



# NEWSLETTER

WPRA | SEPTEMBER 2022



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

*"Memory looks back in order to move forward" ~ Marty Rubin*

In today's fast-paced and high-achieving society, we breathlessly race ahead to the next challenge before the dust can even settle on the previous one. We are encouraged to push forward and to never look back. In our burning desire to move full steam ahead, we tend to associate the act of "looking back" a negative connotation.

Have we ever stopped to ask ourselves since when did "looking back" get such a bad reputation in the pursuit of moving forward? It's as if act of "looking back" is associated with a loss of momentum, a pause in progress, or simply a mundane past time that requires little thought. After all, the rear view seems less important and less exciting than the windshield when driving down the highway, now doesn't it? This doesn't mean that your rear view isn't absolutely vital for your future well-being - without it, you can have a major accident!

Winston Churchill believed that "the longer you can look back, the farther you can look forward." Churchill and Rubin both hit the nail on the head with their famous quotes; looking back on the past is the greatest catalyst to move forwards.

A year ago, you were possibly sitting down to study for your Matric finals, not ever imagining that you may be in a Junior Union team right now. At the beginning of the year, you perhaps felt apprehensive and nervous about your new Institute journey ahead, and now you're thriving with friends and new experiences. A few months ago, you were maybe only able to leg press 80kgs, and now 80kgs is your warm up Or this time a few years ago, you were possibly going through one of the toughest times in your life, that

you felt you'd never get through, but here you are today. I could go on about all the possibilities that time has created; nevertheless, at the end of the day when we look back at our past, no matter how long ago, different or difficult it was, we are able to reflect on how we have grown as individuals.

Now while you're reading this newsletter, I want you to pause and think. This is an exercise we're going to do together. Are you ready? I want you to think about who you were 3 years ago. How old were you? What did your daily life look like back then? What was your biggest worry or fear? What made you smile the happiest back then? What were you dreaming to achieve? Answer these questions for yourself.

Now, I want you to think about your life right **AT THIS VERY MOMENT** and compare the two. I have no doubt that almost everyone reading this newsletter right now has grown in one way or another in the past 3 years - and we need to celebrate this. YOU have come so far in your life, and we don't celebrate this enough. Whilst "looking back" may often be difficult, it is necessary to celebrate how far we've truly come.

As we move into the 4th term, may we look back on the year that's past with appreciation - appreciation for the growth we've experienced, the lessons we've learned and the memories which we will carry for a lifetime.



From the Desk of the

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



# THE CHICKEN & THE EAGLE

Someone once told me that one has a choice in this world on whether you are a **chicken** or an **eagle**.

I wondered about this for a long time, until one day I watched the behaviour of a chicken head down, just completely focused on pecking around at what he sees down there in the dust, hoping to find something meaningful to feed himself. He goes on to do this for hours without looking up, just keeping on scratching with his feet and looking down on the ground in front of him.

Then my eyes turned to the eagle, and I saw him high up in the sky with a view above everything going down beneath him. Those eyes with a 360 degree view able to see his prey from miles away in places some would never see them!

And this made me realise that some people are like this too, some of us just focus on what is in front of us, scratching away at life's challenges in the dust, not able to look past it, whilst others soar high over and above them, and instead of seeing the negative, they see opportunities where no one else can see them, even though they have exactly the same challenges!

In South Africa today, we all face the same challenges of loadshedding, unemployment, poverty, crime, corruption and an ailing economy to mention but a few.

However, we have a choice on how we allow these things to affect us. Are we allowing ourselves to become too negative about the negativities that we can not look any further than what is in front of us, or do we ask ourselves how we can make a difference in our own lives or those around us? It's not easy I know, but only we can be the change we want to see in this world!

Even though we can do nothing about many of the obvious issues, we can lend a hand to someone who has less than us, improve our skills to become more employable, offer our time for free to obtain work experience, say NO to anything that is corrupt and stand up for what is right and true! Instead of sitting around complaining about the dirty sidewalks or beaches, why not initiate action to clean them up or buy food instead of unhealthy substances?

We are faced with many choices every day, but all these choices have a chain reaction in the events of our lives and the world we live in. Every difference made to change things in the smallest of actions send ripples of positiveness into the world. If every person in South Africa right now made one positive change, we can change the world we live in!

As we enter what is described by poets as the most beautiful month of the year, **OCTOBER**, I challenge you to become **EAGLES** and soar high above our challenges instead of pecking away in the dust!



