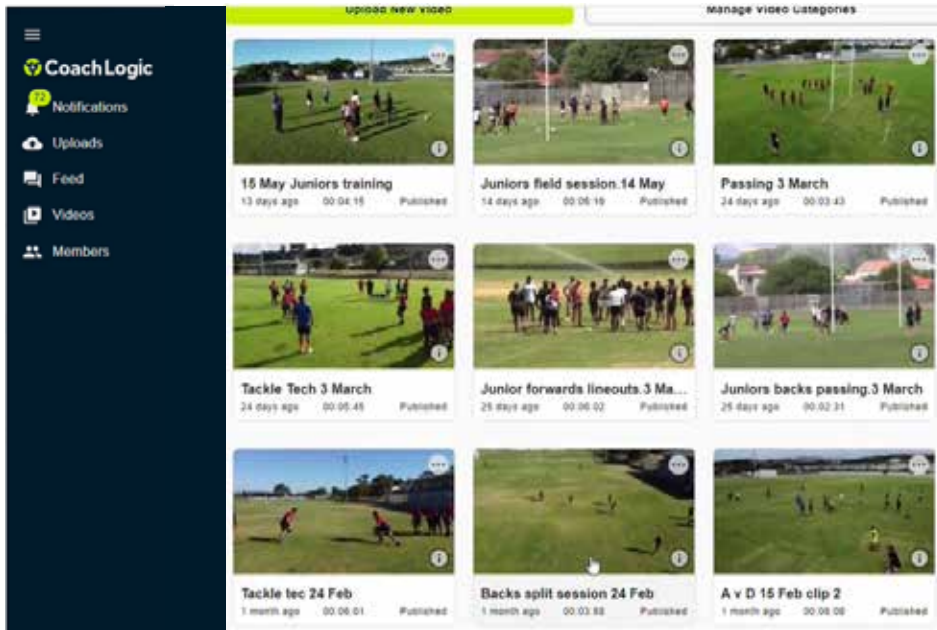


At the UXI Rugby Institutes, we believe in assessing our players development throughout the term, while we train, rather than assessing our players at the beginning and end of every term. Assessing throughout the term allows our coaches to identify strengths and weaknesses sooner, and intervene where necessary.

Our training sessions are filmed and uploaded onto **Coach Logic**, our video sharing platform. Our coaches review each player's development in training, and assess their progression through a specific training block.

This allows our coaches to identify each player's strengths and weaknesses, and highlight areas where additional individual training sessions are required. Our coaches also provide each player with an individualised **Player Development Plan**, highlighting short and long term targets, the requirements to reach those targets, and a realistic date to work towards. You can find these PDP plans in your Google Drive folder. Please speak to your program or unit manager if you are unsure how to access your Google Drive folder.

DEVELOPMENT



Coach Logic Eg.

PLAYER DEVELOPMENT PLAN

COMMENTS | [REDACTED]

[REDACTED] has been a joy to work with, his energy and enthusiasm is contagious both on and off the field. I have also noticed [REDACTED] has shown great signs of maturity in his decision-making regarding social events.

*Player
Development
Plan Eg.*

SHORT TERM TARGETS	REQUIREMENTS	TARGET DATE
Bench Press	1 extra gym session a week: focus on 5x5 Squat & bench	Weekly
Bronco	X2 90 seconds after every field session	Daily
LO Jumping	1 per week focus on triple extension and jumping	Weekly

From the Desk of the National DATA SCIENTIST



MONITORING

DATE
2022/03/07
DAY
Monday

Attendance	Injuries	Sick	Sleep	Sleep	Mood	Stress	Fatigue	UB DOMS	LB DOMS	Readiness
88%	10%	13%	7 Hrs	63%	62%	55%	26%	1%	10%	74%

