

June is already over?

JU-LYing!



Dear Players, Parents, Guardians and Sponsors...

Today marks EXACTLY halfway through 2022. Today is the 182nd day of the year; we now have exactly 183 more days ahead of us before we pop the champagne bottles and chant “Happy New Year” all over again. Some of us may already be forward thinking to next year, and what we expect 2023 to be. Or some of us may be reflecting on the 182 days that have just passed us by and evaluating if what we expected this year to have been accurate or not.

Charles Kettering coined the phrase “High achievement always takes place in the framework of high expectation” – quite simply stating that in order to achieve great things, you need to have great expectations. Now, we all know that it is not as linear as that. One cannot just mentally set a high expectation for themselves and then sit around on the couch until greatness happens. Greatness requires ACTION, with your highest expectation of yourself as the target. If we had to come up with a mathematical equation for greatness, we think it would be this:

Greatness = (high expectations + high levels of action/effort) – self-doubt

In order to be great, you need to image the greatest version of yourself, or the greatest version of what you want to achieve – that is your target, your dangling carrot. In order to be great, you need to use your target, that dangling carrot, to motivate you each day. You need to relentlessly visualize your success, so vividly that it creates certainty in your mind that YOU CAN DO IT. This daily reassurance and certainty need overpower those little voices that say, “maybe you can’t do it” – these little voices that try to push that dangling carrot further and further away from your reach. Those little voices of self-doubt; don’t listen to them – delete them the same way you delete those “CONGRATULATIONS, YOUR CELLPHONE NUMBER JUST WON A MILLION RAND” text messages. They aren’t real, so don’t let them derail you.

We often underestimate ourselves and our abilities; and it’s important to remember that you get what you expect. This means that expectations are everything! If you shoot for the moon, and fall a little short, you’ll still end up among the stars. On the contrary, some people set the bar so low that they trip over it, and never achieve higher than what they can. The fact is, “I can’t” and “I won’t” trigger the same results. The power of YOUR achievement lies in YOUR hands. The first step to being great is to find that dangling carrot – your highest expectation of yourself – and believe that it is possible. When you believe that something is possible and you set your sights firmly on the prize, you’ve taken the first big step in making it a reality. When every part of you believes that the outcome will be positive, something magical within you happens, and your actions and efforts towards the outcome is amplified. Great accomplishments begin with great expectations.

With 183 more days ahead of us in 2022, what are YOUR expectations? Dangle the carrot higher, remove the self-doubt, and let’s make them happen!

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



UNMASKING JUNE!



June 2022 will most definitely be remembered for so many historic reasons. We celebrated Youth day and we were finally “unmasked” in South Africa!

The FREEDOM to breathe and return to normality was seen in a jam-packed rugby stadium during the Pumas vs Griquas Currie Cup clash. What an amazing event to witness two smaller Unions battle it out in 80 minutes of spectacular rugby. Players and coaches equally passionate to make history! We heard the stories of previously unsung heroes on the Griquas field, who kept on going - even after decisions were made to hang up their boots.

We watched an emotional Coach Jimmy Stonehouse lifting the Currie Cup for the first time in Pumas history. A brave-heart coach with the heart to change the lives of many young men. What a fantastic honour to be a part of this journey at the Pumas Rugby Institute, where UXI Sport is so much a member of this incredible TEAM!

And who will ever forget the DHL Stormers URC win that has Cape Town smiling again (mask-free); a match that closely resembled a WORLD CUP moment for Coach Dobo and his team?

It is fair to say that South African rugby, after a difficult two years, have tributed over the Pandemic! Thousands of future-hungry and talented schoolboys have travelled to various destinations for the infamous Craven Week, Academy Week and Bokkie Week this month after 2 years of sport lockdown. There is no doubt that RUGBY IS ALIVE and KICKING again!

In a month where the focus is on the **YOUTH** of South Africa, we are reminded once again that **SPORT HAS THE POWER TO UNITE A NATION** - it is truly a language that the Youth understands.

- Nelson Mandela, 1995.

IT INSPIRES AND IGNITES ENDLESS POSSIBILITIES!

~ Thea Miller



From the Desks of the

PROGRAMME MANAGERS



Feedback From The Term

We are pleased to provide you with feedback on an exciting and successful second term. This term saw us increase our training load with our coaches, progressing from technical skills development to tactical match-related training. This allowed our student-athletes to apply the fundamental skills learnt in term one into game-based scenarios now during term two.