~ Thea Miller



*From the Desks of the*

# PROGRAMME MANAGERS



## Feedback From The Month

**W**hat a term it has been. To date, this has been our longest term ever: twelve entire weeks. We have to take our hats off to the student-athletes who have stuck through it all: the cold wintry mornings, hail and thunderstorms, frozen fields, loadshedding, even the unrelenting pressure from the coaches. Through the midst of all this chaos, trials, tribulations and pressure, diamonds are formed.

Term three always has been, and always will be the most challenging term of the year. It is the time the student-athletes get tired of rugby, studies and life skills, yet it is the time we as staff get to see the true character of these young men. When it seemed like there was no light at the end of the tunnel, when it seemed like they could not make one more tackle, or one more scrum, or one more ball carry; when the occasion called for it, these young men rose to the challenge, a fond reminder of the Maya Angelou poem "still I rise". It is moments like these that makes coaching worth it.

As I am sitting here writing this letter to you all, I think back to the highs and lows of this term, from wifi-stricken loadshedding, to taking on a thundering u/21 Western Province powerhouse, to waking up day after day having to grind through some of our generation's toughest times (no access to social media); this well and truly was a term that separated men from boys. We are so often defined by our backgrounds, in what seems to be an ever-increasing materialistic society, that we tend to forget that it is our actions and decisions that define us. I would like to remind our student-athletes, "that we are truly defined by what we do repeatedly, therefor, excellence is a habit, not any singular act" (some old guy by the name of Aristotle said this hundreds of years ago, and nothing has changed that ).

### **Now, let us get on to what we covered this term shall we?**

This term saw us complete what is arguably the toughest club rugby tournament in South Africa and Africa, the Western Province Super League A. Within the Academy we had student-athletes representing various clubs, however at u/20 level it was Uni-Mil that reigned supreme defeating all the clubs our student-athletes represented. At a Senior First Team level, it was Durbell that managed some tough, yet convincing victories to come out on top, as far as our Academy player representation is concerned. Durbell finished 2nd in the Super League A Championship, whereby they narrowly lost to False Bay Rugby Club in the finals, at the legendary Doc Danie Craven Stadium

(truly a memory to cherish irrespective of the result). Some of our u/20 clubs also managed to participate in a local u/20 tournament way over in the Southern Suburbs and by watching the highlights, it was quite an enjoyable tournament.

Off the field we have been hard at work, not only with our studies and life skills, but also getting to enjoy the beauty that Cape Town has to offer through some sunny beach days and a cold hike up Table Mountain. While it was fun, not all that glitters is gold; our student-athletes also had the chance to experience some real-life hardships when spending time at "Huis Horizon" and helping our fellow South Africans with some day-to-day tasks that we often overlook as aspiring sportsmen and gentlemen. This served as a great reminder that; no matter how fast life goes on; we still need to take time to appreciate the small things in life.

But alas, fellow stakeholders, let us not drone on about the past, there is still so much to look forward to. We have one more monumental challenge in the form of Kouga Rugby Academy who will be travelling to Stellenbosch to challenge us on our home fortress, on the last day of the term, can you believe it? I will say that while I am cautious about this brazen challenge, I am sure our young men are up to the task and will keep our name high.

That is not all though, Term 4 promises to be action packed with Western Province Rugby Academy having registered two squads into the Western Province Rugby League where we will get to compete alongside our teammates, no more squabbles about bragging rights, no more fusses over which club is best, from here on out, we will stand united and take on five other clubs in the Western Province. While that does seem like a tongue tantalizing teaser, the best is yet to come...our annual showdown. Yes, it's back, version 2.0. We will be welcoming our fellow UXi Rugby Institutes back into our homes for a bigger and better derby. Old scores will be settled as we welcome back our friends from the Pumas Rugby Institute and Cheetahs Institute of Excellence, as well as old team-mates who return to the Cape of Storms. Yes, I hear you say it will be fun, but trust me, off the field we will be the best of friends, but when the lines are drawn in the sand, we hope to see a spectacular display of rugby as these gladiators give it their all for the blue and white stripes.

And now, my time has come, enough rambling from this old man, let us enjoy the break, feast and be merry, for when we resume, we prepare for battle.