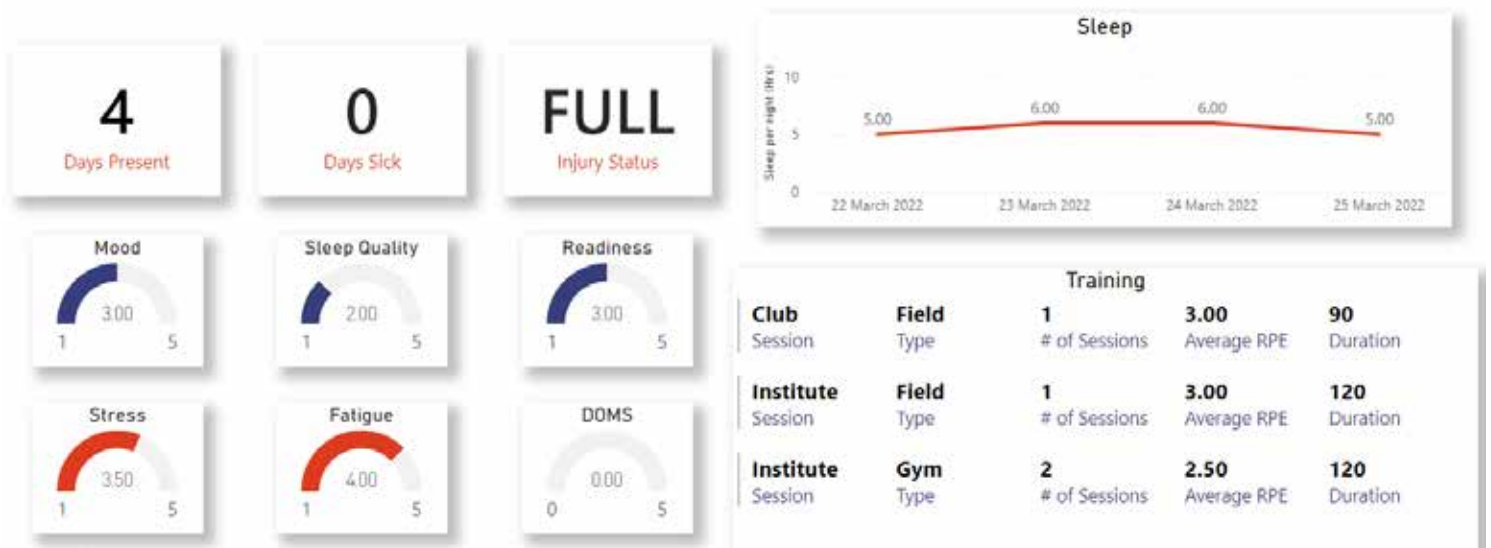
Name	Training Group	Present	Injury Status	Health Status	Sleep (Hrs)	Sleep Quality	Mood	Stress	Fatigue	UB DOMS	LB DOMS	Ready to Train
	1st	Green	Green	Green	8	4	4	1	2	0	0	4
	1st	Green	Green	Green	7	2	3	3	3	0	0	3
	1st	Green	Red	Red	7	3	3	3	3	0	0	2
	1st	Green	Green	Green	7	4	3	2	2	0	0	4
	1st	Green	Green	Green	7	3	3	3	3	0	0	5
	1st	Yellow	Red	Red	7	3	3	3	3	0	4	2

Every morning our players complete a wellness form. This provides us with data regarding their recovery, mood, and readiness to train. We report this information to our coaching team every day, to provide them with an overview of how each player is doing, and to provide them with the information they need to assist our players in their development.

Our players also fill in an RPE form after every session. RPE is a measure of how physically challenging a player finds a training session. Our S&C coaches carefully plan training sessions to ensure that the players train at an optimal intensity for development, without the risk of injury. The data from the RPE forms give our S&C coaches feedback that the intensity they are prescribing for a session aligns to the players experience of it.

Each week we create a report of each player's wellness, training loads, and attendance. You can find these reports in your google drive folder. Please speak to your program or unit manager if you are unsure how to access your google drive folder. Remember to fill in your forms everyday so that we can optimally monitor and manage your wellness and development.

WEEKLY WELLNESS & TRAINING REPORT



~ Dr Steve den Hollander

UXI SPORT “PLAYERS OF THE MONTH”

Here at the UXI Rugby Institutes, we believe that EVERY LIFE MATTERS. It is our goal to individually help each player achieve their own personal greatness, in all aspects of our High Performance Programme. We recognize those players who have truly gone ABOVE and BEYOND this month, whether it be on the field, in the gym or just across the programme in general.

