

# APRIL ACHIEVEMENTS



## Dear Players, Parents, Guardians and Sponsors...

Welcome to the UXI Rugby Institutes Term 2! Can you believe that we are already in May? This year is flying by. The 1st term was an incredibly successful, growth-provoking and enlightening two and a half months; we have loved getting to know all of our new 1st years better, and we are incredibly impressed at the progress we have seen thus far. In the middle of this month, we celebrated the Easter weekend. In the midst of the Easter weekend, the country watched in sadness as deadly floods ripped through the beloved province of KwaZulu-Natal. Our thoughts and prayers go out to all of our UXI RI players, parents, guardians, sponsors and staff who are personally impacted, or who has loved ones who are impacted, by the devastating floods. However, it is in moments like these that we are reminded just how much we are to be grateful for, and how we cannot take moments in life for granted.

It is so easy to get caught up in the hustle, bustle and stresses of life, that often leave us feeling like we aren't entirely "happy". We often all get stuck in the notion of thinking: "I'll be happy when..." - as if our happiness all depends on achieving something in our future. "I'll be happy when I make the u/20 squad"; "I'll be happy when I finished my qualification"; "I'll be happy when I'm rich"; "I'll be happy when I'm stronger" - and so it goes on and on and on. This is not to say it's not good to set goals for yourself - it's excellent, and you should have goals for yourself, but your happiness cannot start and end with the attainment of something in your future. As cliché as it may sound, happiness is learning to enjoy the little things in life.

It sounds very easy, yet it is very powerful. A simple shift of the mindset can create some of the happiest moments in our lives. We just have to stop looking for all the bad in life and focus instead on the small things in life. A tiny flower on the pavement. A roof over your head. A friend keeping the door open for you. Sharing a warm hug with your parents/children. Food to eat and water to drink. Sharing a laugh with your friend. Having lungs that allow you to breathe. Legs that allow you to walk. A beautiful sunset. There are many of them: moments in life that make us smile. Don't just ignore them. Take a deep breath. Inhale the moment. Smile, with a visible smile on your face from one ear to another. And all of a sudden, your walk becomes lighter, your worries become less, your day seems more relaxed, and your mind is more focused.

Because of a simple smile about a small thing in life, you create happiness. We hope we can create a smile on your face when you read this newsletter. There are so many things in life that can bring a smile onto our face. And those things do count. They will make a difference. As you go into May and a new term at the Institutes, we remind our players to collect those moments; appreciate the little things, because they make a greater difference than what meets the eye.

~ The UXI Sport Team



*From the Desk of the*

**UXI SPORT C.O.O.**



# RISE!

There is nothing more beautiful as the promise of a sunrise!

It's a promise of a NEW DAY - to get up and say "**CARPE DIEM**"! **SIEZE THE DAY, SIEZE THE MOMENT!**

No matter how we are discouraged by bad news reports, or circumstances beyond our control, the truth is we will never be as young, strong, healthy and able as we are at this very moment.

To wake up every day is a blessing and a call to RISE-UP and to seize every moment of living and learning as an opportunity to become better versions of ourselves - no matter our past or present. The belief that nothing is impossible. That there is life after death, light after darkness, and laughter after tears.

As contradictory as this might sound, this is the story of life, to simply know that what goes down must go up again - and to know that this is a universal truth. And as contradictory as life might be, we need to simply move forward with all our might and faith that as the promise of a new day, there is HOPE in every step we take towards the next seconds of our lives.

As we enter the 1st winter month of 2022, we trust that May will be a month of resurrection and a "RISE-UP" to chase our dreams and visions, instead of hibernation and waiting for better days.

