

You Can't **DENY** The Greatness of **JULY!**



Dear Players, Parents, Guardians and Sponsors...

“Rise to the Occasion or fall to the status quo” – JJ Wilx

It's been an exhilarating three weeks back at the UXI Rugby Institutes. After a much-needed term break, the student-athletes returned back to the program in **FULL FORCE**. In the past three weeks, we have seen how our student-athletes have knuckled down, focused on their goals, and have risen to the occasion in the moments where it counted the most. From Union team selections to mid-year exams, we are **eXtremely** proud of how the UXI Rugby Institute student-athletes of 2022 have risen to the occasions that they are faced with.

Wilx stated that one must rise to the occasion presented to them, or they will have to settle with not meeting their expectations of themselves. This means that one needs to leave their comfort zone to **MEET THE MOMENT** and **OPPORTUNITY** in front of them. We know this is easier said than done. Staying in your comfort zone is effortless. You don't have to think, you don't have to learn, and you know exactly what to expect - you can almost live on auto-pilot. However, as the age-old saying goes, “a comfort zone is a beautiful place, but nothing ever grows there.”

It is a fact that you experience the most personal growth in life when you are faced with the unknown, have to tackle new challenges, and are confronted by adversity. Every time you face adversity, you grow stronger. Every time you fail, you gain humility. Every time you lose, you become more resilient. Every day that you sacrifice, you build strength. Every time that you overcome a challenge, you build determination. Every milestone that you cross builds confidence. Regardless of the fact that we know that all of these things are true, it doesn't make these experiences any easier to face.

Sacrifice today to win tomorrow; compare the short-term sacrifices to the long-term benefits. Each day, ask yourself if you are willing to sacrifice today to ensure a better tomorrow? Are you going to rather play it safe and take the path of least resistance, or are you going to rise to the occasion and embrace new horizons?

The ball is in **YOUR** hands – time to play.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



All Stars are Born in the Dark and all Darkness Dies in the Light

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

~ Edith Wharton

July 2022 will most certainly be remembered for endless load shedding and much time spent in darkness! But it is in times of darkness that we also witness every shining light that becomes a silver lining at the end. And while we all struggle to beat the realities of power outages and its effects on our daily lives it's also in these difficult moments, we start to appreciate the little but also the most valuable things in our lives!

“As it is often in the darkest skies that we see the brightest stars”

This month we celebrate and salute the unsung HEROINS called mothers, grandmothers, sisters, wives, friends and girlfriends, the beautiful souls and faces behind ALL our player students, coaches, management and staff at UXI SPORT. Those shining lights we often take for granted but without whom the darkest moments in our lives would be intolerable. Someone once said that there is a WOMAN behind every successful MAN, keeping in mind success is not only measured in our earthly possessions, but in the kindness and gentleness in our hearts, the fighting spirit to survive and aspire to greatness, the WILL to get up when life pushes you down, the acts of bravery, beautiful manners and doing the BEST you can with what has been given to you!

I reflect on the month of July and the wonderful moments witnessed in the engagements with our players, coaches and staff, the success stories, the photos of tough training sessions and matches, and the sense of PRIDE is overwhelming. I have witnessed two former Western Province Rugby Academy players capped as Springboks and a number of 1st year players selected for the U/21 Currie Cup teams, staff members working relentlessly and passionately to achieve goals. I have seen the IMPOSSIBLE becoming the POSSIBLE and dreams materialising.

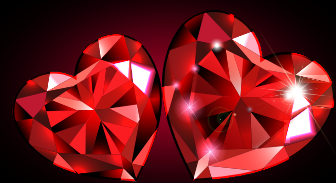
How grateful I am to see all this LIGHT around me!

We often forget that our abilities to achieve greatness, complete tasks, and receive opportunities are all possible because of those who gave birth, raised us and supports us to do the impossible.

This month I pay tribute to our WOMEN we all consider part of the UXI Sport family, who makes it possible for us to see the greatness we are witnessing at our Institutes and beyond, the WOMEN who are the light bearers in times of trouble who rise up to CREATE, NUTURE AND TRANSFORM!