Going hand-in-hand with our match simulation, term two also saw our student-athletes representing their respective clubs with vigor and enthusiasm. The various clubs represented showed the true competition and hunger to succeed amongst the student-athletes.

We have seen with the more matches the student-athletes partake in, the better they become, in terms of development. This went hand in hand with the coaches' theme of game-based simulation. This allowed for the student-athletes to replay certain scenarios they experienced in club matches and experiment in alternative decision-making.

With our new assessment system, which we have been running this year, we have been able to pinpoint our student-athletes' areas to work on; this is reflected in their reports. These assessments have helped guide us with termly short-term goals within highly defined IPD sessions. The student-athletes that have put in the work have seen their statistics drastically improve; they have enjoyed the satisfaction of achieving their short-term goals on an almost bi-weekly basis.

Based on the first four months of the Academy year, the coaches have been able to review the student-athletes individually, based on their technical skills development and their tactical play and understanding. This will flow into term three, which will see an increased focus on individual development, now that the foundation phase of our development program is well underway. Our coaches and staff have



From the Desks of the
PROGRAMME MANAGERS



come up with individual plans for each student-athlete for term three, which has been communicated with the parents/guardians/sponsors in their reports, as well as with the student-athletes in their one-on-one meetings. We are excited and determined, despite potential obstacles, to kick off term three with all guns blazing. We have plans in place for any possible scenario that could come our way.

We have also had access to our wonderful new training and classroom facilities, known as “The Shed”. This new space was meticulously designed to ensure an optimal and functional training environment where our student-athletes can further their development, both physically and academically. We are so excited to see “The Shed” help take us beyond limits known.

Term two also saw us spend a much-needed day off campus, where we were able to take our student-athletes to experience Stellenbosch with a truly fun “Amazing Race”. Feedback from the student-athletes was positive. We do hope that we can do more such excursions in the near future.

In summary, term two saw us experience more matches, tactical simulation and allowed for us to get to know all student-athletes from a more holistic approach. We are therefore happy to say that we are looking forward to term three, where we can continue our development plans on an even greater individual level. We would like to urge parents to keep motivating their athletes to continue to work hard during the break for us to build on the current momentum as we inspire greatness, through sports to life.

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



Feedback From The Term

Term 2 is notoriously the start of the busiest time of the year at the Western Province Rugby Academy - the student-athletes begin to face different challenges, both on and off the field. We all are extremely proud of how the WPRA student-athletes have conducted themselves this term. We admire how they embraced tough times and bounced back after failure; how they have managed to adapt and manage their time between their training and their studies. Without knowing it, they are learning vital life lessons and skills that they will carry with them for the rest of their lives.

Positives to Take Away

Term 2 saw us experiencing many positives at the Academy. Club rugby matches were most certainly a highlight of the term! Our student-athletes all got some much-needed game time under their belts. To make the term even more thrilling, we officially opened up our new UXI WPRA Education-Hub, and our new High Performance gym, "The Shed". Both these new facilities boasts world-class technology and equipment, conducive to the development of High Performance athletes. The standout this term was the welcoming of our international student-athletes from Netherlands, Kenya and the USA. For us, it is always so exciting to welcome new student-athletes to the campus; we love getting to engage with a variety of global rugby skillsets and new cultures.

Challenges Faced

We are extremely grateful that this year there were no cancelations or restrictions on rugby, due to covid or any other external factors. That being said, with more rugby being played, we have seen the list of injuries slowly start to grow. While we know that injuries in rugby are often inevitable, we prioritize the health and safety of our student-athletes. We do our utmost to ensure that all of our student-athletes, when they pick up an injury, recover as safely and quickly as possible.

Winter is always a challenging time, especially in Stellenbosch where the mornings can get extremely icy. The Western Cape is notorious for its wet winter weather; we do not train in the rain. Nevertheless, no time is ever wasted! We capitalized on the rainy weather and used this time to do some additional rugby education and strategy sessions!