**Make it HAPPEN - SEIZE THE DAY - CARPE DIEM!**

**"Nothing is worth more than this day."**

*"Your diet is not only what you eat. It is what you watch, what you listen to, what you read, the people you hang around...be mindful of the things you put into your body emotionally, spiritually and physically."*

*~ Thea Miller*



*From the Desks of the*

# PROGRAMME MANAGERS



## Feedback From The Month

Upon welcoming our athletes back from their Easter getaway, we have spoken to them about the challenges they will face individually during term 2, and we would like to ask our parents to encourage them in making the best decision to enable growth and development. The topics we covered; self-discipline when it comes to waking up on those cold winter mornings and the frost has set on the rugby field. It is important for our athletes and future superstars to realize that being the best requires sacrifice, and that adaptation cannot take place within your comfort zone. Secondly, we discussed the importance of healthy nutrition, our players have been given a presentation on healthy eating habits and nutritional values, however, cooking a healthy and nutritious meal takes effort however, supplementation and “quick-fixes”, unfortunately, cannot replace good eating habits. Lastly, we discussed the catabolic effects of alcohol and the negative impacts our athletes would come across due to a lack of sleep. This was aimed directly at our decision-making abilities when it comes to our social lives after hours and also fall under the “self-discipline” category.

## Positives to Take Away

After the first few months at the Academy, the coaches were able to get a better understanding of each player and their individual rate of development. This was done through grouping the players; seniors and first years. This was needed to identify which first years can progress and which first years and second years needed some additional time in specific areas. After grouping players by year of intake, we then progressed these groups to all forwards and all backs groups in order to have the players measure up against their peers. This allowed for the coaches to review the players in comparison to the students that have already been a year into the program. This method provided both the coaches and the players valuable intel in terms of where they are compared to older players.

## Challenges Faced

We understand that our players come from vastly different training backgrounds, and we could see some players really struggling with the training loads and volumes. By now most players have adapted to their new environment and understands what it's going to take to be successful. Going forward, it is going to get even tougher! We are going to pick up the intensity during training sessions in the gym and on field in the coming weeks, and we know that the players are all ready for this new challenge.

## What to Look Forward to Next Month

Off-field, we have an array of things to look forward to. Our players will officially be starting with the academic leg of their program as early as the first week of May, we are looking forward to the next generations of equipped farmers, electricians, plumbers, conditioning coaches and business managers that will be coming through the ranks in the upcoming years. On an experience front our clubs have reached out to us and asked that our players stay at club matches until after the first teams have played in order for our students to experience man of the match rewards and other club traditions.

In-house we have an array of activities planned for this term from mountain hikes to football tournaments which will provide our players with a much-needed mental break from rugby while keeping them active. We urge our readers, parents, sponsors and friends to constantly encourage our students to keep their heads up when times are tough, remember why they chose to join the rugby academy when it comes to self-discipline, peer pressure and temptation, and feel free to reach out to us should you require further information that could help you encourage our athletes to be all that they can be, above and beyond. Here's to an explosive new chapter!

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



## Feedback From The Month

Our players have been playing across 5 different Rugby Clubs for the past two months; this has allowed the players to better understand the requirements of the sport and the discipline that they need to have in order to perform at their very best. I must say, a highlight for the last month was our family meetings at Friday's, where we rewarded the standout players for the week. These "Family Meetings" are something they all looked forward to, and it was an exciting way to end the week, and kick-off the weekend!

## Positives to Take Away

We had 6 of our WPRA players who represented their clubs at first team level. This is a huge achievement, especially considering that our players are in the Super A Club League! We are all proud of Jan-Daniel "JD" and Botshelo who represented Western Province u/20 throughout the season. JD also played in the finals against the Blue Bulls - what an awesome achievement! This special achievement is testimony of the hard work that these players have put in the past year and a quarter.

## Challenges Faced

I must say, we are fortunate to not have had many challenges on-field. Naturally with an increase in workload, there can be a few injuries along the way. Luckily, we did not see any major injuries amongst our players, but for those few niggles that were picked up, there was a minor delay in those players' development.

