

# Can You Feel The MAYgic?



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

Another month is done and dusted; can you believe it? As we sit at the end of May, we are filled with so much pride and excitement for our players. It has been an incredibly busy year so far, and it really is NOT easy to be a student-athlete. The early morning wakeups, the long hours in the gym and on the field, the focus and concentration exerted towards their studies – it is NOT easy. Keeping this difficult lifestyle in mind, what our players are achieving, both on and off the field is indescribable – some may even say MA(y)GICAL! 😊

Many people love to be busy – to truly get stuck into their craft and devote their time, effort and energy into something that makes them feel alive. For our students, this is rugby, coaching or video and game analysis. However, it is human nature to sometimes get overwhelmed and tired. This can have you questioning if this is really what you want. We can often find ourselves simply surviving from one moment to the next, all the while forgetting that the magic of life ever existed. So, how do we snap ourselves out of this rut; how do we LIVE, and not merely just exist? While there may not be a silver bullet, a special formula, or a one-size-fits all approach to creating 'the perfect happy life', there is always magic to be unlocked within life.

The best way to unlock the magic is to BE PRESENT – simple, yet often the trickiest thing to do. Have you ever watched a young child who is so immersed in their current activity that they have no sense of past or future? When you see something like that, it's almost as if the light shining from their very soul as they bring all of their awareness into the present moment. Something about it seems magical. As adults, we tend to split our attention by worrying about the past or the future while completely missing the magic of the moment! Sometimes it's as simple as pressing the pause button of your life, reconnect with the present moment, and take in the amazing experiences right in front of you. How do we reconnect to the moment, especially when it feels like the earth is moving a kilometer a second around us? Try this: pause, take a deep breathe, and reflect on your life as a whole. What makes you HAPPY? What are you GRATEFUL for? What can't you LIVE WITHOUT? Is what you're stressing about right now MATTER in 10 years from now? If today was your last day on earth, WHAT would you do? Once we stop and remind ourselves that life is short, and that we need to live for the present moment, magic starts to become easier to find - because magic exists in every little moment of the day.

As we move into the last month of the second term, we task you all to be present in every moment of everyday. Life is filled with difficult and demotivating times, but it is also filled with so much MAGIC – and once you unlock that magic from within, you will truly be unstoppable.

~ The UXI Sport Team





*From the Desk of the*

# UXI SPORT C.O.O.



## May-Day

Celebrated for different reasons in history, May the 1st has announced festivities over the Northern and Southern hemispheres for different reasons.

In the Northern hemispheres it announces the first day of Spring and along with-it other celebrations known in history as Labour Day. For South Africans it truly is a wonderful public holiday and the sign that Winter has arrived. Throughout this time whether cold, rain and also hot winter days we have watched our players work hard in the program and embrace every moment of learning new skills and embracing the tough training sessions and Club competitions they have been exposed to.

May was also the first academic month with the Education hubs in full operation, and its heart warming to see our players spent dedicated time in the Education hubs, completing assignments and research activities. We were also pleased to welcome our new head skills coaches in the UXI family and the arrival of more international players eager to learn from one of the best rugby countries in the world.

One of the highlights of the year is the opening of the new UXI High performance centre in Stellenbosch that we believe will offer employment opportunities to many of our players currently studying towards their Personal Training and or Fitness Instruction qualifications in the future. Our mission is to ensure the employability and career development of every player in our UXI Rugby Institute system. There are a range of study options that suit every budget to access through the EDUCATION HUBS and we encourage you to make use of these opportunities, broaden general skills and knowledge and work towards a brighter future beyond rugby.

To early mornings on field and or the gym- we are very proud of the character shown by our players to **SHOW UP** and make the best of every opportunity in their day! You are inspiring us to **GREATNESS AND BEYOND!**



*~ Thea Miller*



*From the Desks of the*

# PROGRAMME MANAGERS



## Feedback From The Month

We are in full swing with our club rugby league! The players are working hard, and days can become extremely long, especially now with Academic classes underway. We are extremely proud of the hard work that the players are putting into their sport, and we can really see how the players are making massive impacts at their respective clubs. We have been joined by three international players; two players from the Netherlands, and one player from Kenya. It is always exciting to have the opportunity to rub shoulders with players from other countries, and to build new relationships. We look forward to welcoming many more international players in the very near future.

## Positives to Take Away

We are very excited about the new gym, “The Shed”, that is now being used by our High Performance athletes; the students and staff are really loving the new environment. The gym is absolutely MASSIVE with some of the latest and greatest high quality equipment; this new High Performance environment will enhance the students’ physical strength and conditioning, as well as motivate them even further to smash their gym goals. We are loving seeing the students in the new gym; you can see how much they are loving it. We also moved into the new building for our Education Hub (“Edu-Hub”), and this is yet another exciting new space for all WPRAs students.

