

AUGUST ABUNDANCE



Dear Players, Parents, Guardians and Sponsors...

Another month, another newsletter intro! The end of August is a very eXciting time, for many reasons; the first one being that we get to kiss goodbye the frosty winter season, and make room for the beloved Spring time! The second reason being that it's been an eXceptional 31 days at the UXi Rugby Institutes – from Union team selections, to UXi United Rugby Championship Suite experiences, to international friendlies. This month hasn't fallen short in any excitement.

The farewell to the coldest season of the year means that we can all start expecting earlier sunrises, later sunsets, more shorts and 'plakkies' and less excuses to get out of bed in the morning. While many of us may be "winter babies", and might adore the colder months, no one can deny the character-building that winter puts us through. We all know those nights, where not even 3 jackets and electric blanket can make us feel better. When we feel as though the cold will NEVER end, as we mumble to ourselves "I've never been this cold in my entire life". We don't often realize, but this is one big season full of life lessons: grit; determination; resilience; toughness; adaptability. And then on September the 1st, after we thought it would never end, we find ourselves on the other side of winter – more powerful than ever!

Staying motivated and driven 99% of the time isn't an easy task, but it is one of the main things that distinguishes high-achieving individuals from everyone else. So how does one regroup, refocus and tackle the last four months of 2022? To a certain extent, motivation and internal drives (what gets you out of bed every morning; that fire in your belly) are personal. What drives you will most probably be completely different to what drives your friends and family – and that's a good thing, because we are all unique. Your motivation is yours entirely; it doesn't need to be shared or even vocalized. Internally, you need to harness your motivation and use it to create complimentary life actions, which will push you further towards your goals:

- 1. Plan your day the night before** | Get into the habit of planning your day in advance; from what time you will wake up, to what you will wear in the morning, what you will eat for lunch, to what assignment you will work on in the afternoon and so on. Make a "to do list" if you have to but create structure for yourself. Having a day's plan makes it easier to focus on "running the day" and allows you to avoid getting sidetracked and waste time and energy on small, unimportant things.
- 2. Fuel your body** | It is important to remember that at the end of the day, no matter how fit or talented we may be, we are all human. Humans need to rest, and our bodies do a fantastic job at emphasizing when we have gone past our daily capacity – listen to it. Go for a walk, get some refresh air, eat your fruit and vegetables, drink your 3 liters of water and sleep. You only get one body in this lifetime; look after it well.
- 3. Have something to look forward to** | As human beings, we can often lose motivation if we keep following the same schedule, day in and day out. We all want to feel excited about something; and whether it is big or small, it is important to create an "event" to look forward to. Whether it's a club rugby match in a week's time, or planning to watch a new movie tomorrow night, or just something as simple as going for a walk in the mountains this afternoon; we as humans love to get excited about something. So when you are feeling flat or unmotivated, create that bubble of excitement for yourself; you'll be surprised how much it can elevate your mood.
- 4. Surround yourself with those who raise your level** | It has been said that you become like the five people that you associate with the most. While having a happy and active social life is vital to being a holistic individual, not all social activities may be conducive to helping you achieve your goals. Take a good look at the people you surround yourself with, and ask yourself, "do these individuals make me drop my standards and drag me further away from my goals, or do they help me raise my level and propel me closer?"
- 5. Constantly remind yourself of your ultimate goals** | Make a vision board for yourself or change the wallpaper on your phone to something that resembles your goal. Create a daily visual stimulation for yourself that serves as a constant reminder of what you are working towards. The more you physically see what you can achieve, the "hungrier" you will become to achieve your goal.



From the Desk of the

UXI SPORT C.O.O.



THE POWER OVER LIFE OR DEATH

“Words are seeds that do more than blow around. They land in our hearts and not on the ground. Be careful what you plant and careful what you say. You might have to eat what you planted one day.”

September signals the signs of Spring in South Africa, although we know before summer completely makes an appearance, we can still look forward to a few cold fronts. But Spring brings the signs of new life as nature starts waking up from its hibernation.

We also know from experience at the Rugby Institutes that the winter months are the hardest months to stay on course with the program and to wake up and train in very cold, and in the Western Cape often wet conditions. It is also flu season and keeping motivated is a challenge for both players and coaching staff. Minds and bodies are in conflict daily to keep going, when the temptation is there to quit today's training and sleep in, when it's still dark and cold out.

It is in these difficult times that we need positive words that we hear from those we hold dear, but also need to speak to ourselves that can make the difference between staying down and getting up, OR to keep moving forward! The words we speak to ourselves and to others can send ripple effect of LIFE or DEATH. To hear the words “COMMON YOU CAN DO IT, YOU ARE A CHAMP” vs “YOU CAN NOT DO THIS, YOU DON'T HAVE IT IN YOU” can be as life-giving and or destructive as intended.