## What to Look Forward to Next Month

Term 2 will see the resumption of the Superleague A with some hotly contested matches lined up with Uni-Mil taking on Maties while an on-form Kuilsriver will be welcoming Brackenfell rugby club which promises to be a tantalizing encounter. On the field our players will be progressing from individual fundamental skills into stage 2 which will consist of Decision Making on attack, decision making on defence and breakdown decision making. This will see us use the skills such as passing, going into contact, tackle technique and rucking, in a more scenario simulated approach which we often see on the rugby fields. Along with this, after using term 1 to teach and establish a baseline, our Individual development plans will be based on how each player has performed on his assessments, allowing him the additional time to improve and repeat on fundamental skills that requires extra attention from their respective specialist coaches. This is also a very exciting time at the Academy because we will be making use of our brand-new gym facilities - we can't wait to start the new journey!

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

# From the **FIELD**





# From the GYM



## Feedback From The Month

Upon discussion with Coenraad regarding testing our players we concluded that we not having a testing block with any of our players up until the end of term 2. This will give all players a further 8 weeks to work hard to improve all their tests results. One challenge that we are facing is all players playing league games for their representative clubs thus, this will have an impact on players gym and conditioning programs. Controlling all players loads is very important to avoid any overuse injuries. Keeping our players healthy and without injury to play games is of high importance for us as strength & Conditioning staff. With the start of the second term our players will be continuing with their various training programs. The first years will continue to do their strength block and the second years will continue to do their strength speed block. Players will only be doing fitness block once a week seeing that they are still training with representative clubs and playing games on Saturdays.

## Positives to Take Away

The players have done extremely well in learning and mastering different movements and techniques efficiently. The incorporation of new moves and techniques have also seen an increase in energy both in the gym and on the field! As coaches, we have really seen improvements in most of our players; this makes us incredibly proud and confident in greater results to come!

## Challenges Faced

Some players are still engaging in poor eating habits (consuming large amounts of fast food and drinking alcohol) and not eating enough resulting in weight loss or those trying to gain weight not eating enough. It is important to note that poor eating and drinking habits really hinders muscle growth and will result in players not reaching their full potential. Results do not just start and end in the gym, nutrition is a HUGE component to seeing and feeling physical differences. Players are reminded to really push themselves in the gym and in the field conditioning sessions – growth takes place OUT of your comfort zones, not in them. However, it is vital that all players take care of their bodies, but doing their doing recovery protocols, prehab before training and ensuring that they are getting enough sleep.

## What to Look Forward to Next Month

To compliment the hard work they will put in on the field, the Strength & Conditioning staff is looking forward to moving into a pure strength block where the ultimate focus will be to improve strength in relation to their body mass. While this happens, our IPDs in the gym will focus on injury risk reduction as the players training loads will take a large spike to the high volume of matches and the nature of the type of training that will be implemented on the field. It is important for all stakeholders to remind our athletes to the importance of recovery, healthy nutrition, and plenty of sleep, this is often impacted by decision made on “off”-days and nights as well as peer pressure. We are also looking forward to moving into our new high performance gym!

~ *Jacquin Marthinus & Matthew Boshoff*



From the

# HEART



## Feedback From The Month

This month saw the completion of the A-game weekly theme and also the first term. There was great progress made and the players seemed to start getting into the daily completion of app as well. We looked at “Identity” and “Systems vs Goals” to close out the first quarter; we look forward to term 2 and what it brings!

## Positives to Take Away

There was great increase in player interactions, and it comes as no surprise now as the topics and weekly themes start to become relevant in the everyday life choices the players want to and need to make. The course content is fun, exciting and applicable to the players’ lives, which has it made the players more eager to engage more. We are hopeful that the players are slowly starting to understand just HOW IMPORTANT the UXI Life programme really is in their pursuit to a successful future!

## Challenges Faced

Again, some challenges this month has been that the daily A-game has not always been at 100% optimal functioning, but that has not stopped us from completing the work at hand and also getting all players caught up if they fall behind.

## What to Look Forward to Next Month

With term 2 underway, we are excited to being entering the “EQ Phase” of the mindset/Life Skills program. This is a very personal and intermit phase and will truly help players when it comes to choices on and off the field.