“She truly is worth far more than rubies”

~ Thea Miller





From the Desks of the

PROGRAMME MANAGERS



Feedback From The Month

After a much-deserved break and opportunity for everyone to recover, reboot and rejuvenate, our coaches were having some fun with our future talent by hosting a holiday skills clinic, which our student-athletes who remained on campus were able to partake in.

The return of our student-athletes saw them head straight into what is a hotly contested Club Rugby league, with very few log points separating the league leaders from the team ranked fourth. This also makes for a very competitive month ahead, as the smallest win or lost could be what separates teams from an average season and a ticket into the play-offs.

Our student-athletes have embraced the focus of term 3, which is tactically based coaching, and have been given the opportunity to express their natural running ability along with the technical skills in previous terms. During this month we were able to see how much our players enjoy being coached through games and tactical sessions. For me this is a far cry from how I was coached as a player, having preferred the safety of direct instructions. In 2022, our players are enjoying the opportunity of implicit coaching, which has led to self-learning within guided parameters.

Although my colleagues will be discussing our match against Lambs RFC, I would like to touch on the phenomenal behaviour and support from our non-playing student-athletes. Their willingness to help set up, assist with equipment and cheer the boys on has really shown us the definition of being a “team-player”, well done to these young gentlemen.

Challenges Faced

As per usual, this is the time of the year where the weather starts to influence our attendance, as the temperatures drop, so does our attendance. With this being said, I think it is of the utmost importance that we as rugby stakeholders fight the temptations to stay under the blankets a “little while longer” and exercise the willpower to get up and get cracking.



From the Desks of the

PROGRAMME MANAGERS



Again, our coaches have all experienced this as players: the late nights in a stormy Cape Town at club training, the frost-tipped grass in the morning, so when we say we know what they are going through, trust me, all our coaches speak from experience, in a time before those cozy electric blankets.

In terms of motivation, I fear, our players, your sons, are wavering. With so much work it is hard to see if we are getting closer to the “big-picture”, it is hard to stay committed when friends and teams get opportunities or get their big breaks while we continue to slug it out on the muddy fields. Please trust me, nobody has ever won a race by focusing on someone else’s lane.

UXI Sport and the Institutes are focused on helping each student-athlete develop and improve, and while the progress is hard to see, it is happening. We can see it, not only physically, but emotionally as well. What is important is to constantly re-evaluate and readjust your goals, that way, we can continue to see progress without becoming complacent.

A Message to the Parents

So far this month, outside of life skills, coaches have been focusing on #winningtheday. Simply put, each day as coaches and as student-athletes, we look at setting small goals and tasks that are relatively easy to accomplish (outside of our normally routine and schedule) to build momentum and confidence for the day. As we continue to do this, we hope that it will not only help our players mentally, but more importantly create a habit of doing extra. Essentially, my message, to you our parents, is to join us on this #winningtheday challenge, boast and celebrate the small victories with your son via WhatsApp or social media and help us get the motivation and mental health to new levels, above and beyond!

~ Jason Hector & Coenraad de Villiers



Feedback From The Month

We started Term 3 off with a BANG, which saw us play a friendly match against the highly rated Lambs RFC, who are a touring side from England. The final score of the friendly match was WPRA 40 – Lambs 0. Wow, what a way to start the new term! The coaching staff was full of praises towards our WPRA student-athletes, as they only arrived back at the Academy from their break two days prior to the match. We are eXceptionally proud of them. We would also like to thank Academy-old boy Kyle Saunders, who was our guest of honour, who handed out our WPRA match jerseys. This was a very a special moment for the playing squad.

Positives to Take Away

We welcomed several more international players, from the USA to the Academy at the start of the month. We love interacting with our international players, as they bring a unique style and vibe to the training field. It is truly a pleasure to work with them. We are also very excited to host the UXI 7's Training Camp, which has seen a few student-athletes from the two other UXI Rugby Institutes join us here in Stellenbosch. We have student-athletes from the Cheetahs Institute of Excellence and the Pumas Rugby Institute staying on-campus and training with us, which has initiated a sense of excitement in the squad.