Life can become hard for all of us at times least expected, by choosing our words carefully we can make a difference in anyone's life and our own when needed the most.

As we end of August and welcome the warmer sun rays and blossoms of Spring, my challenge to every UXI family member is to speak LIFE over negativity and disappointment. To not forget to utter words of encouragement or words of praise, for those very words can change a person for LIFE and keep them moving and getting up when they feel they simply can't.

**“Don't ever diminish the power of WORDS.
WORDS move hearts and hearts move limbs”**

Hamza Yusuf

~ Thea Miller



From the Desks of the

PROGRAMME MANAGERS



Feedback From The Month

It's a pleasure to report back on a busy August. With the Club Rugby fixtures coming to the backend of the season, there was a lot to play for as the teams tried to get as high as possible on the log. This is also a great time to reflect on our Club Rugby season! The goal was always firstly for the student-athletes to take what they learnt during the day at the Academy and implement that during their club and Institute games. Secondly, we wanted to get our student-athletes as much gametime as possible - we have student-athletes with more than a 1 000 playing minutes already! Match exposure is truly the best way to cement what you learn in practice, and we are thrilled that we were able to create those opportunities for our WPRA student-athletes.

As an Academy, we had a very exciting month. We had the opportunity to have a training session against the Western Province u/21 squad, in preparation for Currie Cup season. This was a fantastic opportunity for our student-athletes to measure themselves against some of the best young rugby athletes in the country. We also had the opportunity to have a training session against the u/18 French Team, who are currently competing in South Africa. These two training sessions also created an opportunity for our student-athletes to make some new rugby friends.

Speaking of friendships, majority of international students that were at the Academy with us have sadly returned home. We loved having them here with us, and it was amazing to see how our student-athletes embraced the opportunities to create new friendships that will hopefully last a lifetime. While goodbyes are always sad, we have no doubt that bonds for life were created.

The UXi Western Province Rugby Academy has recently gotten involved in two very special community projects, that we are very proud to be a part of. The SRC are leading these projects! We have recently gotten involved with Huis Horizon, which is a non-profit caring facility that cares for people with mental disabilities. This is a very special project to us and is an initiative that our student-athletes can learn a lot from. We have also gotten involved with the Animal Welfare Society Stellenbosch, where our students go to visit the animal shelter and help with caring for the animals once a week – be it a walk, or a dog wash, feeding the animals, helping clean their cages, or just spending time with the animals.



From the Desks of the
PROGRAMME MANAGERS



We are getting to the time of the year where student-athletes usually start to struggle with fatigue and motivation levels. It has been a long year, with a great deal of rugby, and it can be tough to be at full capacity all-year-round.

Even though we are no where near taking our foot off the pedal, we are aware that some student-athletes are struggling to find motivation to 'show up' each day. To create a bit of additional "gees" and excitement, we are preparing for an in-house Tri-Nations series, where every student-athlete has been drafted into one of three teams and will be playing against one another over the next couple of weeks. Historically, this is an event that the student-athletes really enjoy, and we are very excited to see if Australia will be able to hold on to their title this year!

We are also looking to host further two Academy fixtures, whereby we will be playing against a touring Academy in the coming weeks. Furthermore, the coaching staff are currently busy getting their Rugby League Coaching qualifications. This exciting news means that we are going to play Rugby League in the 4th Term in a mini league against other clubs. We truly believe that Rugby League knowledge will add another dimension to our student-athletes' game, fitness and rugby IQ.

~ Jason Hector & Coenraad de Villiers



Feedback From The Month

August is over, and this means that winter has officially come to an end - and with that, we say goodbye to Super A League Club Rugby in Western Province for our u/20 student-athletes. It's been five tough months of blood, sweat and tears on the Club Rugby scene, but the memories and experiences that were created will last forever. As a coaching and management staff, we would like to extend a big congratulations to all of our student-athletes for a phenomenal Club Rugby season; you all can be proud of what you achieved. For many, this was the first time playing for a Rugby Club, let alone playing in the toughest Club Rugby League in the country! We are extremely impressed and proud with the level of rugby that we've witnessed coming out of the UXi Western Province Rugby Academy.

Positives to Take Away

For the month of August there were two stand-out experiences. The first one being that we had the opportunity of playing chukkas (short periods of play) against the star-studded Western Province u/21 team - a tough encounter. This was a fantastic learning opportunity for our student-athletes, and we are certain that they all learnt a lot from this experiencing this professional level of play.