~ Jody Burch



# JERSEY HANDOVER CEREMONY

On the 8th of April, our WPRAs 1st year players received their UXI WPRAs Jerseys and the remainder of their UXI training kit. We know that this was a very exciting moment for all of our 1st years, as we know that the players worked so hard in the first term, and their hard work was finally rewarded.

Now you may ask us, "why do the players only get their jerseys at the end of the first term? Why don't they get them at the beginning of the year?" The answer is simple: **MOTIVATION**.

For the 1st years, Term 1 is all about orientating themselves in their new environment and really learning what it means to be a High Performance Athlete. This means that our 1st years have the first two months of the year to prove to you, as parents/guardians/sponsors, to the coaches and to themselves that they really do want this. They want it enough to **EARN** it - to **EARN** their jersey. And this is the method to our madness!

If we just gave the 1st years their jerseys straight away, it probably wouldn't mean as much to them as it does now, purely because they know that they put in the hard work - the early mornings, late nights, sore bodies, long training sessions. We couldn't be more proud of our WPRAs players who **EARNED** their UXI WPRAs jerseys. They earned the Disa on their chests.

Congratulations to all our players. We wish them all many happy and successful moments in their new jerseys!

[CLICK HERE to watch the Jersey Handover Ceremony on YouTube!](#)





# TAG, YOU'RE IT!

Ahh tag rugby - the perfect way to ease into competition season! For those who aren't familiar with the Rugby Union spin-off: tag rugby is a non-contact team game in which each player wears a belt that has two velcro tags attached to it.

Attacking players attempt to dodge, evade and pass a rugby ball while defenders attempt to prevent them scoring by "tagging" – pulling a velcro attached tag from the ball carrier, rather than a full contact tackle.

On the 12th of April, our WPRAs players took part in an inter-Academy tag rugby tournament, and the gloves were off! It was exciting to see our players with fire in their bellies and the competitive spirit in their eyes. This was an awesome experience, and it was a great opportunity for our players to flex some of their stepping skills. It also really set the tone for the competitive season ahead.





# U/20 WESTERN PROVINCE UNION SQUAD

We are so proud of our two current WPRA players, **Botshelo Kubyadi** (WPRA 2021 & 2022) and **Jan-Daniel Cilliers** (WPRA 2021 & 2022), and WPRA Old Boy **Nande Moses** (WPRA 2021), who have finished off their u/20 Currie Cup season with the Western Province u/20 Squad. All three players represented the prestigious Union squad over the past three months and truly made a massive impact in the squad and its success thereof.

Botshelo, who was the latest WPRA player to be pulled up into the squad even scored an impressive try on his WP u/20 debut against the Leopards u/20 - wow! This is truly a magical way to start your professional rugby career.

Jan-Daniel and Nande were both apart a part of the starting 15 for the u/20 up Final against the Bulls u/20 up in Pretoria on the 16th of April.

Botshelo was on standby for the match. Unfortunately the WP u/20 walked off second best to the Bulls, going down 29-10, and finished off the tournament in an impressive 2nd place overall.

Regardless of the final result, we are so proud of these three players of ours - they truly held the WPRA flag high, and went **ABOVE and BEYOND!**



**Botshelo Kubyadi**  
WPRA 2021 & 2022



**Jan-Daniel Cilliers**  
WPRA 2021 & 2022



**Nande Moses**  
WPRA 2021



# TONY STOOPS SUCCESS!



Well done to WPR A Player, **Jaydin Sharp**, who represented De Kuilen High School in the Tony Stoops Rugby Festival over the March school holidays (26-30 March).

The Tony Stoops Rugby Festival, which was hosted at De Kuilen High School, is said to be the biggest Under 19 Rugby Schools Festival in the world!

Jaydin, who is still u/19, played as HS De Kuilen's 8th Man for the tournament. Not only did Jaydin's team excel, but Jaydin also won Man of Match for 2 out of his 3 matches!

Congratulations Jaydin on this fantastic achievement! We are so proud of you.