## Challenges Faced

We had our first real taste of winter, with an extremely cold week now in the last week of May. Through past experiences, we know that this can become a difficult time to stay motivated, especially if it's cold and wet and gloomy outside. As we head into June, the official kick-off of winter, please help us in motivating your boys to keep focused on their goals – regardless of the weather outside. We need them to focus on their end goal and stay stuck in their daily training routines.

## What to Look Forward to Next Month

We have a few more international students joining from all over the world in the coming months; we look forward to welcoming international athletes with a variety of rugby skills and styles to our beautiful Stellenbosch campus. We are also going to be having an “Amazing Race” with the students, which will be a fun way to explore Stellenbosch, and promote team building. There is also a big “derby club rugby game” coming up soon, which will see many of our students play in some thrilling games!

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



## Feedback From The Month

We are fortunate to have a fantastic club rugby league in the Western Cape, and the feedback that we have received thus far from the clubs where our students play has been nothing but positive. Not only do the students play good rugby, but they play highly entertaining rugby. We also have footage of all the club games played, and it is available to all the students on the Coach Logic for them to review. We are loving the active involvement from all our students; they train hard during the week and then play Club on Saturdays – it's a rugby-filled week, every week!

## Positives to Take Away

A significant positive for the month of May, was when started to gym at our new gym, "The Shed" (yay). On top of that, academic classes started at the new Edu-Hub! You can see the students' energy levels rise with excitement every day when they walk into their new gym and Edu-Hub - what a joy to watch. These world-class facilities will definitely help our students even further in reaching their true potential. Thank you very much to UXI Sport for providing us with these facilities and making this next level of training and learning possible.

## Challenges Faced

With the new gym facility up in running, we believed that our new challenge was going to be time management. We thought this would be a challenge, as the bus needs to get into central Stellenbosch before 08:00 – when Stellenbosch traffic is at its finest! Thankfully, this was not the case; the first bus now departs at 07:15. And while it is chilly in the morning, our programme schedule continues to run like clockwork! On-field injuries remain the biggest issue. The more games the students play on weekends, the more injuries we get. I must say that we are fortunate to have a very experienced team in Stellenbosch that can look after the players and manage their training load, as well as their recovery.

## What to Look Forward to Next Month

We have some mouth-watering club fixtures coming up against top opposition, where our students will be tested and club games where the students face each other for bragging rights. A big stand-out for us is the way the players all support each other on weekends. Most of the students play u/20 rugby and you would think that they would leave after their respective games, but no... they stay and support their fellow WPRA students who play Senior rugby, even if it isn't for their respective club. This is something that make us proud to say that we are the Western Province Rugby Academy.

As I said initially, the plan is to manage the training loads. For instance, we will have three colours: red, orange and green. These colours represent the intensity of the training day. Red will be your tough day, orange your slightly easier session, and green will be your clarity sessions where the intensity will decrease substantially. The players will then know exactly what to expect on the field.

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



# From the **FIELD**







*From the*

# GYM



## Feedback From The Month

With a very successful month of May behind us from the Strength and Conditioning department we are still going strong.

With brand new high performance gym equipment to experiment with and incorporate into our training sessions, the players showed great commitment and hard work this month.

This hard work is evident in our first-year players auto test results. Auto test is where players test their maximal attempts for lifts during their gym program. This was done so that we can get their new 1RP max for various lifts; then players can use these new scores to adjust the weights in their gym program. From the new results, we have seen tremendous improvement both in the upper and lower body of all our 1st years.

The same was done with our 2nd years, however they were following a strength and speed block, where the focus was primarily on speed. The goal was to have all players maintain their strength and improve on their explosive power. After our auto test this was exactly the results we got! All players did maintain their strength however, to see if explosiveness improved, we will only be able to see with testing on the 21st of June with our power test.

This month was a great month, because after a discussion with players of what we expect from them. The players did deliver each gym session; we expect a great increase in players' gym results for the next testing day on the 21st of June.

*~ Jacquin Marthinus & Matthew Boshoff*



From the **GYM**







From the

# HEART



## Feedback From The Month

This month has been quite exciting with the move to our new classroom and gym facility, which has caused a nice stir of enthusiasm amongst the players. We have covered important UXI Life Skills topics, such as “mental toughness”, “presence”, “grit” and “enjoyment”. We have also seen the players take their ‘Champion Mindset Tests’ and they will be diving deeper into each component in the month to come.