The second stand-out experience for the month was our training session against the French u/18 National team. Even though this was simply a training session (these players are still in High School), training against an international team is still a real privilege – and the WPRA certainly brought their A-game. We hope that this is a moment that our WPRA student-athletes will cherish for the rest of their lives.

Challenges Faced

Injuries will always be a big challenge in rugby, especially when our student-athletes are competing in the toughest and most competitive Club League. We currently have a few long-term injuries, that are currently undergoing the rehabilitation process; we are confident that these student-athletes will recover well and will re-join their fellow WPRA brothers on the field soon.



What to Look Forward to Next Month

Even though Club Rugby has finished for our u/20 student-athletes, there is still a lot of rugby to look forward to. The Hamilton's u/20 round-robin Rugby Tournament starting in September; this is another fantastic opportunity for our student-athletes to showcase their skills on a popular rugby stage. We also have several other exciting competitions to look forward to, such as the commencement of 7's Rugby in October and the inter-UXi Showdowns towards the end of the year.

We also have our long-awaited in-house Tri-Nations Competition starting in September - the mood on campus for this competition is sky-high. Bragging rights are up for grabs, and everyone wants it. With the Tri-Nations fast approaching, the teams are busy preparing for the upcoming event. We still have forwards and backs split sessions, where we focus on player development - as this is a priority at this stage.

Tri-Nations Teams and Coaching Staff:

South Africa: Coach Bolla, Coach Jacquin & Coach Reon.

New Zealand: Coach Warren, Coach Vince & Coach Taahir.

Australia: Coach Hendrik, Coach Matt & Coach Henrique.

From the **FIELD**





From the

GYM



Feedback From The Month

Halfway through the 12-week term, and the student-athletes have just completed their field and gym testing. Even though this was not our termly testing that will be in their reports, the testing we did was to monitor the student-athletes' progress after following their allocated gym programs. Now the student-athletes will continue with their respective programs, using their new test results to adjust their loads.

With the Club Rugby League coming to an end, the focus now shifts to our in-house Tri-Nations tournament. It is important that the student-athletes do not lose focus now that Club Rugby is done - it is not time for a break, it is time to readjust their focus and commit fully to the Tri-Nations tournament and other upcoming game opportunities. Regardless of the Tri-Nations tournament, the student-athletes will continue with their allocated gym program until the end of this term.

There is still a lot of rugby to be played and enjoyed this year. Going forward, we are moving into 7's Rugby Training, which brings a new level of intensity to our training sessions.

We did see most of the student-athletes improve from their previous maximal test results - this is the result of their dedication to the program. Then there are student-athletes that are following a power program, and they maintained their previous results, as planned. However, there are a few student-athletes who did not improve at all – this unfortunately is the results of not working hard enough and consistently enough. We hope that each student-athlete continues to give their ALL in the gym, as those who are giving each session everything they've got are truly reaping the results of their hard work. Remember, hard work must be consistent in order to see continuous and further improvements.

~ Jacquin Marthinus & Matthew Boshoff



From the

HEART



Feedback From The Month

This month we had the pleasure of welcoming a few guest speakers to our UXi Life Classes. We saw speakers who shared in their personal adversity and battles; we aligned their stories with our respective 'Theme of the Week'. We had Jarryd Smith come in and talk about choices and the impact that each choice has on one's future. We then welcomed Andre Africa, who spoke about his fight with brain cancer and how he has overcome the everyday effects it has since had on him since beating the disease. Our weekly themes this month has consisted of topics such as "self-talk", "will power", "focus control" and "patience".

Positives to Take Away

A great positive this month was seeing how many of the players were engaged with our process for the 3rd term. We had an exciting adventure up the popular Lions Head Mountain, and also started engaging in community service work; it was great to see those individuals who thrived in doing these activities. Further, it was great to see the engagement of the student-athletes with each guest speaker; they seemed to feel like they could relate with them in certain things, and that was very positive.

Challenges Faced

We are continuously trying to sit with each and every student-athlete to evaluate where each one is in their personal goals and planning process; we do need every player to commit with us to this process. At times, some student-athletes may feel isolated and alone, and don't want to show/let anyone know that there is something bothering them. It is vital for the student-athletes to know that there is an open line of communication for them with me and all the WPRC coaches if there are any issues bothering them – please speak with us.
We are here to help.