What to Look Forward to Next Term

On-Field:

We will be focusing more on position-specific fundamental skills. For example, in a defence session: we will start with an IPD session, focused on the types of tackle techniques players will specifically do in their positions. We will then move on to the general skills, focussing on the on-field positions. Your tight forwards normally defend close to the rucks; therefore they will focus on ruck defence; whereas the backline players will focus on chop tackles and Sheppard tackle techniques. This is an example of how the practice sessions will be structured going forward.

Upcoming Fixtures:

It has been great to see our student-athletes active and competitive in the club rugby, whilst racking up the game time. If we look at the total amount of game time engaged in last year, versus the game time we are at now in the middle of the year, we are thrilled. We are already about to surpass last year's game time, and we are only midway through 2022. Our student-athletes are certainly reaping the rewards of this increased game time. Additionally, term 3 will give our student-athletes the opportunity to fight for a position in the Academy Team. This Academy Team will go up against three incoming touring teams. For the student-athletes, this is a great opportunity to play alongside their friends, as well as create some extra motivation to work hard with a tangible goal insight. Our scheduled matches include 2 touring teams and a national touring team – this will take place in the next two months.

To the parents, guardians and sponsors, once again thank you very much for trusting the UXI Western Province Academy with you player's development. We can assure you that you will not regret this decision. Your player is already benefitting from this program, in so many ways, apart from just playing rugby. Our holistic approach focuses on the mind, body and soul – and we thank you for letting us help shape your players for the future. We hope that you are proud of the results that you have seen thus far!

From the **FIELD**





From the

GYM



Feedback From The Term

With another successful month and eXtraordinary Term behind us, student-athletes finally get to enjoy a well-deserved break. As a coaching and management staff, we can look back and see the tremendous hard work and improvement of our WPRA first, second and third years. We are extremely pleased to share that majority of our student-athletes improved their gym strength results by 10kg or more; this was combined with a great improvement in their anaerobic and aerobic field fitness results. These results are truly commendable.

During the course of Term 2, all first-year student-athletes followed a strength program; this was provided in order to allow the student-athletes to build up a “strength base” before moving on to different focus. Once that initial strength base is built, we are able to diversify the training program. Term 3 will be the start of this training program diversification for our first year! Depending on student-athlete’s test results (in relation with standards for his position), the student-athlete will either continue with his strength block OR move on to do a new “strength speed” block. Once again, if the student-athletes have worked hard and continuously throughout Term 2, they will start reaping the rewards even more in the 3rd term.

Our second- and third-year student-athletes have already put in the hard yards in 2020 and 2021; they already have a strength base built; therefore, they follow a different program to that of the first years. Our second- and third-year student-athletes have been following a “strength speed” program. The goal for this phase was to maintain their strength and increase their explosive power. This goal was very much achieved, and it is evident in student-athletes’ test results. The plan going forward for the second- and third years is to do a block that is a combination of speed/power and strength. Two gym sessions in the week will be focused on speed/power and the other two gym sessions will be focused on all-round strength.

With the new term just around the corner, and plenty of game-time to come, we cannot wait for student-athletes to get back to campus. We know that they will return well-rested, full of energy and ready to smash their personal bests!

~ Jacquin Marthinus & Matthew Boshoff



From the

HEART



Feedback From The Term

Now that we have reached the end of term 2, the student-athletes have now completed 16 weeks of their daily A-game app challenges; they have also written the “Champion Mind Assessment”. These are all key to building a holistic athlete with a stronger and more in-control grip on their emotional and mental abilities, both on and off the field. We have looked at building daily habits around ‘key mindset performance indicators’ such as “mapping”, “enjoyment” and a few other key themes. The student-athletes are certainly growing as individuals, and their future potential growth will be determined by the effort that they will put into completing the tasks that lie ahead. These tasks are now going to be a part of the Term 3 “Champion Mind” Mental Gym program.

Positives to Take Away

The greatest positive from Term 2 has been the successful completion of the “Champion Mind Assessment”. Now, with the Mental Gym program underway, it’s going to give each student-athlete the opportunity to personally grow themselves in the direction they choice. This program will be engaged in over the next 6 months.

The tools and skills that this program provides our student-athletes are great! Nevertheless, like all things worth having in life, the student-athletes will have to be self-motivated and put in the effort in order to truly benefit from what the program has to offer.