Challenges Faced

Unfortunately, injuries will always be a challenge. We are happy to report that we have not experienced any long-term injuries at the Academy this year, which is great. However, with the Stellenbosch winter temperature's getting as low as 1°C, the immune systems of the student-athletes sadly took a knock. Therefore, we have seen an increase in illnesses, such as the common flu.



What to Look Forward to Next Month

We have reached the “business-end” of our club season in Cape Town; this means that the season will end in August; therefore, there is no time to lose matches, as it is crunch time in the Club League. Now, it is time to see who the Club Champion will be! We have two touring sides from Europe that will come train and play against us in August, from France and England. With the student-athletes’ minds fully invested in Club Rugby, they all look forward to these exciting training sessions and games, where they get to play together as the WPRA.

Our training sessions going forward will expose the student-athletes to many different scenarios in Attack and Defence. For instance, on Attack: what to do with slow ball, how to attack from turnovers or how to attack from wide rucks. We are training your student-athletes on how to play under pressure - this prepares them so much better for any match.



From the

GYM



Feedback From The Month

After the student-athletes returned from a much needed 2-week break, they hit the ground running, whereby some of student-athletes played their first game together as an Academy, against a touring side from England.

Based on the testing results of our first years, the first-year student-athletes were divided into two different programs: a strength program or a strength-speed program. The student-athletes that still needed to further improve on their overall strength were placed on the strength block. The student-athletes who displayed good strength and/or good strength improvements were placed on the strength-speed block; the reason for us doing this is to improve their explosiveness with weights. These student-athletes have adjusted well to the new program, and so far their movement skills have been highly commendable and they are improving each week.

Up until now, the second and third years have already been following a strength-speed program, therefore this term is going to be slightly different for them. Now, they are following a combination of Strength and Strength-speed. This means that for 2 days (Monday & Tuesday), they follow a Strength program, and for the other 2 days (Thursday & Friday), they follow Strength-speed program. The closer we get to our “auto test day”, these second and third year student-athletes will focus more on Strength, and less on Strength-speed.

With the up-and-coming 7's Tournament, and the student-athletes down from the Cheetahs Institute of Excellence (CIE) and Pumas Rugby Institute (PRI), there is a great deal of excitement in the air. For our 7's Tournament training group (which includes WPRA, PRI and CIE student-athletes) they have been following a separate program; both on the field and in the gym. The focus for these student-athletes was to familiarise them with the new program and new movements for their 7's training. Their focus is specifically on speed and power, together with a metabolic session on Mondays to add onto their fitness levels. The goal of this program is to increase student-athletes' fitness levels and to improve in their explosiveness in various rugby-specific movements.

~ Jacquin Marthinus & Matthew Boshoff



From the

HEART



Feedback From The Month

The month of July saw the start of the 3rd term, and with that we welcomed two guest speakers to our UXI Life classes. The former WP u/21 captain, Josh Katzen, came in to chat to the student-athletes and share his story. We also “welcomed back” former WPRA Strength and Conditioning coach, Jonathan Raphael, who came and spoke to the student-athletes about the early days when the Western Province Rugby Academy had just started, and all the pressures around making sure the Academy became a success. We have also started the “Champion Mind Program”, and student-athletes are now able to complete the tasks in the specific profile, as they undergo the mental gym conditioning program.

Positives to Take Away

Some great positives that we’ve seen over the past few weeks is the welcoming of our two guest speakers. The student-athletes really enjoy listening to the stories of those who have walked similar paths as them – it leaves them motivated. In the UXI Life classes, we are currently covering mental mindset topics such as Consistency, Persistence, Willpower and Focus Control – all which are vital for our student-athletes to understand. These topics have made for extremely fun and thought-provoking classes.