What to Look Forward to Next Month

With September arriving and the sound of spring in the air, we can look forward to a continued set of off-campus activities, as well as welcoming more guest speakers. We are also looking forward to some more eXperience events taking place (and of course the Tri-Nations competition)

~ Jody Burch

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

~ Heinrich Painczyk



This month we take a look at our top 10 performing players at our relevant UXI Rugby Institutes. This month however, we are comparing players with a time relevant performance indicator. What this means is we take the performance indicator, divide it by their time played and multiply it by 80 minutes. This in essence tells us how many times a player will execute something in a standard 80 minute fixture. These types of statistical indicators allow us to compare players who have played different amounts of fixtures. Here is a breakdown of the performance indicators:

Top 10 Points per 80: The average amount points a player scores in 80 minutes.

Top 10 Carries per 80: The average amount of carries a player makes in 80 minutes.

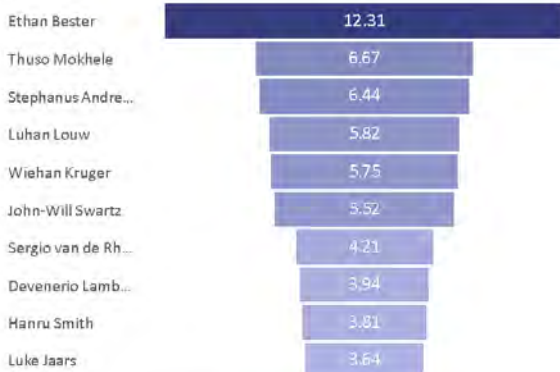
Top 10 Tackles per 80: The average amount of tackles a player makes in 80 minutes.

Top 10 Attack BD Arrivals per 80: The average amount of attacking rucks/breakdowns a player hits in 80 minutes.



TOP 10 - POINTS per 80 MIN

Player	WPRA Institute
Ethan Bester	WPRA
12.31	0
Points per 80 minutes	Tries



TOP 10 - CARRIES per 80 MIN

Player	WPRA Institute
Thuso Mokhele	WPRA
16.00	100%
Carries per 80 minutes	Effectiveness



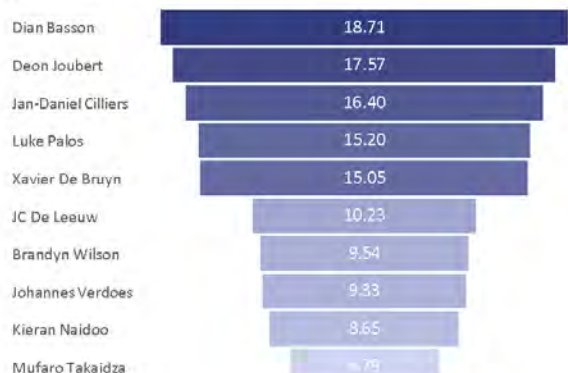
TOP 10 - TACKLES per 80 MIN

Player	WPRA Institute
Linden Jacobs	WPRA
19.43	77%
Tackles per 80 minutes	Tackle Completion



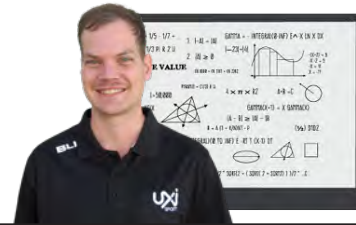
TOP 10 - ATTACK BD ARRIVAL per 80 MIN

Player	WPRA Institute
Jaydin Sharp	WPRA
25.14	100%
Attacking BD per 80 minutes	BD Effectiveness



From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



UXi Sport Collaborates with UCT for a new PhD Study in Rugby

“Developing a Field-Based Tackle Capacity Test for Tacklers and Ball-carriers”

UXi Sport is passionate about sport and education, as we believe that it is vital to mould holistic individuals that are prepared for a life in and after sport. To echo the words of the late Nelson Mandela, “education is the most powerful weapon which you can use to change the world”, education truly has the power to change the world around us. We love when we can bring our two passions together: sport and education. Through UXi Sport’s recent collaboration with the renowned institution, University of Cape Town (UCT), we have been invited to be a part of an exciting PhD rugby-focused study. Our participation in this study involves several of our UXi Western Province Rugby Academy student-athletes undergoing various tests for data collection. The study, conducted by PhD Exercises Science Candidate Demi Davidow, is titled *“Developing a field-based tackle capacity test for tacklers and ball-carriers.”* Dr Sharief Hendricks is the supervisor for this study.