Challenges Faced

The biggest challenge that we faced was the length of Term 2 itself. Most of the student-athletes began to feel fatigued as we reached week 11 and 12; they started showing both mental and emotional fatigue. The term break has come at the perfect time for our student-athletes, and we hope that they all come back feeling refreshed and ready to get stuck in to Term 3.

What to Look Forward to Next Term

Going into Term 3, we are looking forward to the possibility of a few off-campus activities, which we know the student-athletes will really enjoy. We are also eager to get stuck into additional in class activities such as debates, socials with other Stellenbosch students, and a few more eXciting activities which will hopefully further add to the growth of each individual player.

~ Jody Burch

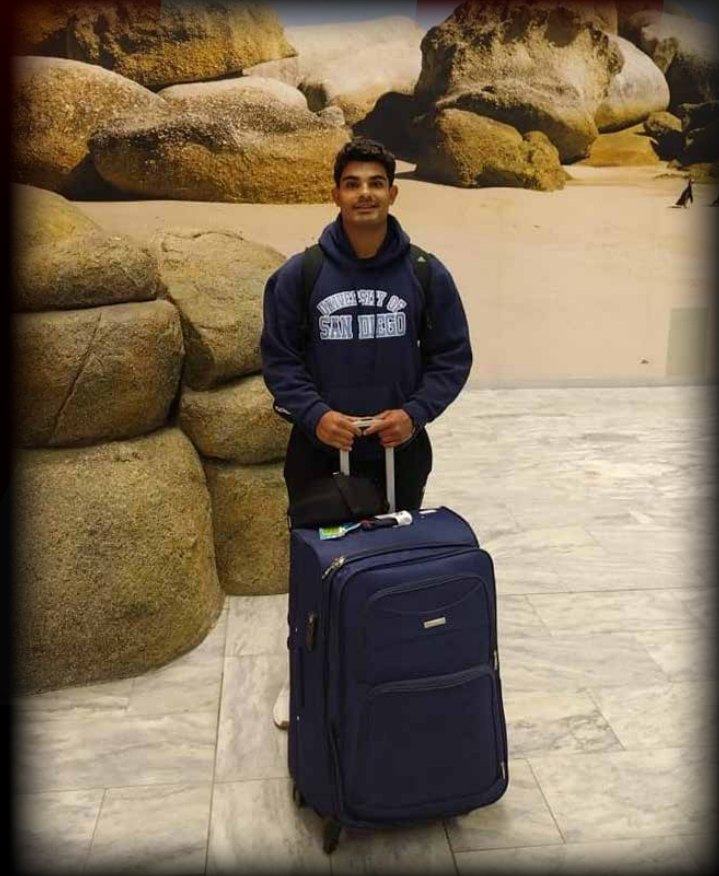
A Warm *South African* Welcome

A very warm South African welcome to our two new International players, from the United States of America, who are joining the UXI WPR A family.

Cayden Caulfield is joining us from California. Cade, as he is known, is an extremely talented center who. Cade played for the San Diego Mustangs, whreby they conteded in the National Championships in 2019 & 2020 for the u/18 and u/23 team. He was also selected for the San Diego Legion Academy!

Jordan Sandoval is joining us from the University of San Diego. Jordan has achieved eXtraordinary success in the sport thus far. Jordan is a National College 7s Rugby Champion; he has also represented the 1st Team for the All-Conference competition.

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



Welcome | **Welkom** | **Wamukelekile**

THE AMAZING RACE

WPRA Edition

Get Ready...
Get Set...
GO!

On the 3rd of June, our Friday session got rather festive in the streets of Stellenbosch, as our WPRA student-athletes took part in their own Amazing Race Competition!

From the iron in "The Shed", to the University students in the Neelsie, to pizza on Victoria street, to finding rugby balls Eikerstad Mall, to chilling with the Danie Craven statue - our WPRA student-athletes had to run around the student town and had to complete specific photo challenges! Each team was given R120 to complete some of the challenges.

The Challenges were:

1. Visit Kruiskerk and snap a photo of your team
2. Pose with Danie Craven and his dog, Bliksem
3. Film your team doing something funny on the Jan Marais Park playground
4. Find Heemstede and take a team photo
5. Whip out your charm and take a photo with a girl in the Neelsie
6. Take a photo of 3 team members on Merriman Bridge
7. Find the Ou Hoofgebou and take a team photo
8. Take a photo with a rugby ball at Sportsman's Warehouse
9. Take a shot at any pub in Stellenbosch
10. Buy a pizza from Roman's Pizza
11. Race back to The Shed for a celebratory braai



**"The world is waiting...GO! It's not how far they go...
but what happens along the way!"**



We think it's safe to say that our student-athletes had a fun day off-campus, and we loved the creativity shown in the race challenges.