## DURBANVILLE PRIMARY SCHOOL TRAINING SESSION

On Friday the 1st of April, the Durbanville Primary School u/11s stopped by the WPR A for a quick training session before taking part in a rugby tournament at Paul Roos.

The youngsters had a training session with legendary Coach Bolla and renowned Coach Hendrik - what an incredible experience for a young and aspirant rugby player. One of the Durbanville Coaches is actually a Stellenbosch Rugby Academy (SRA) Old Boy (2015)! The SRA and the WPR A merged in 2020.

After a tough training session, the Durbanville u/11s got a VIP tour of the WPR A facilities. This was truly an exciting eXperience for the Durbanville Primary team; thank you to our WPR A coaches and staff for making this such a memorable outing for them!



# From The Club Rugby Scene

It's been a great two months of club training, and now that the Club League has officially kicked off, our players are more pumped than ever. The opportunity to represent local clubs in the revival of the Super League A club competition, which was last completed in 2019, is truly an honour. This has created great competition within the Academy as friends and training partners in the Academy are now squaring off against each other on the club rugby scene.

The club rugby has also sped up the rate of progression and development in our players' rugby understanding and fundamental skill execution. We are looking forward to seeing how the continuation of the league continues to help our players build experiences, make mistakes and learn from them in order to grow.

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

***Breyton Africa | NTK 1st***  
***Dian Basson | Durbell 1st***  
***Hanru Smith | NTK 1st***  
***Jan-Daniel Cilliers | Kuilsrivier 1st***  
***Mihle Qaba | Tygerberg 1st***



# MONTHLY HIGHLIGHTS

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

## S&C Brainstorm with Springbok 7's S&C Coach, Ghafoer Luckan

1 April



## ASV (Africa Skills Village) Visit

4 April



## Rainy Wrestling Session

5 April





# VIDEO & GAME ANALYSIS

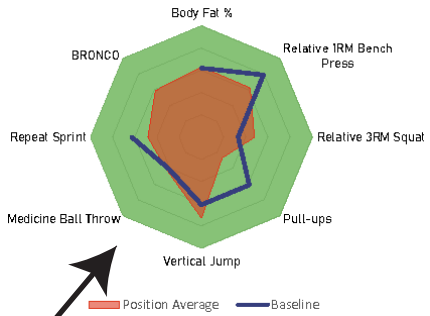
At the end of the term, our players received their 2022 Term 1 UXI High Performance Report. This detailed report depicts a player's termly performance, based on their recorded measurable on-field and gym data. Players also receive individual comments from their mentor coach, as well as from their SGC coach. Further, players also receive feedback from their progress in the UXI Life Programme, in the form of module scoring across the quarter (poor, adequate or excellent).

Player Stats	
Age	18
Position	Outside Back

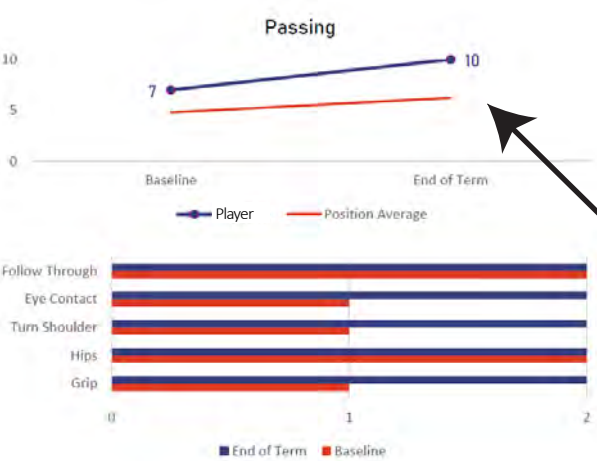
Follow This Link For an Explanatory Video of this Report  
<https://youtu.be/anFIIJPDa2I>

Attendance	Days Attended	Total Days/Sessions	Percentage
Days @ Training	17	27	63%
Gym Sessions	9	24	38%
Field Sessions	9	20	45%
Days Sick	3	27	11%
Days Injured	27	27	100%