The tackle in rugby union is a physically demanding contact event with a high injury burden. Players require high levels of physical conditioning and technical proficiency to participate. However, interventions to training tackle safety and efficiency are limited to national education programmes and studies on how and why injuries occur. Using previous research and results obtained using the UCT contact simulator, The UCT Rugby Research unit aims to develop and test new and original studies that can have a potential impact on tackle and contact performance and injury risk. Working with the UXi Sport/Western Province Rugby Academy will improve the unit’s ability to test studies in the “real world” training and match settings. One such study that has been designed and is currently undergoing testing is the field-based tackle capacity test for tacklers and ball-carriers.

The study requires players to consistently run and back pedal between two tackle shields performing either a tackle or ball-carry on alternating shoulders. This is done to simulate “real world” training or match situations. The test can be terminated when the player decided they can no longer perform tackles due to fatigue, the investigator decided (Based on established tackler and ball-carrier tackle technique the player can no longer perform tackles safely and or the player does not meet test parameters. The main aim of the study is to test the feasibility of a tackle capacity test for both the tackler and ball-carrier. Through participation, the study will help players physically and technically condition for tackling in rugby. Furthermore, we will provide individual and team feedback on the outcomes of the study. This feedback will help players develop their contact skills.

Studies such as this and future studies done with the UXi Sport/Western Province Rugby Academy will help with developing tackle research on topics such as training interventions designed for the player level to improve performance and decrease injury risks. This is hopefully the first of many studies and University/College collaborations to follow! We hope that this first step in the Western Cape can aid in opening many more Academic doors with local Institutions such as UFS, CUT, UMP and many more!



Western Province u/21 Selection

Congratulations to UXi Western Province Rugby Academy former student, Matthew Coenraad (WPRA 2020), who has been selected to represent Western Province in the SA Rugby u/21 Championship!

On the 20th of August, Matthew once again ran out onto the field with the Western Province disa on his chest, this time it was for the Western Province u/21 squad, who took on the Sharks u/21. Well done Matthew; we are so proud of you for this eXtraordinary achievement! Good luck for the rest of the Championship!



Coetzenburg Comradery

On the 26th of August, our WPRA student-athletes took a well-deserved adventure to one of Stellenbosch's most beloved areas - Coetzenburg! Despite popular belief, Coetzenburg consists of more than just Danie Craven Stadium. Coetzenburg boasts a wealth of sporting history and beautiful landmarks. From the popular sporting stadium, to the Sport Science Department and University gym, Maties Rugby Club House, to the Eersterivier river-side paths - the list goes on.

After being split into teams, the WPRA student-athletes had specific tasks that they had to complete, all at different Coetzenburg spots. Nothing bonds a group of people like getting lost together trying to accomplish embarrassingly humorous tasks 😊



International Testimonies



This month, we bid farewell to 7 of our International players: Will Sherman; Baden Koch; Sammy McMillian; Mats Pieters; Lucca Deocariza; Lucky Ishimwe and Cayden Caulfield. These International players have all been with us here at the Academy for between 1 to 4 months. We have loved every second of having them all here with us in sunny South Africa. We will miss you all dearly, but we cannot wait to see the greatness you achieve in your rugby careers! Read what some of the players had to say in their eXit interviews before they departed...

? What did you ENJOY the Most at the WPRA?

"I enjoyed the Academy's dedication to hard work and rugby development as a whole, as well as getting to know the guys from all around the world."

? What did you find CHALLENGING at the WPRA?

"The on-field sessions really challenged my skills, especially as I was under fatigue, which encouraged me to work harder."

? How did you experience the RUGBY COACHING at the WPRA?

"The coaching was top-notch as the coaches focused on every component of my game. From positional details, like kick receipts, to footwork in the breakdowns. They gave me an all-around perspective shift to how rugby should be played."

? What were the 3 BEST things of South Africa?

"The 3 best things about South Africa would be:

1. The culture around rugby in general, ultimately changing the sport into a lifestyle. 2. The connections and friendships that I made with the other guys here at the Academy and at my rugby club (Uni-Mil club).
3. The various destinations that I was able to see, such as Table Mountain, Lions Head, the various beaches, rugby stadiums, etc. All the things that South Africa is so well known for."

Will Sherman | United States of America

? What did you ENJOY the Most at the WPRA?

"I really enjoyed the team culture and living with the other WPRA players. I learnt a lot about the different South African cultures."

? What did you find CHALLENGING at the WPRA?

"Doing laundry! It was very hard, and it usually took me more than a day to do..."

? How did you experience the RUGBY COACHING at the WPRA?

"The coaching was excellent, and the coaches provided so much support for us as developing players."

? What were the 3 BEST things of South Africa?

"The best three things for me were:

1. I really enjoyed the food.
2. I loved playing touches until it got dark outside.
3. The very close community, and the way that everyone is dedicated to rugby and the growth of the sport."