*À La Prochaine - 'till next time.*

*~ Jason Hector & Coenraad de Villiers*



## Feedback From The Month

Our much anticipated in-house “Tri Nations Competition” started September off with a bang! For the first round of fixtures, bragging rights went to New Zealand, who won both of their respective matches. For the second round of fixtures, Australia took home bragging rights. With the final round of fixtures being played on Wednesday the 21st of September, you could feel the tension amongst the student-athletes - the tournament was wide open. After a physical final round of matches, it was New Zealand who came out as the Tri-Nations Champions! Congratulation to our well-deserved champions, and well done to all student-athletes for a fantastic tournament. What a way to prepare for our fixtures against Kouga Rugby Academy!

## Positives to Take Away

September was buzzing with rugby experiences. We had our successful Tri Nations tournament, and this created a great hype on-campus. We also had several team-building activities and a training day against the Western Province u/21, whereby they also made use of our world class gym facilities at “The Shed.” Nevertheless, the standout experiences must go to Dian Basson and Botshelo Kubyadi for their magnificent achievements during the month of September. Both student-athletes made their debuts for the DHL Western Province u/21 team; they have both been part of the wider group for some time now, but the cherry on the cake was when they got the nod to represent Western Province in their SA u/21 Cup Matches. We are super proud of Dian and Botshelo; they deserve all the accolades.

## Challenges Faced

Unfortunately, it was injuries that topped the chart for September’s challenges. During the Tri-Nations Tournament, we dealt with a great deal of injuries – this is due to the volume and intensity of the games. Fortunately, we have an incredible medical team, who are experts at dealing with these types of setbacks.

## What to Look Forward to Next Month

We are looking forward to playing Kouga Rugby Academy on the last day of the term. Two teams will represent the UXi WPRA, and we are looking forward to seeing how the WPRA performs. We, the coaches, will provide feedback on these matches in our October newsletter. We are all eager about starting the new Rugby League Tournament, that kicks off now in October. This tournament is new to both the coaches and student-athletes, but we look forward to the challenge. The coaches attended a three-week Rugby League Course at the Academy, and this will help guide the student-athletes as they prepare for the unknown. Yet again, this is another great playing opportunity for our WPRA student-athletes.

With respects to our training schedules, we will be adjusting our training loads for the new Rugby League, starting in October. Our biggest focus will be on conditioning, skill and contact area of the game, specifically maintaining a safe environment, as this is something new to the student-athletes. With the UXi Showdown also coming up at the end of the year, there is still everything to play for!

~ Warren Petersen (Head Skills Coach)

Bolla Conradie & Hendrik Louw



*From the*

# GYM



## Feedback From The Term

With term 3 coming to an end, our WPRA student-athletes were excited to improve on their personal best test results, both on the field and in the gym. Despite injuries and having to play club rugby games for their representative clubs, our student-athletes worked extremely hard the last 12 weeks to improve on their results. All our student-athletes are aware of the standards per position however, they all have personalized goals they must work towards for the end of each term. Once a student-athlete has reached his set goals, he will then sit down with one of the conditioning coaches and set new goals for the new term. After gathering all the test results, we had quite a few student-athletes improve on their results from last year. However, there were also student-athletes that did not improve, and thus know that they need to work even harder in the new term to improve on these results.

Moving forward to the 4th term, our WPRA student-athletes will be moving their focus to Rugby League. Rugby league demands a lot more from the student-athletes! Our student-athletes will be required to be much fitter, both running fitness and contact fitness. Thus, the program for both 1st and 2nd year student-athletes will include adjusted fitness on-field and in the gym. They will be following a Power program to improve explosiveness on--field. For our 1st year student-athletes that still need to improve on their strength, they will be following a program that includes both strength and power.

*~ Jacquin Marthinus & Matthew Boshoff*



From the

# HEART



## Feedback From The Month

This month was full of life and spirit! Not only has September provided some much-anticipated warmer weather, but there was also plenty of rugby to be played, as we reached the end of the WP Club Rugby Season. From the A-Game side of things, we covered worthy topics of “acceptance”, “courage”, “discipline” and “decisiveness”, which really flowed well with all the physical activities that were going on. We look now look forward to the 4th Term with new hopes and new goals.

## Positives to Take Away

The biggest positives we found was that the student-athletes truly involved themselves in everything, both on and off the field. They continued with their visits to Huis Horison and Animal Welfare Society Stellenbosch. Our UXi Operations Manager, Alastair Theys, also took our student-athletes for some of their A-Game classes, which they all seemed to enjoy and engage in.