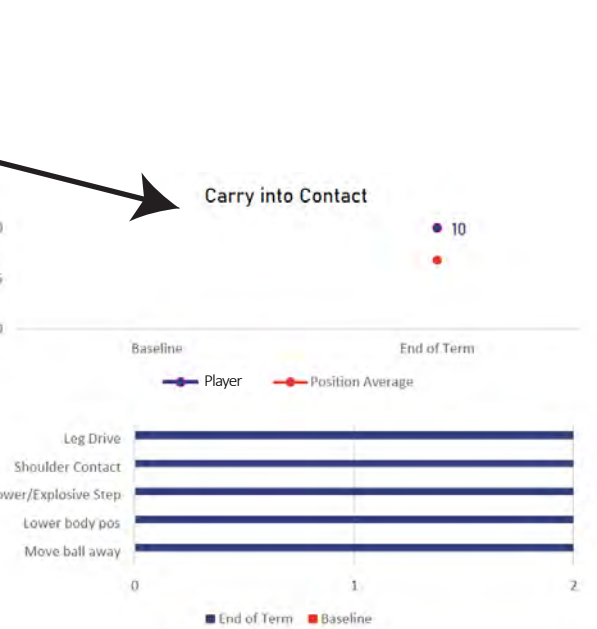
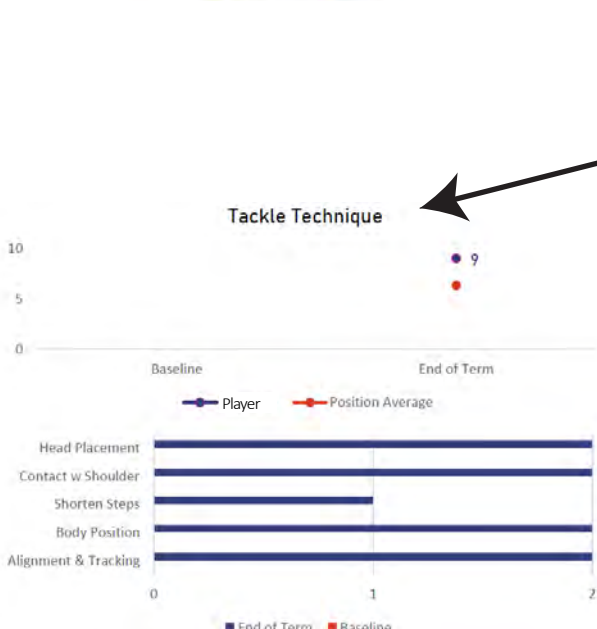
Fitness Testing	Baseline Result	Position Average	SA U20 Standard
<b>Body Composition</b>			
Height	177 cm	175 cm	Not Applicable
Weight	72.8 kg	72.3 kg	Not Applicable
Body Fat %	16%	15%	12%
<b>Strength</b>			
Relative 1RM Bench Press	1.2	1.1	1.3
Relative 3RM Squat	1.2	1.5	2.4
Pull-Ups	14	10	18
<b>Power</b>			
Adjusted Vertical Jump	52 cm	56 cm	60 cm
Medicine Ball	4.2 m	4.3 m	6.7 m
<b>Endurance/Fitness</b>			
Repeat Sprint	705 m	674 m	780 m
BRONCO	Injured	05:31	04:40



The graph above is a display of the information in the table to the right. It is showing the players score (orange) relevant to the average for his position. Bronco is a test where a fixed distance is completed and timed, so a lower score is better. Repeated sprint is a fixed time, and the distance is measured so here a higher score is better. Vertical jump is a measure of lower body power, medicine ball throw is a measure of upper body power, bench press is a measure of upper body strength and squats is a measure of lower body strength. Pull ups is a measure of upper body strength endurance.



The 4 skills (Passing, Contact Prep, Tackle Technique, Carry into Contact) each have 2 graphs. Although these are the only skills we are reporting on for this term, they are not the only skills the players focused on, these skills, as per our curriculum, were the fundamental focus areas for this term.