Baden Koch | United States of America

? What did you ENJOY the Most at the WPRA?

"I enjoyed being a part of the true, hard-working rugby environment that the Academy has built, as well as making friendships that will last for a very long time."

? What did you find CHALLENGING at the WPRA?

"I found the field sessions the most challenging, as they were always at high tempo. They taught me how to make the best decisions under high levels of pressure and fatigue."

? How did you experience the RUGBY COACHING at the WPRA?

"The coaching was excellent! I learned so many new techniques and philosophies when it came to lineouts, the breakdown, tackling, and running lines."

? What were the 3 BEST things of South Africa?

"The best three things for me were:

1. Seeing famous places like Lions Head, Table Mountain, the various beaches as well as seeing beautiful wine farms, small cities, and going shark cage diving.
2. Playing club rugby at UniMil RFC, which gave me another insight to how rugby culture is supposed to be in a team environment.
3. Living in Stellenbosch and being a part of the student lifestyle with the new friends that I made here at the Academy. This was especially cool for me as my parents went to school here, and it gave me some insight to the environment that they grew up in."

Sammy McMillan | United States of America

? What did you ENJOY the Most at the WPRA?

"The coaching staff and being in the giant WPRA gym, 'The Shed'. I loved it."

? What did you find CHALLENGING at the WPRA?

"Not being able to play a lot of rugby due to my injury."

? How did you experience the RUGBY COACHING at the WPRA?

"It was great! The coaches offered very good support and help when it came to playing and skills development. I learnt a lot from them."

? What were the 3 BEST things of South Africa?

"My favourite things about South Africa were:

1. The views
2. The wildlife
3. The rugby culture"

Mats Pieters | Netherlands

? What did you ENJOY the Most at the WPRA?

"The most enjoyable part of staying here at the WPRA has got to be the environment. Whether it is on or off the field, the boys always keep the energy high and rugby stays at the top of everyone's minds. The collaborative community built here can be attributed to the dedication to the sport within each player."

? What did you find CHALLENGING at the WPRA?

"The most challenging aspects of my time here has been the struggle between seriousness and fun. The enjoyment of the sport brought by the energy-filled atmosphere requires discipline at times, but it ultimately makes for enjoyable training sessions, even when tasked with multiple broncos."

? How did you experience the RUGBY COACHING at the WPRA?

"The coaching here has been nothing short of brilliant. The love for the sport shown in the players, is merely a reflection of that of the coaches. The coaches truly believe in their players and understand the relationship between rugby and life. The coaches have guided me and refined my skills in ways that I couldn't imagine. I am truly grateful for each and every coach that has been a part of my journey here."

? What were the 3 BEST things of South Africa?

"My favorite things about South Africa definitely has to be the people, the nature, and the vast amount of fun things to do. I was fortunate enough to dive with sharks, pet penguins, taste wine, and feed tigers all in one day! Overall I am extremely happy with my experience throughout the time I have stayed in South Africa, and I can truly say that I have not only grown as a player but also as a person."

Lucca Deocariza | United States of America

Putting Their Skills to the Professional Test!

There is no doubt that our UXi Western Province Rugby Academy players are talented at their craft - RUGBY. Athletes thrive when they are given an opportunity to showcase their talent and skills, especially when they are up against some tough competition; and we made sure to do just that this month!

The WPRA Coaching and Management team organized two separate training/match simulation sessions against two incredibly strong teams earlier in the month: the **Western Province u/21 Squad** (3 August), and the **French u/18 National Squad** (15 August).

These two teams are both competing in the peak of Junior Professional Competition streams. The Western Province u/21 squad are currently competing in the SA u/21 Currie Cup Competition. The French u/18 squad were in South Africa to play against the SA Schools Competition, whereby they narrowly beat the South African u/18 squad.

Even though they were just a training sessions, we are proud of how serious the players took these two opportunities. They say that you never know who is watching you and witnessing your talent, so capitalize on every moment. Both the the Western Province u/21 squad and the French u/18 National Squad were very grateful for these sessions, and thoroughly enjoyed getting to go up against our players. It was fantastic to see how our WPRA players rose to the occasion and left it all out on the field - well done to all players!



A Helping Hand at **HUIS HORISON!**



Here at the UXi Rugby Institutes, we firmly believe in giving back to the community and that “service to humanity is the best work of life”! We are very proud of our Western Province

Rugby Academy student-athletes, who have extended a helping hand to Huis Horison as part of their Outreach Projects.

Huis Horison is a non-profit residential and sheltered-employment centre specialising in the holistic care of people with a primary intellectual disability. Established in 1974, the centre is located on a smallholding on the slopes of Papegaaiberg Mountain on the outskirts of the Stellenbosch, Western Cape.