Challenges Faced

We have seen that it has been a challenge to get some of the student-athletes back into their High Performance routine, since returning from their two-week break. The student-athletes have eased back into their strength and conditioning and field sessions quicker, however the classroom sessions have not been as easy. The student-athletes will slowly get back into these daily habits that they have built.

What to Look Forward to Next Term

Moving forward, we will be continuing sessions with various guest speakers, which have already been a huge success. We are also looking forward to some possible off-campus eXperience activities this term, as we know how much the student-athletes love doing different things. We will also be looking at some new Mental Mindset Themes, such as self-talk and self-growth.

~ Jody Burch

From the Desk of the National
DATA SCIENTIST

~ Dr Steve den Hollander



TERM 2 TOP PERFORMERS

Our UXI RI players were hard at work during Term 2, and their testing results have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXI **Top 3** Categories, for various athleticism categories, across all UXI Rugby Institutes. We also recognize the player who was the top performance for the specific categories at the Western Province Rugby Academy.

The percentage [%] shown indicates the player's total score, out of 100.

Our UXI **Top 3 Athleticism** Categories are:

1. Strength
2. Power
3. Fitness
4. Overall Athleticism

Check out our Term 2 **Top 3** Winners!

STRENGTH

1st

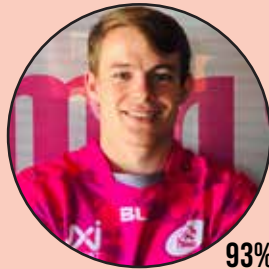


100%

Jarrod Brown

Western Province Rugby Academy

TIED 2nd



93%

Ruben Behrens

Pumas Rugby Institute



93%

Nathan McLaren

Pumas Rugby Institute



93%

JJ Fourie

Cheetahs Institute of Excellence

Top Strength at the Western Province Rugby Academy: Jarrod Brown (100%)

POWER

1st



89%

Ulrich Bekker

Cheetahs Institute of Excellence

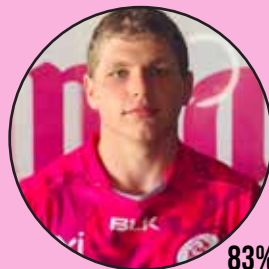
TIED 2nd



83%

James Greeff

Cheetahs Institute of Excellence



83%

Nathan McLaren

Pumas Rugby Institute

3rd



81%

Joshua Afrika

Western Province Rugby Academy

Top Power at the Western Province Rugby Academy: Joshua Afrika (81%)

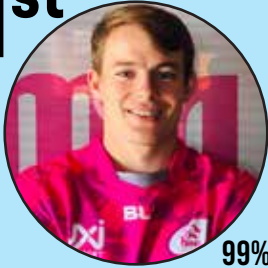
From the Desk of the National
DATA SCIENTIST

~ Dr Steve den Hollander



FITNESS

1st

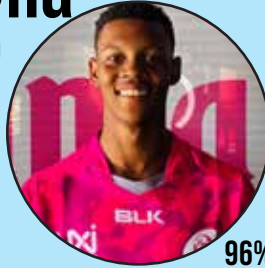


99%

Ruben Behrens

Pumas Rugby Institute

2nd



96%

Thato Gololo

Pumas Rugby Institute

3rd



90%

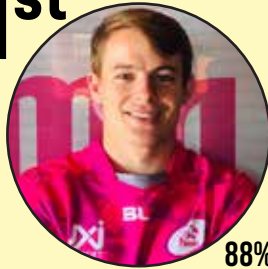
Nicolas Engelbrecht

Cheetahs Institute of Excellence

Top Fitness at the Western Province Rugby Academy: Breyton Rossouw (88%)

OVERALL ATHLETICISM

1st



88%

Ruben Behrens

Pumas Rugby Institute

2nd



85%

Thato Gololo

Pumas Rugby Institute

3rd













84%

Yanga Bangisa

Cheetahs Institute of Excellence

Top Overall Athleticism at the Western Province Rugby Academy: Botshelo Kubyadi (76%)

Top UXI Western Province Rugby Academy Athleticism Test Results:

Bench Press	Squat	Pull Ups	Vertical Jump	Medball Throw	Repeated Sprint	BRONCO
 Deon Joubert 145kg	 Isakhanya Africa  Jarrod Brown  Dian Basson 160kg	 Thuso Mokhele 25 reps	 Nathan Spath  Jan-Daniel Cilliers 75cm	 Joshua Afrika 5.4m	 John-Will Swartz 750m	 Brandon Jacobs 4min. 38sec.