Each month, our Institute coaches and staff members select a “Player of the Month” across the following 3 categories:

RUGBY SKILLS Player of the Month

The player who has shown the greatest and most significant and/or most improved on-field rugby skill set for the past month.

S&C / GYM Player of the Month

The player who has shown the greatest and most significant and/or most improved gym strength, form and skill set for the past month

ABOVE & BEYOND Player of the Month

The player who has gone above & beyond the call of the duty for the past month. This includes going the extra mile at rugby training, in the gym, UXI life sessions, assisting the coaches, being an asset to the team etc

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Geronimo van der Merwe



James Greeff



Ruben Osborne

Pumas Rugby Institute



Thato Gololo



Delarey Swart



Jason Taylor

Western Province Rugby Academy



Jarrod Brown



Brandan Botha



Kieran Naidoo

ATHLETIC ABILITIES **WITH ALI**



The importance of SLEEP for PERFORMANCE and RECOVERY!

Sleep is one of the most important parts of human performance, yet people often give it up for other priorities. The quality and quantity of sleep affects everything from physical and mental performance to general health and well-being. When it comes to physical performance, sleep is a major contributor to recovery and muscle regeneration. As you fall into the deeper stages of sleep, your muscles will see an increase in blood flow, which brings along oxygen and nutrients that help recover and repair muscles and regenerate cells.

Scientific research has identified multiple changes in performance for athletes who don't get enough sleep or who have broken sleep, this includes:

- Decreased jump power
- Reduction in exercise capacity
- Reductions in ability to adapt to training stimulus
- Decreased ability to build muscle and cardiovascular fitness.
- Decreased ability to develop skills
- Reductions in reaction time and decision making
- Slowed recovery from injury
- Reductions in academic performance



It is simple a lack of quality sleep reduces recovery, physical and mental performance. When you go to sleep, it's important to practice good sleep hygiene. Here are some Sleep Hygiene tips for athletes to help you get more quality sleep.

Common Components Include:

Creating an appropriate sleep environment.
Your sleeping space should be dark and cool with little to no noise.

Have a wind-down routine.
Activities such as reading, taking a shower, or meditating can help you relax and get ready for sleep.

Avoid alcohol and caffeine before bedtime.
These beverages can interrupt sleep or lead to more disturbed sleep.

Get out of bed if you can't fall asleep.
If you can't fall asleep after 20 min, go do a quiet activity in another space until you feel sleepy.

Stay away from electronics in the hours before bedtime.
This includes TVs, cell phones, and computers.

Reduce stressors.
Not only do mental stressors affect sleep quality, but they also impact performance overall.

Good, quality sleep is one of the most effective ways to recover and recharge after training and exercise. Sleeping enough and soundly will not only improve your physical performance, but it will help improve your mental and emotional performance as well.



Rugby Recipes Rock!



High Protein Lentil & Rice One-Pot

Serves: 4
Time: 55 min

NUTRITIONALS:
Per Single Serving

KCAL 379 | PROTEIN 17G | CARBS 74G | FAT 2G

INGREDIENTS:

- 1 large onion, chopped
- 1 cup brown basmati rice
- 1 cup dried lentils
- 1 cup frozen vegetables
- 4 cups water
- 1 chicken stock cube
- Spray & Cook
- 1 Tbsp garlic powder
- Salt & Pepper
- Parsley (garnishing)

METHOD:

1. Spray a large pot with spray & cook, and place it on the stove at medium heat.
2. Add the chopped onions and sauté for 2-3 minutes or until the onions are soft and begin to just turn brown.
3. Add the rice, lentils, water, frozen vegetables, stock cube and spices.
4. Increase to high heat, to bring everything to a boil
5. Once boiling, turn the heat back down to medium, cover the pot with a lid, and allow to simmer.
6. Cook for 45 minutes or until the rice and lentils are tender and the liquid has been absorbed.
7. Remove from the heat and let sit for 10 minutes before serving. Add parsley as desired.

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