The centre can house and care for 102 people.

The residents need caring, growth, self-esteem, socialising and relationships. Like all of us, they too, have dreams of things they would like to do. But, being intellectually disabled, they are vulnerable and that is why they require a safe environment in which they can come into their own.

Based on their intellectual abilities and interests, the residents join one of ten work areas. This allows them to make a meaningful contribution through sewing, recycling, repair work, cooking, gardening or something else in a sheltered environment. At the same time, the work areas offer therapeutic value and all the benefits of a proper job – self-worth, recognition, pride, companionship, quality of life and hope.

On two occasions this month, our WPRRA student-athletes went to assist at Huis Horison. They got to spend time with the residents and helped them in the eco-therapy department. From planting trees to picking lemons, our student-athletes really got their “hands dirty” to help this great initiative.



MONTHLY HIGHLIGHTS

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

Yoga at 'The Shed'

1 August



Off-Day Adventures: Lions Head Hike

3 August



UXI Life Visits: Brain Cancer Survivor, Andre Africa

18 August



Mbombela Magic

The Springboks Spectacle of the Year!



Close your eyes, take a deep breath and let your mind paint a picture: the sun setting over the African sky; a sold-out Mbombela Stadium; chanting rugby fans; electrifying fireworks and smoke machines exploding with excitement; a hair-raising rendition of the “Nkosi Sikelel' iAfrika”; 30 pairs of professional rugby togs bolting up, down and across the field. This is the enthralling scene for the much-anticipated United Rugby Championship Test Match: Springboks vs All Blacks. The first meeting of two matches, kicking off at Mbombela Stadium and Ellis Park respectively.

It's not everyday that you get to sit and watch one of the greatest all-time rivalries in World Rugby - in fact, it is nothing less than a privilege. The historic rivalry between the South African and New Zealand sides has stood the test of time; a rivalry which has mainly been dominated by the New Zealanders. Nevertheless, this Mbombela magical showdown served as the 102nd match between these two sporting powerhouses.

The one thing to remember about South Africa is that, as a nation, WE LOVE RUGBY. No composition of words that can quite accurately describe the electricity felt in the air when a rugby match kicks off, whether it's a school match, club match or National Championship! Every South African can remember the 2019 Rugby World Cup final - the undeniable sense of hope and adrenaline that was felt all around us. Regardless if they were die-hard rugby supporters or not, on RWC Finals day everyone whipped out their Springbok jerseys (or any green shirt that they could find), and UNITED as ONE NATION for 80 minutes.

UXi Sport and its national Rugby Institutes are no stranger to the love and excitement felt towards rugby. It was an honour for us, as UXi Sport, to host over 40 rugby, sporting and corporate VIPs to our UXi Sport Suite in Mbombela Stadium, to witness the Springbok-All Blacks clash. Filled with food, drinks and an atmosphere like no other, the UXi Sport Suite was the place to be on Saturday the 6th of August. On a day-to-day basis, this VIP Suite is actually home to the UXi Pumas Rugby Institute, and is their official Student and Education Hub. With the most enchanting view of the field and stadium, it's easy to see why the UXi Pumas Rugby Institute students never want to leave “campus”!

The match itself was a spectacle on its own, which made for quality entertainment; there is no denying that both teams put it all out on the line during this contest. Despite Ian Foster's increase in pressure and an All Black squad spice-up, the Springboks were ready to rise to the physical challenge - no matter what it took. It is impossible to forget Faf de Klerk's brutal knockout by Caleb Clarke within the first few seconds, Handre Pollard's flawless kicking boot, and Jaden Hendrikse, Damian Willemse and Willie Le Roux leaping into the arms of adoring fans. No one can deny that the Springboks were on top form. Even though the All Blacks were able to squeak in some points, thanks to the likes of Jordie Barrett and Shannon Frizell, the "full package" Springbok side (as described by All Blacks captain, Sam Cane) were too good for the New Zealanders, and claimed a 26-10 victory.