## Positives to Take Away

The biggest positive is that the players have finally take the ‘Champion Mindset Tests’, and now they are able to evaluate themselves against a mental training program before retaking the test in a few months’ time.

This has also given the players some personal introspection, which often is nice and “refreshing” for the players to understand HOW they really think as an individual.

## Challenges Faced

The challenges faced this month has clearly been the extra workload.

Not only are the students trying to keep up with their rugby and club rugby commitments, but now the academic classes have also started, which may start to feel overwhelming to the players. Time management has become absolutely VITAL – players are now having to understanding how to manage their time conscientiously, in order to see to all of their responsibilities.

## What to Look Forward to Next Month

Going forward, we are looking forward to the start of the ‘Champion Mind Mental Gym’ training program; we now can holistically grow the players on and off the field from a mental and psychological standpoint. We look forward to giving you feedback at the end of the term as to how the players are doing, mentally.

~ Jody Burch



# A Warm *South African* Welcome

A very warm South African welcome to our two new International players who are joining the UXI WPRA family.

***Mats Pieters*** is joining us from the Netherlands. Mats is an extremely talented flanker who comes with an incredible amount of skill and experience. Mats has played for the International Dutch u/18 team, as well played rugby in England.

***Dewald Lucky Ishimwe*** is joining us from Kenya. Lucky, as he's known, is an extremely talented scrumhalf and wing, who has played for the Kenya Harlequins squad. He is a real firecracker on the field!

We are so excited to have Mats and Lucky at the Academy with us. May this be the best experience of your lives!



***Welcome | Welkom | Wamukelekile***



# CLUB CONQUERERS!

With the Club League in full swing, we would like to acknowledge the following WPRO students have gone ABOVE and BEYOND in the Club League to date:

*\*1st Team Selections & Captains are on a match-to-match basis*

## 1st Team Representatives



**Breyton Africa**  
NTK



**Dian Basson**  
Durbell



**Hanru Smith**  
NTK



**Jan-Daniel Cilliers**  
Kuilsrivier



**Mihle Qaba**  
Tygerberg

## Team Captains



**Brandon Jacobs**  
NTK U/20



**JC de Leeuw**  
Durbell U/20



**Kwakho Sampo**  
Kuilsriver U/20



**Makoshonke Mawela**  
NTK 3rd Team



**Kieran Naidoo**  
Unimil U/20



**Armondo Hoogbaard**  
Kuilsriver U/20

We are so proud of all of our WPRO Players who are representing their various clubs in the Super A League. We wish you all the best for the rest of the Club Season!



# THE SHED

The moment we've all been waiting for... 'THE SHED' is officially open for our WPRAs students to use!

On the 16th of May, after many months of planning, building and hard work, The Shed was officially used for the first time by our WPRAs students - and we can't quite seem to SHED off our excitement! In the near future, 'The Shed' will be commercialized for the general public to use. So start spreading the news and get your Stellenbosch mates to join in on the new *Stellies Shed Sensation!*

A big thank you to UXI and HFGA, who made the dream of The Shed a reality. Check out our players' first few weeks in their new gym! We wish our WPRAs players many safe and happy moments in 'The Shed'; and remember, the iron never lies...







# A-Game Rewards



Over the term holiday, our WPRA players were given a UXI Life A-Game "Holiday Challenge", which they had to complete daily. On the 5th of May, the winners of this holiday challenge cashed in on their well-earned prize!

Our 6 winners were:  
*Armondo Hoogbaard*  
*Devenerio Lamberts*  
*Lemohang Mosia*  
*Hanru Smith*  
*Henrique Coetzee*  
*Heyneke Olivier*

Our winners were treated to a trip to the Bronze Statue Museum in Cape Town, where they eXperienced some awesome South African history and learnt some valuable life lessons. After this, the players were treated to a winners' feast at Spur - YUM! So you see, it really pays off to focus on improving your day-to-day life!

Thank you to our UXI eXperience Manager, Coach Jody, for organizing this fantastic prize. A very well done to our UXI Life A-Game winners!