## Challenges Faced

Term 3 is normally the longest term of the year, and often the toughest. It is often challenging for our student-athletes to consistently stay motivated, especially when they are tired. Nevertheless, this is where DISCIPLINE takes over. Whilst the term was tough, it was a great test to see which of our student-athletes have truly grasped the concept of “discipline”.

~ Jody Burch



# VIDEO & GAME ANALYSIS

This term the rugby curriculum has been focused specifically on match play and as a result its time for us to evaluate the players performance within the fixtures they were involved in. Below we will be taking you through the process of capturing match stats as well as what it all means. At each institute we have an intern who is responsible for the recording and coding the match to generate the relevant match stats. These interns have a definition sheet explains each performance indicator in detail. During our explanation of the stats below we will briefly summarize each of these indicators. All our different performance indicators also have a "per game" score. It is calculated by taking the players contributions for that performance indicator, dividing it by their time played, and multiplying it by 80 minutes. This gives a relative amount per 80 minutes (one full game).

These scores allow us to directly compare players with other players in the same positional group or allow you to compare the same player to himself in different games or seasons.

## ATTACK

**BALL TOUCHES** | This is the sum of every ball carry and pass, offloads are not included because a carry would have been logged in the case of an offload.

**LINE BREAKS** | Line breaks are when players get in beyond the primary line of defense, either around the last defender or between 2 defenders.

**TACKLE BREAKS** | Tackle breaks are given to players when defenders make contact to complete a tackle and miss the tackle, ball carriers need to remain on their feet to be awarded a tackle break.

**CARRY DOMINANCE** | A carry is deemed to be dominant when the hips of the ball carrier cross the imaginary vertical line at the first point of contact towards the oppositions goal line.

**PASS EFFECTIVENESS** | A pass is deemed to be effective when the pass is slightly in front of the receiving players chest, allowing for easy collection and continued forward momentum.

**OFFLOAD EFFECTIVENESS** | An offload is deemed to be effective when the pass is slightly in front of the receiving players chest, allowing for easy collection and continued forward momentum.

## DEFENSE

**TURNOVERS** | A turnover is awarded to players when they are responsible for the gain of possession (turnover) during the match. These are separated into different areas: set piece (lineouts, scrums, and restarts), breakdown, tackle and in general play.

**TACKLE DOMINANCE** | A tackle is deemed to be dominant when the hips of the tackler cross the imaginary vertical line at the first point of contact towards the oppositions goal line.

**TACKLE COMPLETION** | Tackle completion is calculated by dividing completed tackles by missed tackles. A tackle is deemed to be missed when a player makes contact in an attempt to impede the ball carrier, but the ball carrier penetrates the contact and continues to advance.

## BREAKDOWNS

**CLEANOUT EFFECTIVENESS** | An effective cleanout is the arrival of a player at a ruck where the player attempts to clean out a defending player at the ruck and is successful.

**BRIDGE EFFECTIVENESS** | An effective bridge is the arrival of a player at a ruck where the player attempts to bridge at the ruck to secure the ball and is successful.

**POACH EFFECTIVENESS** | An effective poach is the arrival of a player at the oppositions ruck where the player actively attempts to steal the oppositions ball and is successful.

**TOTAL ARRIVALS** | Calculated by adding all cleanouts and bridges to give a total of all ruck/breakdown arrivals.

## REPORT EXAMPLE:

91  
Ball Touches

Outside Back

18  
Total Matches Played

13  
Academy: Matches Played

530  
Academy: Time Played (mins)

5  
Academy: Points Scored

5  
Club: Matches Played

310  
Club: Time Played (mins)

0  
Club: Points Scored

ATTACK

91	5.06	3	0.17	24	1.33
<b>Ball Touches</b>	<b>Ball Touches/Game</b>	<b>Linebreaks</b>	<b>Linebreaks/Game</b>	<b>Tackle Breaks</b>	<b>Tackle Breaks/Game</b>
Total Carries		Total Passes		Total Offloads	
83		8		8	
Carries/Game		Passes/Game		Offloads/Game	
4.61		0.44		0.44	

**Carry Dominance**

**Pass Effectiveness**

**Offload Effectiveness**

DEFENSE

10	0.56	63	3.50
<b>Total Turnovers</b>	<b>Turnovers/Game</b>	<b>Total Tackles</b>	<b>Tackles/Game</b>
Total Missed Tackles		Total Missed Tackles	
0		10	
@ Set Piece		@ Breakdown	
6		3	
@ Tackle		In General Play	
3		0.56	