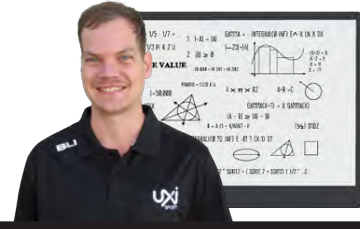
The first graph has an orange line and a black line, each with 2 data points, the orange line shows the players score for that skill at the start of the term and end of the term. The black line shows the position average score at the start and end of the term.

The second graph shows the coaching points for that particular and how the player scored for each coaching point at the beginning of the term (black) and end of the term (orange). In these graphs each coaching point has been evaluated out of 2.

0 = Not competent  
 1 = Somewhat competent  
 2 = Competent

# From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



## TERM 1 TOP PERFORMERS 1st Years

We recognize those extraordinary students, who have worked incredibly hard to land themselves in our Uxi Top Categories: Top 3 Skills, Top 3 Athleticism and Top 3 Overall.

The **Skills Category** consists of testing in the following on-field components: handling, contact prep, tackle technique, and ball carry into contact. These results are aligned with our term 1 outcomes.

The **Athleticism Category** consists of all Strength & Conditioning physical tests that the Players completed in-gym, as well as on-field fitness. Players needed to complete all physical tests to be eligible for a Top 3 ranking.

**Overall** is a combination of both Skill and Athleticism.

### SKILLS

1st



**Jurie Groenewald**

*Loose Forward*

2nd



**JC De Leeuw**

*Loose Forward*

3rd



**Björn Dolman**

*Outside Back*

### ATHLETICISM

1st



**Brandyn Wilson**

*Loose Forward*

2nd



**Luyanda Langa**

*Outside Back*

3rd



**Luhan Louw**

*Outside Back*

### OVERALL

1st



**Brandyn Wilson**

*Loose Forward*

2nd



**Jurie Groenewald**

*Loose Forward*

3rd

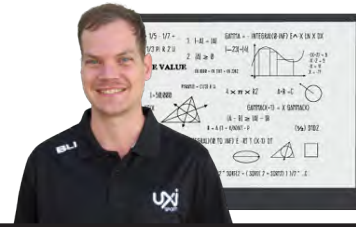


**Armondo Hoogbaard**

*Inside Back*

# From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



## TERM 1 TOP PERFORMERS Seniors

We recognize those extraordinary students, who have worked incredibly hard to land themselves in our Uxi Top Categories: Top Skills, Top 3 Athleticism and Top 3 Overall.

The **Skills Category** consists of testing in the following on-field components: handling, contact prep, tackle technique, and ball carry into contact. These results are aligned with our term 1 outcomes.

The **Athleticism Category** consists of all Strength & Conditioning physical tests that the Players completed in-gym, as well as on-field fitness. Players needed to complete all physical tests to be eligible for a Top 3 ranking.