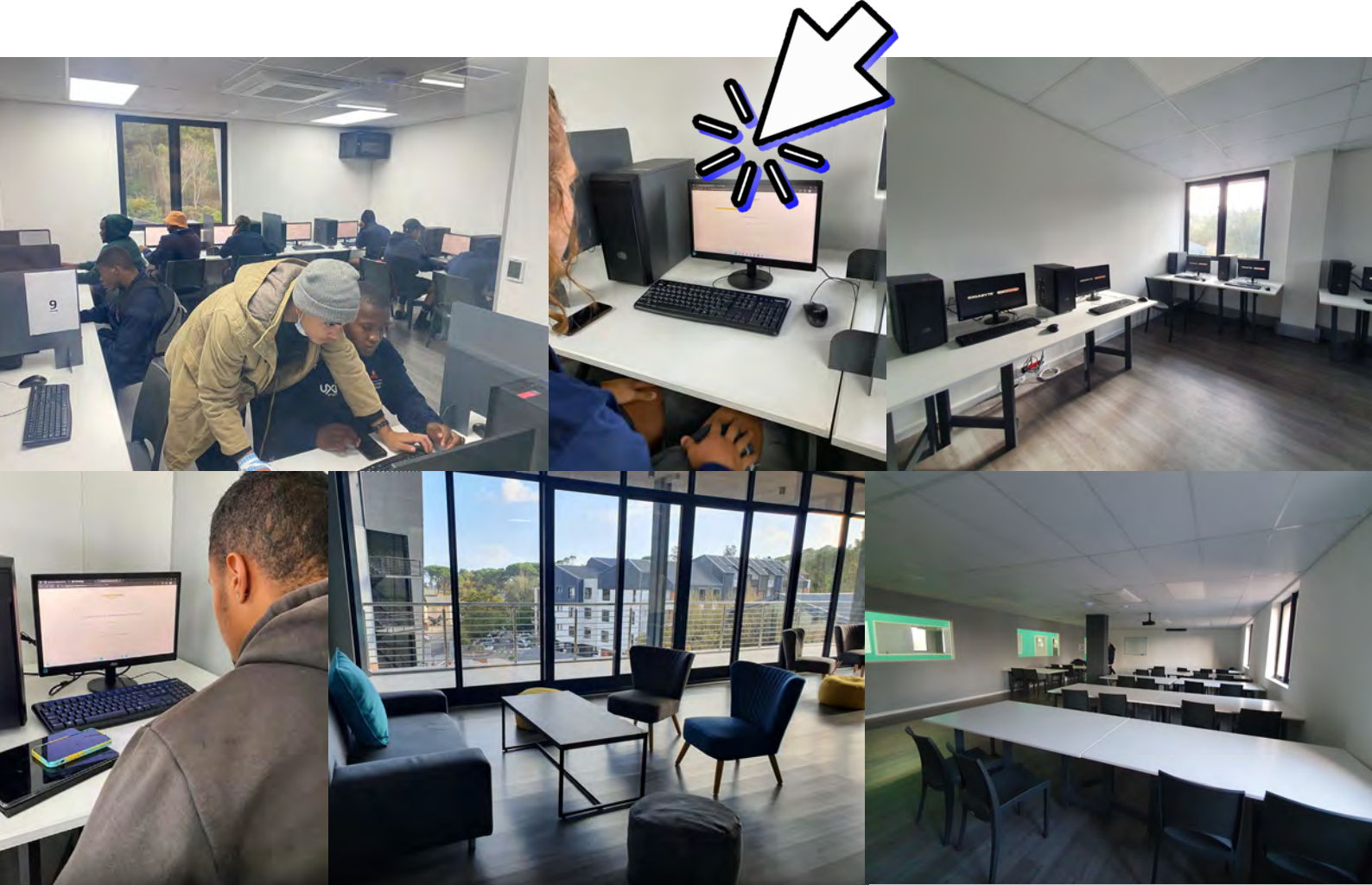


# Class is in Session!

The effort put in on the field at the WPRA is matched off of the field as well. Through our various academic qualifications with HFWA, Africa Skills Village and IMM, our student-athletes are able to attain a tertiary education!

It is vital that our student-athletes learn how to balance their lives as a sporting athlete, as well as prepare them for a life IN and AFTER rugby. This places our WPRA student-athletes in the BEST possible position to grow holistically as individuals.

We present to you, the UXI WPRA Edu-Hub! The Edu-Hub is based above “The Shed”, in the Bosman’s Crossing Business Centre. Our student-athletes are further investing in their future, one click at a time...



## A Message to the Players:

**Please make sure that you are ON TIME for the High Performance bus to your future!**







*Whip out those old school jerseys or your club jerseys, and let's get to business!*

# School/Club Day





# Service to Humanity is the **BEST** Work of Life

At the beginning of May, our WPRA players started their Coaching Project at Pieter Langeveldt Primary School. This project forms part of our player wellness and experience programme! In this project, our WPRA players engage in sports development, values and life skills with the children of Pieter Langeveldt Primary.

As Nelson Mandela once said, "***Sport is a language that the youth understands***" - and what better way to empower the youth at Pieter Langeveldt Primary than through sport! They always say that a photo speaks a thousand words, so we will allow the happy faces in the photos do all the talking!