FAREWELL BJÖRN!

At the end of June, we bid farewell to Björn Dolman, our WPRA International player from the Netherlands.

Björn joined us on the 30th of March, and was a part of the WPRA family for the past 3 months. Björn, it was absolutely awesome having you at the WPRA with us. We hope that you enjoyed your time at the Academy and in South Africa; we hope to see you very soon!

We wish you all the best in your rugby career going forward!



WORK HARD

Edu-Hub Fun

PLAY HARD

The last two months in the UXI WPRA Edu-Hub has been simply awesome! Not only is it the perfect place for our student-athletes to focus on their additional academic studies, but they are also to engage in their World Rugby Online Education modules with ease.

We believe in working hard AND playing hard - so the Edu-Hub has also provided our WPRA student-athletes with the opportunity to get to socialize with other Stellenbosch students. Earlier in the month, the WPRA had a "Monday Lunchtime Social" with the students of Inscape Design College Stellenbosch. The WPRA got to mingle with the Inscape students; they chatted, played a variety of icebreakers, and even "sokkied" together! We think it's safe to say that Monday Lunchtime Socials are our new favourite Edu-Hub activity 😊



CLICK HERE TO WATCH THE

WPRA-INSCAPE MONDAY

LUNCHTIME

SOCIAL FUN!



World Rugby Online Education Modules in progress at the WPRA Edu-Hub

Best School Project EVER!

What a pleasure it has been to have Ethan Gordan, join us at the Western Province Rugby Academy for 3 days in the last week of June.

Ethan, who is a Grade 11 student at Rondebosch Boys High, has been shadowing our WPRA Coaches, team management staff and athletes for 3 days, as part of a School Project. Best school project ever if you ask us!

It was an absolute pleasure to have you, Ethan. We hope that you learnt a lot and had an eXtraordinary time!



Duane's Durbell Surprise

On the 10th of June, the WPRA players who attended their Durbell Club training session were treated to a celebrity surprise.

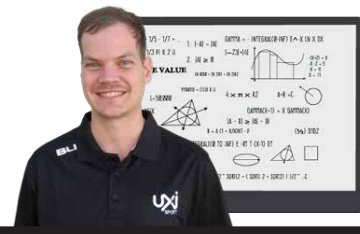
Rugby World Cup Champion, Duane Vermeulen, swung by the Durbell Rugby Club training grounds to pay his fellow rugby-lovers a visit. Duane was back in Cape Town with his Ulster team for the URC match against the Stormers.

This was truly a special moment for many of our WPRA players to meet one of their rugby idols. Thank you to Durbell Club for organizing this awesome surprise!



From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



TERM 2 MOST IMPROVED

Our student-athletes have been hard at work, and the improvements from Term 1 to Term 2 have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXI **Top 3 Most Improved** Categories, across all UXI Rugby Institutes. We also recognize the player who was most improved for the specific category at the Western Province Rugby Academy. The percentage [%] shown indicates the percentage of improvement from Term 1 to Term 2.

Our UXI **Most Improved** Categories are:

1. Greatest Amount Body Fat % Lost
2. Strength Levels
3. Power Levels
4. Fitness Levels
5. Overall Improvements across all categories

Check out our Term 2 **Most Improved** Winners!

BODY FAT % LOST

1st



9.1%

Godric Vries

Cheetahs Institute of Excellence

2nd

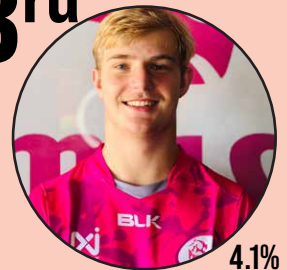


4.2%

Robert Everson

Pumas Rugby Institute

3rd



4.1%

Samuel Klinkert

Pumas Rugby Institute

Most Improved at the Western Province Rugby Academy: Kwakho Sampo (4%)