A massive CONGRATULATIONS goes out to all of our UXI Rugby Institutes student-athletes! You have all done eXtremely well 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.

South African Welcome

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

Will Sherman | Will is an extremely talented forward player, and his eagerness to develop as a rugby player is inspiring! Will, who has Captained his High School rugby team, is currently part of the UCLA Rugby Program - and thriving. He was also selected for the Giltinis Rugby Academy!

Sam McMillan | Sam is an extremely talented hooker, and was a part of the Eagle Impact Academy u/18 Spain team. He is also a part of the UCLA 1st XV and Sevens Team, and he competes in the u/18 US Club Nationals Competition with Raptors Rugby Club.

Lucca Deocariza | Lucca is an extremely talented center, and brings a vast amount of experience to the Academy. Lucca played in the USA u/18 boys Club National Championships, and also represented the LA Giltinis u/18 rugby team, as well as plays for Raptors Rugby Club. He is currently with USD Rugby!

Baden Koch | Baden is an extremely talented forward, and has achieved extraordinary success in the sport thus far. Not only is Baden the Captain of his rugby team back home in San Diego, Thunder Rugby Club, but he is also the President of the Club!

We are so excited to have Will, Sam, Lucca and Baden at the Academy with us. May this be the best experience of your lives!

Will Sherman



Sam McMillan



Lucca Deocariza



Baden Koch



Welcome | Welkom | Wamukelekile

ANOTHER THRILLING SOUTH AFRICAN & ENGLISH RUGBY CLASH!



W.P. RUGBY
ACADEMY

VS



It was an absolute pleasure for the UXI Western Province Rugby Academy to host its first international match for 2022. The WPRCA welcomed The Lambs RFC to Stellenbosch on the 13th July 2022, for a friendly match. The Lambs RFC is a rugby club hailing from England, which is made up of players from various schools and colleges across England.

Before the match kicked off, our WPRCA players had a very special guest of honour visit them to assist with the jersey handover - Kyle Saunders. Kyle is an Academy-old boy and current SA Tag Rugby Player; he knows exactly what it takes to go ABOVE and BEYOND in rugby, from an Academy set-up. Kyle shared some words of wisdom with our WPRCA players before their match, and left them fired up and ready to take to the field!

It's not every day that our players get to go up against an international team, so it was certainly a fantastic experience for our UXI WPRCA players to experience the English-style of rugby. It was a tough physical contest, and both teams gave their all. In the end, it was the UXI WPRCA who walked away victorious, winning **40-0**. WHAT A SCORE!
(it felt like the 2019 Rugby World Cup final all over again 😊)

A huge thank you to Lambs RFC for an awesome and exciting match! We look forward many more international matches to come!





W.P. RUGBY
ACADEMY

VS



ACCESS ALL
MATCH PHOTOS
HERE



Zimbabwe National Selection

Congratulations to WPRO 2021 student-athlete, Emmanuel Farawu, who has been selected for the Zimbabwe National u/20 "Junior Sables" Men's squad, that will be traveling to Canada for their International Competition!
Well done Emmanuel!



From the WPRO to the Netherlands u/20

Congratulations to WPRO 2022 International student, Björn Dolman, who was selected for the Netherlands u/20 team who participated in the Corendon Summer Tour in Amsterdam.

Björn joined the WPRO for a 3-month period from April to June this year. During his time at the Academy, Björn absolutely thrived!

That's why it comes as no surprise that Björn has been selected for such a prestigious rugby team and tournament. We are so proud of you, Björn, and we are so happy to see you doing so well!