**Tackle Dominance**

**Tackle Completion**

BREAKDOWN

22	1.22	21	1.17	6	0.33	50	2.78
<b>Total Cleanouts</b>	<b>Average/game</b>	<b>Total Bridges</b>	<b>Average/game</b>	<b>Tot. Poach Attempt</b>	<b>Average/game</b>	<b>Total Arrivals</b>	<b>Average/game</b>

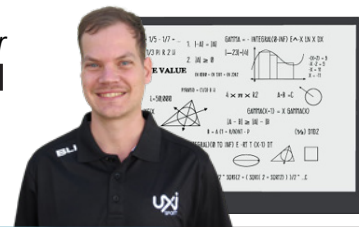
**Cleanout Effectiveness**

**Bridge Effectiveness**

**Poach Effectiveness**

<b>31</b>	<b>19</b>
Total Attacking BD Arrivals	Total Defensive BD Arrivals

# DATA SCIENTIST



## TERM 3 TOP PERFORMERS

Our UXi RI players were hard at work during Term 3, and their testing results have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXi Top Performers Categories, for various athleticism categories, across all UXi Rugby Institutes.

Our UXi **TOP PERFORMERS** Categories are:

1. Lowest Body Fat %
2. Rel 1RM Bench Press
3. Rel 3RM Squat
4. Pull ups
5. Vertical Jump
6. Medicine Ball Throw
7. Repeated Sprint
8. Bronco
9. TOTAL ATHLETICISM SCORE

### BODY FAT %

1st



6.8%

**Divan Janse Van Rensburg**  
*Pumas Rugby Institute*

2nd



8.3%

**Thato Gololo**  
*Pumas Rugby Institute*

3rd



10.6%

**Hanru Smith**  
*Western Province Rugby Academy*

### REL. 1RM BENCH

1st



1.8

**Lehlohonolo Montsitsi**  
*Cheetahs Institute of Excellence*

TIED 2nd



1.7

**Brandon Botha**  
*Western Province Rugby Academy*



1.7

**Jarrod Brown**  
*Western Province Rugby Academy*

### REL. 3RM SQUAT

1st



2.7

**Ruben Behrens**  
*Pumas Rugby Institute*

2nd



2.6

**Lehlohonolo Montsitsi**  
*Cheetahs Institute of Excellence*

3rd



2.4

**Jarrod Brown**  
*Western Province Rugby Academy*

### PULL UPS

1st



24

**Lehlohonolo Montsitsi**  
*Cheetahs Institute of Excellence*

2nd



23

**Itumeleng Masinga**  
*Western Province Rugby Academy*

3rd

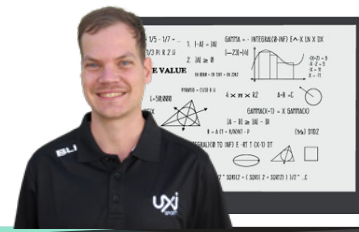


21

**Divan Janse Van Rensburg**  
*Pumas Rugby Institute*



# DATA SCIENTIST



## VERTICAL JUMP

1st



72cm

**Itumeleng Masinga**  
*Western Province Rugby Academy*

TIED 2nd



71cm

**Owen Hawanga**  
*Western Province Rugby Academy*



71cm

**Jan-Daniel Cilliers**  
*Western Province Rugby Academy*

## MEDICINE BALL THROW

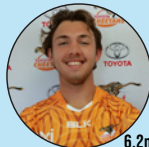
1st



6.3m

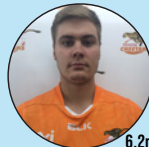
**Barend Janse van Rensburg**  
*Cheetahs Institute of Excellence*