STRENGTH

1st



33%

Jaundre Le Roux

Cheetahs Institute of Excellence

2nd



29%

John-Will Swartz

Western Province Rugby Academy

3rd



26%

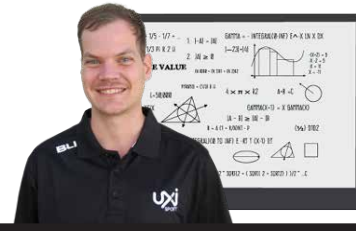
Linden Jacobs

Western Province Rugby Academy

Most Improved at the Western Province Rugby Academy: John-Will Swartz (29%)

From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



POWER

1st



30%

Robert Everson
Pumas Rugby Institute

2nd



22%

Wihan Venter
Pumas Rugby Institute

3rd



17%

Nicolas Engelbrecht
Cheetahs Institute of Excellence

Most Improved at the Western Province Rugby Academy: Joshua Afrika (11%)

FITNESS

1st



32%

Jacques van Aardt
Pumas Rugby Institute

2nd



30%

Ulrich Helling
Pumas Rugby Institute

3rd



29%

Kurt Andrews
Western Province Rugby Academy

Most Improved at the Western Province Rugby Academy: Kurt Andrews (29%)

OVERALL

1st



20%

Wihan Venter
Pumas Rugby Institute

2nd



17%

Curtly Peters
Cheetahs Institute of Excellence

3rd



15%

Ulrich Helling
Pumas Rugby Institute

Most Improved at the Western Province Rugby Academy: Kwakho Sampo (10%)

A massive CONGRATULATIONS goes out to all of our UXI Rugby Institutes student-athletes! You have all done eXtremely well this term and we are so proud of each and every one of you. Remember, it's not about being the best; it's about being better than you were yesterday.



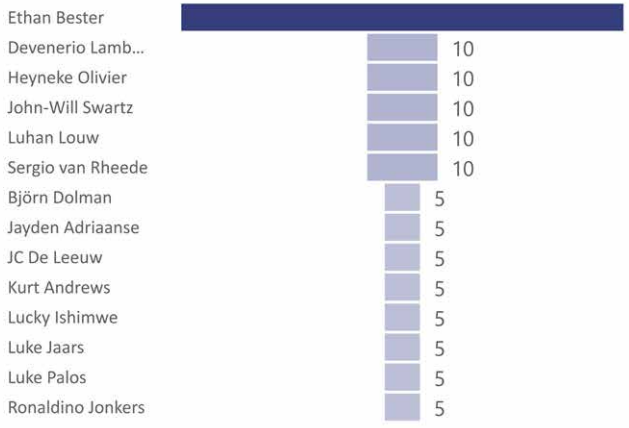
VIDEO & GAME ANALYSIS

Games are now back in full swing – yay! We are now beginning to breakout of the grasp of COVID-19 and get back the freedom to play and enjoy the game we love once again. We are halfway through the club rugby season, and we'd love to provide you all with some insight into the current game-play statistics and performance leaders. Here we look at the Top 10 Performers, across different categories, at our respective UXI Rugby Institutes. The categories include: Points Scored (total points), Ball Carriers (count of carries), Tacklers (count of tackles) and Breakdowns (count of attacking and defence breakdown arrivals).