Who Let the Dogs Out?

Every Life Matters!

On the 28th of July, a few of our WPRAs student-athletes visited the Animal Welfare Society Stellenbosch (AWSS), where they spent some time with the shelter dogs.

The Animal Welfare Society Stellenbosch was founded in 1956 with the donation of a van and the support of the Stellenbosch Animal Hospital. The AWSS is a non-government, autonomous and independent not-for-profit organisation for the welfare of animals. For over 64 years AWSS has persistently carried out their mission to recognise animals as living beings with the right to a good quality life. They have achieved this through veterinary care, Inspectorate (enforcing the law), education, and running a Kennel, Cattery, and a successful Adoption programme, which every year places hundreds of animals in apt and loving homes.

The Society aims to serve the community of Stellenbosch and surrounds by taking care of the community's unwanted, mistreated and neglected pets. They also advocate and promote the sterilisation of cats and dogs to curb unwanted breeding in an already overpopulated pet community. In addition, they dip, vaccinate, deworm and treat illnesses of animals.

Our WPRAs student-athletes spent a lot of time playing with the dogs, and giving them all as much love as possible. They also took a few dogs for a walk through the nearby vineyards. What an awesome outing - they truly made some **PAWsome** new memories.



"It's a small thing to help one animal, but to that one animal it's EVERYTHING."

School's Clinic Fun

During the Term/School Holiday period, our WPRC Coaches and management team hosted two School Rugby Clinics, one clinic for Primary School Players and one for High School Players. Each clinic consisted of two separate sessions, spanning across two days.

The Primary School's Rugby Clinic focused on exposing the young athletes to position-specific and team-specific skills training, as well as teaching them key tips and tricks on the basic rugby skills. No matter their individual playing level, all of the Primary School players walked away with the biggest smiles on their faces, and all said that they "learnt a lot about rugby!" (and them and their parents loved getting to meet Bolla Conradie!) 😊

The High School's Rugby Clinic focused on building on the basic rugby skills, that many of these players have already acquired over the years. They were exposed to various contact sessions, and got stuck into pivotal skills drills. The High School players also had two theoretical classes, where they learnt about injury presentation and game tactics. These players got a small taste of what they can expect from a High Performance rugby level.



"Sport speaks to the youth in a language that they understand"

Nelson Mandela

MONTHLY HIGHLIGHTS

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

UniMil Club Training Fun: Fives Football & Braai Time!

14 July



UXI Life Visits: Former Western Province u/21 Captain, Josh Katzen & Original WPRAs S&C Coach, Jonathan Rapheal (2014-2017)

14 & 18 July



FROM **ACADEMY** TO **SPRINGBOKS**



There is nothing that makes us happier than seeing student-athletes succeed in life, be it on or off the field. However, this success story is one that we will forever celebrate...

Kurt-Lee Arendse | Grant Williams

We couldn't be any prouder of our two former-Academy students, Kurt-Lee Arendse and Grant Williams, who made their Springbok against Wales on the 9th of July 2022.

Kurt-Lee was a Western Province Rugby Academy student in 2016 and was coached under our very own Alastair Theys and Anton Moolman.

Grant (known as "Mollie" at the Academy) was a Stellenbosch Rugby Academy (this Academy was taken over by the WPRA) in 2015/2016, and was coached under our very own Warren Petersen, Hendrik Louw and Francois du Toit.

The story of Kurt-Lee and Grant emphasizes the OPPORTUNITIES that all players at the Academy have - this platform gives you all the tools you need to develop into a professional player. You do not need a Union contract after High School in order to follow your rugby dreams. You just need to put in the hard work, believe in your dreams, believe in yourself and NEVER lose HOPE, and YOU TOO can be like Kurt-Lee and Grant!