To make this match even more iconic, one of our own Institute successes, Kurt-Lee Arendse (UXi Western Province Rugby Academy 2016), was in the starting Springbok line-up. Despite his horrific aerial collision with Beauden Barrett, Kurt-Lee had a tremendous game; giving the students in the UXi Sport Rugby Institutes an increased sense of hope. They know that they are on the right path, and they too can follow in the same footsteps as Kurt-Lee. The UXi Rugby Institutes give hope to those young boys who maybe didn't get selection for the SA Schools Teams, or didn't get that Union contract straight out of school. Kurt-Lee didn't, and now he is playing at the highest level of rugby possible, using the UXi Western Province Rugby Academy as his first step. Further, eight of our UXi Pumas Rugby Institute students were given the opportunity to be the official Test Match ball boys - this was truly a life-changing experience. Can you imagine how indescribable it must be as a 20 year old aspirant-rugby professional to share an International Rugby field with two of the greatest teams in the history of the sport? Standing alongside Malcolm Marx as he cleans the ball before he takes a lineout - it is a moment that these students will remember forever.

Echoing the words of the late President Nelson Mandela, sport has "the power to unite people in a way that little else does." Sport has this incredible ability to break barriers between people, and bring a country together. Sport emphasizes the opportunities that are available in the world, and provide a pillar of hope to the youth of our nation. Sport unites; sport inspires; sport **CHANGES THE WORLD.**







Wellness *with Ali*



From EXcelling on the Field to EXcelling in the Classrooms

From excelling in the classroom to on the field, being a student-athlete is no small achievement. It takes a great deal of time, effort, and stamina. Knowing how to adapt and manoeuvre through challenges that arise is crucial to do well in your academic program and to grow as an athlete. The UXi Rugby Institutes has student-athletes that are studying through a variety of our educational partners, namely: IMM Graduate School, ASV (Africa Skills Village) and HFPA (Health and Fitness Professionals Academy). At these various Institutions, our student-athletes are studying one of the following qualifications:



Graduate School

- Higher Certificate in Marketing



- Mixed Farming
- Animal Production
- Plant Production
- Project Management
- Welding
- Electrical
- Plumbing



- National Certificate in Fitness
- National Certificate in Coaching Science
- National Certificate in Sport Management

The UXi student-athletes have all had to adapt since starting their studies, and the feedback with results from our educational partners has been great. They are all very impressed with how well each student-athlete is balance their sport and their studies. This is a testimony to the hard work and determination of our student-athletes.

To develop the necessary traits needed to be a full-time student-athlete takes a great deal of willingness and planning in order to achieve your goals daily, weekly, monthly, and yearly. Daily planning and scheduling play an instrumental role in keeping the balance right between sport and academics. This, combined with the UXi Life Program that our student-athletes engage in, empowers them for life – in and beyond sport.

To our student-athletes, keep up the great effort and work that you have all been putting in thus far. You will only reap the full benefits of this at the end of your journey. With various exams, assignments, lectures and practicals on-going, it is easy to feel overwhelmed. Take a step back, take a deep breath and remember the five pointers of our first newsletter article this year, titled “Good Study Habit for a Student-athlete”:

- Find Your Balance***
- Stay Fit***
- Stay Hydrated***
- Manage your Stress***

Being able to find effective balance in your day is one of the most crucial factors to becoming a successful and happy High Performance individual, in all aspects of your life. We are proud of how far you have all come – your hard work is certainly not going unnoticed.
Keep pushing, you will not regret it!



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

AUGUST

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Eduaniq Harmse



Serentius Reed



Serentius Reed

Pumas Rugby Institute



Nkosi Mathe



Loyiso Mkhaphi



Ettienne Bates

Western Province Rugby Academy



Linden Jacobs



Kwakho Sampo



Dian Basson



Rugby Recipes Rock!



Creamy Cheesy Potato Bake

Serves: 10
Time: 90 min

NUTRITIONALS:
1 Serving = 198g

KCAL 360 | PROTEIN 12G | CARBS 30G | FAT 22G

INGREDIENTS:

- 1.25kg potatoes
- 2/3 cup (160 ml) milk
- 3/4 cup (185 ml) heavy cream
- 1/3 cup mayonnaise
- 1 1/2 tsp fresh thyme leaves
- 2 large garlic cloves, minced
- 3/4 tsp salt
- Black pepper
- 2 cups (200g) shredded cheddar cheese
- 1 cup (100g) shredded mozzarella cheese

Feel free to add any additional protein source to your bake, such as bacon or chicken!

METHOD:

1. Pre-heat oven to 180°C.
2. Peel and cut the potatoes into small cubes and place in a large bowl.
3. Add all remaining ingredients except the mozzarella and mix.
4. Pour the potato mixture into a large over-proof baking dish.
5. Cover with the baking dish with tinfoil. Place in the oven and bake for 60 minutes, or until the potatoes are tender.
6. Remove the tinfoil, sprinkle over the mozzarella cheese, and bake for an additional 25 minutes or until the cheese is golden.
7. Remove the bake from the oven and allow it to rest for 5 - 10 minutes before serving.

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!