# VIDEO & GAME ANALYSIS

Our video and game analysts have been hard at work over the last few months to get our data capturing systems ready to go. With matches on the move, we are thrilled to share some of the EXTRAORDINARY post-match statistics that our players will receive from our analysis department! Please note that not all statistics have been included in this preview and personal details have been blocked out for privacy reasons.

### OVERVIEW

**Team 1** 26 - 21 **Team 2**

Result: Won Date: 08 November 2021 Fixture: Academy Fixture

### POSSESSION & TERRITORY

Team 1: Possession 73%, Territory 27%, Attacking minutes 36:47, Total Ball in Play 50:18

Team 2: Possession 27%, Territory 73%, Attacking minutes 13:31, Total Ball in Play 50:18

### SUMMARY

**SET PIECE**

- Lineout Success: 51%
- Lineout Turnovers: 4
- Scrum Success: 60%
- Scrum Turnovers: 3
- Kick Off Recollect: 40%
- Kick Off Receipt: 33%

**BREAKDOWNS**

- Ruck Success: 96%
- Ruck Speed (All): 2.71
- Ruck Speed (B,C): 2.17
- Ruck Turnovers: 3

**ATTACK AND DEFENSE**

- Gainline Success: 69%
- Defense Breaks: 2
- 22 Entry Success: 0%
- Turnovers: 12

**INFRINGEMENTS**

- Penalties/FreeKicks: 22

### TEAM SHEET

STARTING LINEUP	Mins	Tries	Conv	Pen
1	0			
2	80			
3	60			
4	58			
5	75			
6	45			
7	80			
8	0			
9	63			
10	80			2
11	80	1		
12	80	1		
13	43			
14	80			
15	55			

RESERVES	Mins	Tries	Conv	Pen
16	0			
17	22			
18	35			
19	22			
20	17			
21	22			
22	25			
23	0			
24	0			
25	0			
26	0			
27	0			

# TEAM SPECIFIC STATS

### ATTACK

#### ATTACK OVERVIEW

- Carries: 91% (66)
- Passes: 68% (81)
- Offloads: 64% (11)
- Gainline: 69% (26)
- Territorial Kicks: 50% (6)
- Handling Errors: 2
- Attacking Kicks: 33% (3)

#### ATTACK STYLE

- POD off 9: 91%
- POD off 9 Back Door: 9%
- Pod off 10: 0%
- Backline: 0%
- Switch: 0%

#### ATTACKING BREAKS

- Total: 2
- Line Breaks: 100% (2)
- Outside Breaks: 0%
- Kick Breaks: 0%

#### 22m ATTACKING ENTRIES AND ORIGINS

Entry Method and Points	Total Count+points	Carry Count+points	Attacking Kick Count+points	Penalty Kick Count+points	Turnover Count+points	Pressure Count+points
0	0%	0	0%	0	0%	0

#### TOP 5 EFFECTIVE ATTACKING PLAYERS

	DOMINANT CARRIES	EFFECTIVE OFFLOADS	TACKLE BREAKS
1	11	1	3
2	8	2	2
3	5	3	2
4	5	4	1
5	4	5	1

### DEFENSE

#### DEFENSE OVERVIEW

- Tackle Completion: 76% (143)
- Tackle Dominance: 10% (11)
- Gainline: 70% (30)
- General Play Kick Receipts: 100% (2)
- Tackle Miss Low Threat: 6% (2)
- Tackles Missed: 34
- Tackle Miss High Threat: 94% (32)

#### DEFENSE BREAKS

- Total: 2
- Line Breaks: 100% (2)
- Outside Breaks: 0%
- Kick Breaks: 0%

#### 22m DEFENSIVE ENTRIES AND ORIGINS

Entry Method and Points	Total Count+points	Carry Count+points	Attacking Kick Count+points	Penalty Kick Count+points	Turnover Count+points	Pressure Count+points
0	0%	0	0%	0	0%	0

#### TOP 5 EFFECTIVE DEFENSIVE PLAYERS

	DOMINANT TACKLES	TACKLE COMPLETION	HIGHEST TACKLES MISSED
1	3	100%	6
2	2	100%	4
3	1	88%	3
4	1	88%	3
5	1	85%	2

### BREAKDOWN & INFRINGEMENTS

#### Cheetahs RI vs WPRA

#### BREAKDOWN OVERVIEW

	Total	Retention	Turnovers
Cheetahs RI	50	96%	3
WPRA	64	95%	2

#### BREAKDOWN BY ZONE

	Zone A	Zone B	Zone C	Zone D
RETENTION	100%	96%	100%	91%
SPEED	2,67	2,46	1,88	101,91
RETENTION	100%	100%	95%	90%
SPEED	3,29	2,67	2,14	2,76