**Overall** is a combination of both Skill and Athleticism.

### SKILLS

#### TIED 1<sup>st</sup>



**Botshelo Kubyadi**  
*Outside Back*



**Brandon Jacobs**  
*Inside Back*



**Dian Basson**  
*Loose Forward*



**Jarrod Brown**  
*Inside Back*



**Tinashe Gowere**  
*Inside Back*

### ATHLETICISM

#### 1<sup>st</sup>



**Brandon Jacobs**  
*Inside Back*

#### 2<sup>nd</sup>



**Jan-Daniel Cilliers**  
*Loose Forward*

#### 3<sup>rd</sup>



**Nathan Spath**  
*Loose Forward*

### OVERALL

#### 1<sup>st</sup>



**Brandon Jacobs**  
*Inside Back*

#### 2<sup>nd</sup>



**Jan-Daniel Cilliers**  
*Loose Forward*

#### 3<sup>rd</sup>



**Tinashe Gowere**  
*Inside Back*



# 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

## APRIL

### RUGBY SKILLS Player of the Month

### S&C / GYM Player of the Month

### ABOVE & BEYOND Player of the Month

## Cheetahs Institute of Excellence



Rorisang Moshilewane



JJ Fourie



Yolisa Ngcakani

## Pumas Rugby Institute



Jacques van Aardt



Nathan McLaren



Udo Cilliers

## Western Province Rugby Academy



Jayden Norman



Jarrod Brown



Kieran Naidoo

# ATHLETIC ABILITIES WITH ALI



## The **Negative Effects** Of Alcohol On Training Progress Of An Athlete.

We are well aware that our student-athletes are young adults, who enjoy going out with their mates and having a few drinks. After all, you only live once hey? But they also say that you don't always need alcohol to have fun - and this is true once you realize the effect that alcohol can have on your athletic progress.

There some key elements that athletes needs to consider when consuming alcohol, and HOW these elements could hinder the progress of their athletic development and athletic performance - specifically muscle development and recovery. This can rob you of all the hard work you put in during training. With this information in mind, athletes must remember to **DRINK RESPONSIBLY**, and be mindful of the effects it will have on their training.

### IMPAIRS MUSCLE GROWTH

Long-term alcohol use diminishes protein synthesis, resulting in a decrease in muscle growth. Even short-term alcohol use can affect your muscles.



### SLOW REACTION TIMES

Alcohol can result in a slowed reaction time and decreased hand-eye coordination. Not only can this impair performance, but a slowed reaction time can increase your risk for injury.



## ALCOHOL



### DEHYDRATES YOUR BODY

As an athlete you want to perform at an optimal level at all times and to do so you would want your body to recover as fast as possible. Alcohol has been shown to slow this process because it is a powerful diuretic, which can cause dehydration and electrolyte imbalances. And when dehydrated, an athlete is at a greater risk for cramps, muscle pulls, and muscle strains.



### PREVENTS MUSCLE RECOVERY

Getting enough rest is essential to building bigger and stronger muscles. However, because drinking alcohol negatively affects your sleep patterns, your body is robbed of a chemical called human growth hormone (HGH) when you drink. HGH plays an integral role in building and repairing muscles! Drinking can also lead to a decrease in testosterone, which is associated with decreases in lean muscle mass and muscle recovery, which can impair performance.





# Rugby Recipes Rock!



## High Protein Spaghetti Bolognese

Serves: 6  
Time: 30 min

**NUTRITIONALS:**  
Per Single Serving

**KCAL 441 | PROTEIN 34G | CARBS 29G | FAT 18G**

### INGREDIENTS:

#### For Mince:

- 600g ground beef
- 1 Tbsp olive oil
- 1 onion (80 g)
- 1 large carrot (300 g)
- 1 celery stalk
- 1 clove garlic
- 1 beef stock cube
- 5 tomatoes (450 g)
- 1 Tbsp oregano
- 1 Tbsp basil
- 1 tsp pepper
- Salt to taste

#### For the pasta:

- 10 cups water
- 250g raw spaghetti
- 2 Tbsps olive oil
- 1 Tbsp cheddar per serving

### METHOD:

1. Peel the onion and cut it into small pieces; peel the carrot and cut into cubes; peel the tomatoes cut them in quarters; cut the celery into thin slices; peel and crush the garlic clove.
2. In a medium pot on HIGH heat, add the olive oil, when the oil is very hot add the crushed garlic and onion. Stir them for about 4 minutes.
3. In a bowl mix your beef stock cube with boiling water, as specifically directed by the stock instructions. Place the carrot, tomatoes, and stock mixture in a blender and blend until you have a thick consistency paste.
4. To the pot, add in your mince and celery; stir and mix the mince. Continue cooking until the meat browns.
5. Add the tomato paste and the spices (oregano, basil, and pepper); mix well.
6. Cook the mince mixture over medium heat for 10-15 minutes.
7. In a separate pot on HIGH heat, add the water and salt to taste. When the water is boiling, add the pasta and cook it until it is soft.
8. Remove the pot from the heat and strain the pasta.
9. Serve a bowl of pasta, accompanied by a serving of mince. Sprinkle with some fresh cheddar cheese on top and enjoy!

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