VIDEO AND GAME ANALYSIS PROGRAM

2023



Sometimes the most thrilling thing about rugby isn't the result itself – but the data and statistics behind the game! If game statistics, data and analytics and technology in general interests you, then you may be the next best video and game analyst or performance coach! Video and game analysis, which is a branch of High Performance Sport Science, is taking the sporting world by storm. Now more than ever, athletes and coaches are desperate for data-driven feedback to their rugby skills. This first-of-its-kind program helps aspirant sporting analysts gain an understanding of how to use Video and Game analysis to contribute to coaching of players. Student-analysts will learn the techniques and skillsets needed to successfully record, code, analyze, interpret and provide key feedback on rugby games and practices, from start to finish. Student-analysts learn how to professionally code and extract information, with exposure to a variety of software packages and developmental applications. If you already love spend hours on your laptop, then why not make a professional sporting career out of it?

This **1-year practical and theoretical program** is designed to equip aspirant students with the technical knowledge and skills required to become a Performance/Video & Game Analyst. The skills and knowledge acquired in this program, while rugby-specific, can be extended into every other sport! Through a team of highly qualified and experienced performance analysts and Sport Scientists, you couldn't ask for better way to learn Sport's fastest growing profession!



This Program Includes:

- ✔ Theoretical Performance Analysis content in the form of lectures
- ✔ Theoretical advanced excel content in the form of lectures
- ✔ LiveStreaming theoretical content in the form of lectures
- ✔ Practical Performance Analysis experience through club/team placement
- ✔ Practical LiveStreaming experience (if applicable)
- ✔ Practical application of Excel and PowerBi knowledge
- ✔ Exposure to the following analysis systems (may include all or some):
 - Nacsport
 - Coach Logic
 - EncodePro
 - LongoMatch
 - Stratus Mobii
- ✔ World Rugby Laws of the game & SARU Laws Exam
- ✔ ICDL National Qualification – International Computer Drivers License
- + **OPTIONAL:** i5 Laptop, designed for Performance Coding and Analysis.

Applications for our 2023 Video & Game Analysis Program are now

OPEN!



Wellness *with Ali*

Sports Anxiety

What is it? Why do we get it? How can we can beat it!



Let's chat about a phenomenon that is VERY common, but possibly not spoken about openly enough - **ANXIETY**. By medical definition, anxiety described as psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It is the feeling of worry, nervousness, or unease about something with an uncertain outcome. For many people, their levels of experience anxiety may vary in intensity, based on the situation that they find themselves in.

In this month's "Wellness With Ali" segment, we will be focusing on **Sports Anxiety** and how this type of anxiety can impact athletes and inhibit them for performing their best.

What is Sports Anxiety?

Sports anxiety is a tendency to view competitive situations as threatening, and therefore respond to these situations with apprehension and tension. Now "Sports Anxiety" and "getting nervous" are two different things. It is normal to get nervous before a big game; sometimes those nerves can actually be used as positive empowerment – but sometimes the nerves can get the better of the athlete. They made find these nervous feelings too overwhelming and tense up. They are worried of everything that may go wrong before they've even stepped onto the field; they may become negative, withdraw, or give up before they've started! This is Sports Anxiety.



Dimensions of Sports Anxiety:

There are mental and physical components to sports anxiety. There are also personality factors to consider; some athletes are more prone to competition anxiety if they have a predisposition toward high anxiety in many situations. Mental and physical components involve experiencing some of the following symptoms:



Mental Component (Cognitive Anxiety)

- Worry
- Negativity
- Self-doubt

Cognitive anxiety, which is more common in females and older athletes, also contributes to concentration disruption. Athletes who have more anxiety in general are more likely to experience poor performance under pressure.



Physical Component (Somatic Anxiety)

- Increased heart rate
- Tension
- Sweating
- Trembling

Somatic anxiety was found to predict poor performance under pressure. This is likely because an athlete's focus is directed away from what they should be doing, to body sensations that are not conducive to performance.

4 Ways to Beat Sports Anxiety:

Regain Control

Quick... take a moment and think of the top 3 things that make you nervous before a match. Here are some common things we hear from rugby players: "letting my teammates down"; "what other people will think of me"; "if we will win or not"; "if I kick well"; "if I concede a penalty"; "the weather"; "my coaches"; "the other team"; "a past performance".