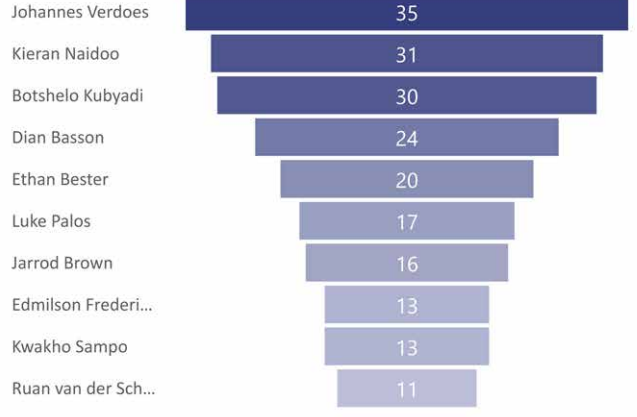
TOP 10 POINT SCORERS

Ethan Bester	WPRA
Player	Institute
63	0
Points	Tries



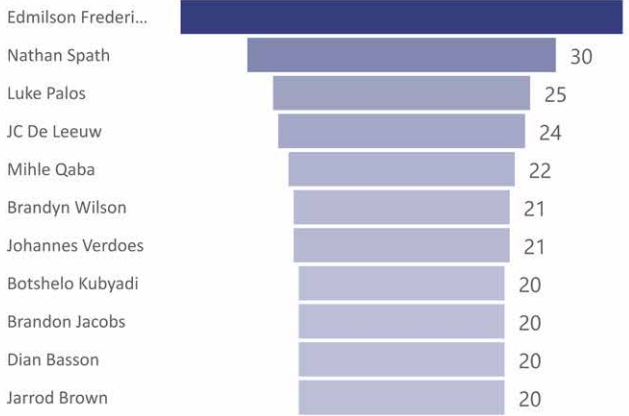
TOP 10 BALL CARRIERS

Johannes Verdoes	WPRA
Player	Institute
35	89%
Total Carries	Effectiveness



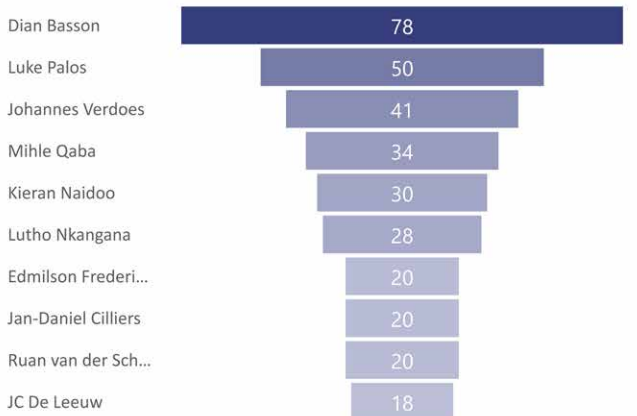
TOP 10 TACKLERS

Edmilson Fredericks	WPRA
Player	Institute
43	91%
Total Tackles	Tackle Completion



TOP 10 BREAKDOWN ARRIVALS

Dian Basson	WPRA
Player	Institute
78	86%
Total BD Arrivals	BD Effectiveness



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

JUNE

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Barend Janse van Rensburg



Geronimo van der Merwe



Godric Vries

Pumas Rugby Institute



Thato Gololo



Jean Robinson



Ettienne Bates

Western Province Rugby Academy



Thuso Mokhele



Brandyn Wilson



Dian Basson

ATHLETIC ABILITIES **WEL** **LNE** **S** **S** WITH **ALI** **ST** **RE**

7 Tips to Help You Stay On-Track This Holiday!

There are so many things going on during the Term holidays that can easily derail our progress; and the last thing we want to do is stress about your home gym session or staying on a High Performance eating plan. We want to enjoy and have fun! But that doesn't mean we can't find a balance.

Here are 7 guidelines we follow to help us stay on track during the Term holidays:

#1 – PLAN!

Around this time of year, we know there will be parties and holiday jobs. But sometimes, regardless of the fact that we KNOW these things are coming up, we don't PLAN for how to handle them. Map out the upcoming events. Plan and meal prep so you have healthy meals to eat between parties and events. Plan out workouts and even ways to move more throughout the day. PLAN and prepare yourself so you can keep yourself on track. Because saying you want to stay on track isn't enough. You just need to be CONSISTENT.

#2 – STRIKE A BALANCE

Coming up with a plan of action can help you stay on track and help you balance eating well with indulging. Staying on track this holiday season doesn't mean perfection – it doesn't mean eating only chicken and broccoli or doing hour-long workouts every day. It doesn't mean avoiding parties and forcing yourself to hit the gym. It just means you have to strike a balance. A great way to plan and strike a balance is to write out a schedule ahead of time. Map out the events you want to indulge in and create a meal plan to keep you on track and give you guidance between the events.

#3 – LEARN HOW TO SAY “NO”

It is hard to say “No” sometimes to treats and parties, even when you know that it's not beneficial to your development. It is often easier to give into peer pressure. But if you want to stay on track, you need to learn how to say “No.” It is good to have goals! Wanting to eat well and workout isn't something you should need to apologize for. By learning it is ok to say, “No” you can find a balance between indulging and still working toward your goals. You can also learn how to not feel guilty about saying, “Yes” to other treats. You can find a balance. And balance leads to consistency. And consistency leads to accomplishing your goals.