#### TOP 5 EFFECTIVE PLAYERS AT BREAKDOWN

	ATTACKING RUCK ARRIVAL	DEFENSIVE RUCK ARRIVAL	POACH ATTEMPTS
1	12	1	4
2	9	2	4
3	8	3	3
4	7	4	2
5	7	5	2

#### INFRINGEMENTS & LOCATIONS

	LINEOUT	SCRUM	RUCK	TACKLE	GEN PLAY
Cheetahs RI	2	9%	6	31%	4
WPRA	2	9%	3	8%	1
TOTAL	4	18%	6	15%	2

#### INFRINGEMENTS BY ZONE

	Zone A	Zone B	Zone C	Zone D
PERCENTAGE	18%	32%	36%	14%
COUNT	4	7	8	3
PERCENTAGE	14% - 5	31% - 11	37% - 13	17% - 6
COUNT	1	4	5	3





# VIDEO & GAME ANALYSIS

## Attack

OVERVIEW		ATTACK												
No. Player Name	Mins Played	Ball Touches	Carries	Carry Dom. %	Carry /min	Passes	Pass Effect. %	Offload	Offload Effect. %	Handling Error	Tackle Breaks	Breaks per Carry	Defense Breaks	Pos. Losses
1	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
2	80	4	1	100%	0,01	3	100%	1	100%	0	0	0%	0	0
3	60	2	2	100%	0,03	0	0%	0	0%	1	0	0%	1	0
4	58	5	5	100%	0,09	0	0%	0	0%	2	0	0%	0	0
5	75	4	3	100%	0,04	1	100%	2	100%	3	1	33%	0	0
6	45	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
7	80	6	4	75%	0,05	2	50%	0	0%	4	0	0%	0	0
8	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
9	63	36	2	100%	0,03	34	65%	0	0%	3	0	0%	0	0
10	80	35	12	92%	0,15	23	83%	3	33%	1	3	25%	0	0
11	80	6	2	100%	0,03	4	25%	0	0%	1	0	0%	0	0
12	80	11	9	89%	0,11	2	100%	1	100%	2	2	22%	1	0
13	43	2	1	100%	0,02	1	0%	0	0%	0	0	0%	0	0
14	80	3	3	100%	0,04	0	0%	1	100%	0	1	33%	0	0
15	55	10	6	83%	0,11	4	25%	0	0%	0	1	17%	0	0
16	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
17	22	4	4	100%	0,18	0	0%	1	100%	0	0	0%	0	0
18	35	4	4	75%	0,11	0	0%	0	0%	0	0	0%	0	0
19	22	4	4	100%	0,18	0	0%	0	0%	0	2	50%	0	0
20	17	7	0	0%	0,00	7	71%	0	0%	0	0	0%	0	0
21	22	2	2	100%	0,09	0	0%	1	0%	0	1	50%	0	0
22	25	2	2	50%	0,08	0	0%	1	0%	0	0	0%	0	0
23	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0

## Defense & Kicking

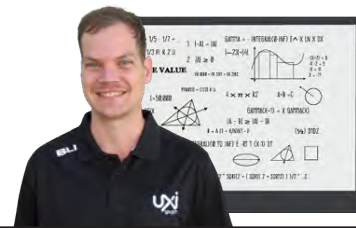
OVERVIEW		DEFENSE							KICKING					
No. Player Name	Mins Played	Total Tackles	Tackle Dom. %	Tackles /min	Total Tackle Missed	Tackle Missed Break %	Tackle Comp. %	Turnovers	Gen. Play KR	Gen. Play KR Comp. %	Territorial Kicks	Territorial Kicks Compl. %	Attacking Kicks	Attacking Kicks Compl. %
1	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
2	80	7	14%	0,09	1	100%	88%	0	0	0%	0	0%	0	0%
3	60	3	33%	0,05	1	100%	75%	0	0	0%	0	0%	0	0%
4	58	5	0%	0,09	2	100%	71%	0	0	0%	0	0%	0	0%
5	75	11	0%	0,15	2	100%	85%	0	0	0%	0	0%	0	0%
6	45	6	17%	0,13	2	100%	75%	0	0	0%	0	0%	0	0%
7	80	9	0%	0,11	3	100%	75%	0	0	0%	0	0%	0	0%
8	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
9	63	3	33%	0,05	0	0%	100%	0	1	100%	0	0%	0	0%
10	80	12	25%	0,15	6	83%	67%	0	0	0%	5	60%	1	0%
11	80	7	14%	0,09	1	100%	88%	0	1	100%	0	0%	0	0%
12	80	12	0%	0,15	4	100%	75%	0	0	0%	0	0%	1	0%
13	43	4	0%	0,09	1	100%	80%	0	0	0%	0	0%	0	0%
14	80	7	0%	0,09	2	100%	78%	0	0	0%	0	0%	0	0%
15	55	0	0%	0,00	1	100%	0%	0	0	0%	0	0%	0	0%
16	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
17	22	4	50%	0,18	1	100%	80%	0	0	0%	0	0%	0	0%
18	35	5	0%	0,14	2	100%	71%	0	0	0%	0	0%	0	0%
19	22	3	0%	0,14	1	100%	75%	0	0	0%	0	0%	0	0%
20	17	5	0%	0,29	1	100%	83%	0	0	0%	0	0%	1	100%
21	22	3	33%	0,14	3	67%	50%	0	0	0%	1	0%	0	0%
22	25	3	0%	0,12	0	0%	100%	0	0	0%	0	0%	0	0%
23	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%