Ok, now ask yourself: are the things that stress me out things I have control over or not?

Here's a hint...everything I listed above is out of your control. If any of these are making you overly nervous before a match, let it go. Let your competition worry about you, not you about them. Make a decision to focus ONLY on what you CAN control:

- Effort; Attitude; Attendance;
- Communication; Strategy; Sleep;
- Nutrition; Mindset.

See the Outcome You Want

If you don't tell your mind what to do, then it's a lot more likely to work against you under pressure. Your mind is good at picturing all of the things that will mess you up. Instead of letting your mind default to thinking about how you didn't perform your best last time, think about what you want to do this time. Take the time to relax and visualize the outcome you want.

From the second you wake up on match day, see exactly what you want to do. Feel it in your bones, experience every sense, in real time, as if it's actually happening. Here's a word of warning: Visualization isn't just something you throw in your pre-match routine one day. Just like a physical technique, this is something you need to practice. A few minutes a day goes a long way toward re-programming your brain. The more successes your brain experiences, the more confidence you will have when you step onto the field.

Build Trust

Carrying doubt with you onto the field will only sabotage your efforts. When you walk onto the field on match day, you've done all you can do. It's time to trust that you've done everything you did, and no matter what, that's enough. Approach each match as an experiment. Be curious. How will this go? Have an open mind and accept that you've done the best you can. That way you can relax and just play.

Take a breath. Feel your feet on the ground. Feel the earth supporting you. Let go of whatever doubts you might have. There's no place for them here. Look at every performance as an opportunity to get feedback that will help you become a better rugby player. There's no need to fear failure. Failure is what makes elite rugby players great. Fail, learn, improve, repeat. Trust the process.

Breathe & Have Fun

Sometimes the best way to get out of your own way is to use positive distractions. If you don't give your mind a job, it will come up with one, and it might not be a helpful one. If you know that you get really nervous 45 minutes before your match, but you don't need to start warming up until 30 minutes before, come up with a plan for how you will spend those 15 minutes of idle time.

Listen to music, laugh with friends, take a walk, read a book, think about all of the ingredients that go into making cupcakes (no jokes, this really works for some)! Whatever works! If you're someone who overthinks things, choose something silly to take your mind off racing and see what happens.

Please know that we as staff and coaches are always here to HELP. If you are struggling with anxiety of any kind, please reach out to any one of us and we WILL HELP you as best as we can. You are not alone. Together we are Stronger.

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

JULY

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Jaundre Le Roux



Barend Janse van Rensburg



Barend Janse van Rensburg

Pumas Rugby Institute



Divan Janse van Rensburg



Wihan Venter



Divan Janse van Rensburg

Western Province Rugby Academy



Luhan Louw



Linden Jacobs



Asanda Ndlovu



Rugby Recipes Rock!



Breakfast Veggie Frittata

Serves: 1
Time: 20 min

NUTRITIONALS: KCAL 481 | PROTEIN 47G | CARBS 17G | FAT 25G

INGREDIENTS:

- 3 large whole eggs
- 1 large egg white
- 30g cheddar cheese (grated)
- ½ cup low-fat cottage cheese
- ½ cup chopped broccoli
- ½ medium onion (chopped)
- 1 tomato (chopped)

Feel free to add any additional veggies or protein source to your frittata!

METHOD:

1. Spray a frying pan with 'Spray & Cook'.
2. On medium heat, cook the onions for about five minutes, or until golden.
3. Add the broccoli and tomato to the pan, and cook for about five minutes.
4. In a large bowl, mix the eggs and cottage cheese, and add to pan.
5. Lift and rotate the pan so that eggs are evenly distributed. As the eggs set around the edges, lift to allow the uncooked portions to flow underneath the onion and spinach mixture.
6. Turn the heat to low, cover the pan, and cook until top is set.
7. Top with cheddar cheese.
8. Once set, lift the frittata out the pan and onto a plate. 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!