#4 – DON'T DEPRIVE YOURSELF

So even though you have to learn how to say, “No” and not indulge in every treat that comes your way, you also can't completely deprive yourself. Learning to say, “No” also means learning it is ok to sometimes say, “Yes.” You have to strike a balance because balance leads to consistency and consistency leads to your goals. If you don't find a balance between indulging and being dedicated, you will probably end up feeling deprived, which will lead to binging. So, if you find a way to balance indulging with staying on track, you will accomplish your goals.

#5 – MEAL PREP & KEEP IT SIMPLE

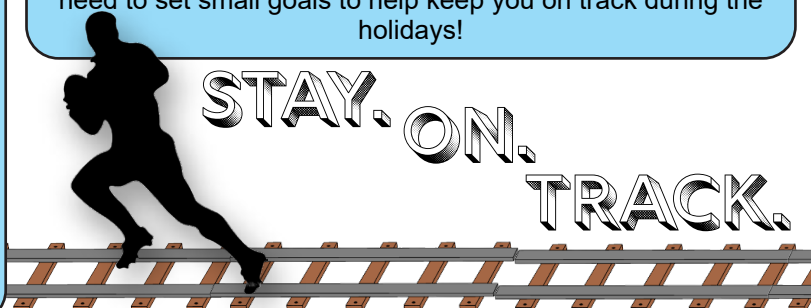
When we are unprepared and hungry, we are way more likely to make bad decisions and be tempted by unhealthy treats. When we are stressed and busy during the day and come home late after the gym, the last thing we want to do is have to cook. That is why meal prep is so important. Planning out your meals ahead of time and even prepping the food ahead of time can reduce your stress during the week and make it way easier to eat well. You'll have healthy meals quickly and easily available, so you won't be so easily tempted by bad food or unhealthy treats. Don't give yourself room to fall off. Be prepared. PLAN and PREP - and keep it simple!

#6 – CUT YOURSELF SOME SLACK

Consistency is key. Balance is necessary. But perfection...perfection isn't important. Sometimes slip ups and unplanned for events, especially around this time of year with all of the temptations and parties, can happen and the worst thing you can do is beat yourself up over them or let them lead to binges and guilt and giving up on your goals. Actually, whether it is the holiday season or any other time of year, the best thing you can learn to do is cut yourself some slack when life happens. It is best to just enjoy and accept those unplanned for event. Enjoy them and appreciate them and use them to help keep you on track the rest of the time.

#7 – SET SMALL GOALS

No matter what time of year it is, but especially during the holidays or any time you are busy, it is good to make sure you have some small, simple daily and weekly goals to hit. This helps make your long-term goals seem more manageable and gives you things to focus on every day so that you don't become overwhelmed with achieving your goals. And the simpler you can make these daily and weekly goals, the better off you will be and the easier it will be to stay on track. Small changes add up to big results so use your daily goals as a way to help instill healthy habits. No matter what your goals are though or whether or not you share them with friends, you need to set small goals to help keep you on track during the holidays!





Rugby Recipes Rock!



Veggie Egg Cups

Serves: 2
Time: 30 min

NUTRITIONALS:
Per Single Serving (6 Egg Cups)

KCAL 431 | PROTEIN 38G | CARBS 16G | FAT 21G

INGREDIENTS:

- 5 whole eggs
- 5 egg whites
- 250g mushrooms
- 250g chopped spinach
- 60g mature cheddar cheese
- 1 chopped onion
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1/2 tsp paprika
- 30g mayonnaise (for dipping)

METHOD:

1. Pre-heat oven to 180 degrees.
2. On a hot stove, fry the onions, mushrooms and spinach; adding the seasonings.
3. Crack 5 whole eggs into a mixing bowl. Separate 5 egg whites and add to the bowl.
4. Once cooked, add the vegetables to the cracked eggs.
5. Add the cheddar cheese and mix well.
6. Spray a muffin tray well with "spray & cook".
7. Pour the mixture into the muffin tin, filling each cup evenly.
8. Bake for 20 minutes.
9. Once baked, remove the egg cups from the tin and allow to cool. Eat and enjoy (tip: dip in mayonnaise - you won't regret it!)
10. Once cooled, store the other portion (6 egg cups) in a sealed container in the fridge.

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