## Breakdowns

OVERVIEW		Breakdowns										Breakdown Technique				
No. Player Name	Mins Played	Total BD Arrivals	Att. BD Arrival	Att. BD Effect. %	Attack Arrival /min	Att. Arrive Poor	Def. BD Arrival	Def. BD Effect. %	Def. Arrival /min	Def. Arrive Poor	Tot Poach Att	Poach Attempt Effect. %	Total Cleans	Clean Effect. %	Total Bridges	Bridge Effect. %
1	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
2	80	12	12	100%	0,15	0	0	0%	0,00	0	2	0%	10	100%	2	100%
3	60	8	7	100%	0,13	0	1	100%	0,02	0	4	25%	6	100%	2	100%
4	58	7	6	100%	0,12	0	1	100%	0,02	0	0	0%	3	100%	4	100%
5	75	8	8	88%	0,11	1	0	0%	0,00	0	1	100%	4	100%	3	100%
6	45	8	8	100%	0,18	0	0	0%	0,00	0	0	0%	5	100%	3	100%
7	80	11	9	100%	0,14	0	2	0%	0,03	0	2	50%	8	75%	3	100%
8	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
9	63	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
10	80	1	1	0%	0,01	0	0	0%	0,00	0	1	100%	1	0%	0	0%
11	80	6	6	67%	0,08	0	0	0%	0,00	0	0	0%	5	80%	1	0%
12	80	7	6	100%	0,09	0	1	0%	0,01	0	4	0%	4	75%	3	100%
13	43	1	1	100%	0,02	0	0	0%	0,00	0	0	0%	0	0%	1	100%
14	80	0	0	0%	0,00	0	0	0%	0,00	0	1	0%	0	0%	0	0%
15	55	1	1	100%	0,02	0	0	0%	0,00	0	0	0%	1	100%	0	0%
16	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
17	22	2	2	100%	0,09	0	0	0%	0,00	0	3	0%	2	100%	0	0%
18	35	1	1	100%	0,03	0	0	0%	0,00	0	1	0%	1	100%	0	0%
19	22	1	0	0%	0,05	0	1	0%	0,05	0	1	0%	1	0%	0	0%
20	17	0	0	0%	0,00	0	0	0%	0,00	0	1	0%	0	0%	0	0%
21	22	3	3	67%	0,14	1	0	0%	0,00	0	1	0%	2	100%	0	0%
22	25	1	1	100%	0,04	0	0	0%	0,00	0	0	0%	1	100%	0	0%
23	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%

INDIVIDUAL STATS





## ***SLEEP EIGHT, FEEL GREAT***

Every morning our players fill in a wellness form. The form asks them questions about their sleep, mood, readiness to train, stress and fatigue. This gives us an overview of how every player is doing, so that our coaches have the information they need to assist our players in their development. Since the start of the year, we've collected over 9500 forms! We analysed the data, and this is what we found:



Players who sleep 7-9 hours per night were in a better mood and were more ready to train than players who sleep 6-7 hours per night, and those who sleep less than 6 hours per night. Players in the 7-9 hours per sleep group were also less stressed and had lower levels of fatigue, compared to those in both the 6-7 hours of sleep group and the less than 6 hours of sleep group. Which just goes to show, those who sleep 8 feel great!

To track your sleep each week, remember to complete your morning update form everyday and view your weekly wellness report on the Google Drive.



# MONTHLY HIGHLIGHTS

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

## *Class Is In Session - Academic Kick-off!*

11 May



## *Stellenbosch Autumn Sunrise*

23 May



## *Debate Club: Forwards vs Backs*

26 May





# 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

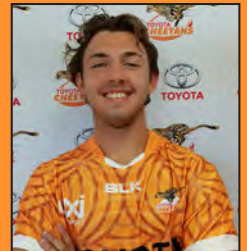
## Cheetahs Institute of Excellence



Nichloas Engelbrecht



Devan Andreas



James Greeff

## Pumas Rugby Institute



Udo Cilliers



Thato Gololo



Loyiso Mkhaliphi

## Western Province Rugby Academy



Owen Hawanga



Sinalo Jantjies



Taahir Sumsodien



# ATHLETIC ABILITIES WITH **ALI**

## ***Good Study Habits For A Student-Athlete***

Firstly, you might be wondering why this article is headed as “Student Athlete” and not “Athlete Student”. Well, yes you are in a High Performance Athletic program that has an amazing study component that complements being an athlete but you are not just an academic student, you are a student of the game that you all so dear live for. Often the pressure of being a student-athlete makes academics a true challenge. The importance of balance in the lives of student-athletes is undeniable, but it is easier said than achieved.

Do you often find yourself struggling to be motivated to complete certain academic responsibilities and sometimes procrastination kicks in as you need to complete these responsibilities. Well here are four study habits that could definitely find the balance you need and are looking for:

### ***Find Balance***

The ability to hit the sweet spot between being a well-rounded student and sports person will help both in academic terms and the athletic side of things too. Planning is important, student-athletes need to make sure important dates like tests and assignments are in their calendar. This will help them prepare better and be able to organise studying around their practice and fixtures.

### ***Stay Fit***

Staying fit has a profoundly positive impact on mental health. It also relieves stress, improves memory, helps you sleep better, and can help protect against injury. As a student-athlete you will have team training and practice, its essential to make sure you are well fuelled and not training tired to get the best out of your performance.

### ***Manage Stress***

Participating in sports and staying on top of studies - not to mention having a social life - can be stressful. This adds pressure and stress that comes as a result that is managed inefficiently and can lead to all different kinds of health issues. These can be avoided by consuming a well-balanced diet, minimizing caffeine intake, practicing meditation, learning not to bottle feelings and emotions up, and getting the recommended daily amount of sleep as well as managing your time in the day correctly.

### ***Hydration & Diet***

When students are learning and busy being physically active, they can forget the important things that will help them with both learning and training, this is staying hydrated. Remaining hydrated is crucial for the human body, if it's to function at an optimum level on and off the field. Maintaining a balance diet with the right amount of Carbohydrates, Proteins and Fats also is key in keeping the body functioning optimally.

***As a Student-Athlete you continuously craving progression in all areas of being an athlete and by implementing these four habits, that progression can hopefully come at a steady pace across academics and sport.***





# Rugby Recipes Rock!



## Chicken Pesto Pasta

Serves: 4  
Time: 30 min

**NUTRITIONALS:**  
Per Single Serving

KCAL 526 | PROTEIN 38G | CARBS 59G | FAT 18G

### INGREDIENTS:

- 1 Tbsp olive oil
- 450g boneless skinless chicken breasts
- 1 & 1/2 tsp minced garlic
- 3/4 tsp Italian seasoning
- 350g bow tie pasta
- 1 cup basil pesto
- 1 cup cherry tomatoes halved
- 1/4 cup finely grated parmesan cheese
- 1 Tbsp chopped fresh parsley OR basil
- Salt and pepper to taste

### METHOD:

1. Bring a large pot of water to a boil and add salt to taste. Cook the pasta according to package directions.
2. Heat the olive oil in a large pan over medium high heat.
3. Cut the chicken breasts into bite sized pieces.
4. Place the chicken in the pan and season with salt and pepper to taste.
5. Cook for 3-4 minutes per side or until golden brown and cooked through.
6. Add the garlic and Italian seasoning and cook for 1 minute.
7. Drain the pasta and pour it into the pan with the chicken.
8. Add the pesto and toss to coat evenly.
9. Add the cherry tomatoes and gently fold them into the pasta.
10. Sprinkle with parmesan cheese and parsley.
11. Serve and enjoy!

## Are you a 2nd/3rd Year Player Who is Looking To Buy ADDITIONAL **BLK** Kit?

if you wish to order additional kit for your players, on top of what they already have from previous years, you are welcome to do so online. Plus, all UXI players get a special discount on their orders!

To place your order, please follow the link below to the BLK website. You can find the WPRA kit to order by going to:

*"Partners" tab*

*"UXI Sport Academies"*

*"Western Province Rugby Academy"*

Use the Discount Code at checkout to claim your UXI Discount:  
**"UXISPORT20"**

You can order and pay online, and then your order will be couriered to you!

**CLICK HERE to go straight to the BLK Website - with your UXI Discount Code Already Loaded!**