TIED 2nd



6.2m

**James Greeff**  
*Cheetahs Institute of Excellence*



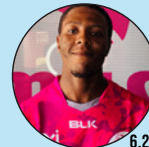
6.2m

**Ruben Osborne**  
*Cheetahs Institute of Excellence*



6.2m

**Delarey Swart**  
*Pumas Rugby Institute*



6.2m

**Paseka Kgohloane**  
*Pumas Rugby Institute*



6.2m

**Morne van Jaarsveld**  
*Pumas Rugby Institute*

## REPEATED SPRINT

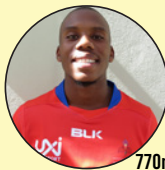
1st



775m

**Lehlohonolo Montsitsi**  
*Cheetahs Institute of Excellence*

TIED 2nd



770m

**Itumeleng Masinga**  
*Western Province Rugby Academy*



770m

**Ruben Behrens**  
*Pumas Rugby Institute*



770m

**Geronimo van der Merwe**  
*Cheetahs Institute of Excellence*

## BRONCO

1st



04:39

**Itumeleng Masinga**  
*Western Province Rugby Academy*

2nd



04:40

**Nicolas Engelbrecht**  
*Cheetahs Institute of Excellence*

3rd



04:45

**Ruben Behrens**  
*Pumas Rugby Institute*

## TERM 3 TOP ATHLETICISM

## TOP

1st



93.4%

**Ruben Behrens**  
*Pumas Rugby Institute*

2nd



85.5%

**Thato Gololo**  
*Pumas Rugby Institute*

3rd



85.1%

**Itumeleng Masinga**  
*Western Province Rugby Academy*

# Inter-Academy Tri-Nations Competition



Nothing gets the adrenaline and excitement levels flaring like Inter-Academy competition. Our student-athletes train, gym, eat and even live together; yet they haven't had the opportunity to physically square-up against each other on the rugby field, as a WPR team. For this reason, the UXi Inter-WPRA Tri-Nations Competition was created. Every year, the WPR hosts an Inter-WPRA Tri-Nations Competition, whereby all WPR student-athletes have been drafted into one of three teams: New Zealand, South Africa or Australia.

The teams played a series of round-robin matches across three rounds. Points were awarded in many ways: tries, conversions, penalties, "power play" points, and even celebrating after a try was scored! At the end of the three rounds, the team with the most points were crowned as the Inter-WPRA Tri-Nations CHAMPIONS! This was **TEAM NEW ZEALAND!**



**Team South Africa:** Aaron Arendse, Armondo Hoogbaard, Asanda Ndlovu, Botshelo Kubyadi, Brandan Botha, Breyton Africa, CJ Vermaak, Darius Andreas, Deon Joubert, Dian Basson, Franklin Arendse, Hanru Smith, Heyneke Olivier, Jayden Norman, Kurt Andrews, Lindelani Yolo, Linden Jacobs, Lulama Magusha, Mihle Qaba, Ntsika Shokane, Ridley Karolus, Ruaan Mabasa, Salizwa Mlenzana, Stephanus Andrews, Tumo Maboea, Warren Botha, Xavier De Bruyn



**Team New Zealand:** Brandyn Wilson, Breyton Rossouw, Daniel Frantz, Eddie Jali, Edmilson Fredericks, Itumeleng Masinga, Jade Hope, Jan-Daniel Cilliers, Jarrod Brown, Jayden Treu, Jaydin Sharp, Johannes Verdoes, Joshua Afrika, Luhan Louw, Luke Palos, Lutho Nkangana, Luyanda Langa, Moegamat Cassiem, Mufaro Takaidza, Nathan Spath, Owen Hawanga, Ronaldino Jonkers, Ryan Moses, Sergio van de Rheede, Tiaan Smit, Veon Solomon, Wiehan Kruger,



**Team Australia:** Athenkosi July, Ayon Adams, Chad Hare, Chadwin Brown, Daryll Hendriks, Deacon Ruiters, Devenerio Lamberts, Ethan Bester, Isakhanya Africa, JC De Leeuw, John-Will Swartz, JP Steynberg, Kian Van Vuuren, Kieran Naidoo, Kwakho Sampo, Kyle Ahrendse, Lizalise Madzidzela, Lucyno Combrink, Luke Jaars, Makhosonke Mawela, Pepijn Honing, Ruan van der Schyff, Sinalo Jantjies, Thuso Mokhele, Tinashe Gowere, Tyrese Benson, Vian Senekal, William Mohlaloga

## Results

### Round 1:

New Zealand 22 - South Africa 18  
South Africa 6 - Australia 25  
Australia 0 - New Zealand 16

### Round 2:

Australia 5 - New Zealand 0  
New Zealand 26 - South Africa 38  
South Africa 0 - Australia 6

### Round 3:

Australia 5 - New Zealand 0  
New Zealand 26 - South Africa 38  
South Africa 0 - Australia 6

**INTER-WPRA TRI-NATIONS CHAMPIONS: NEW ZEALAND**

# Inter-Academy Tri-Nations Competition





# Western Province U/21 Cup!

**C**ongratulations to our two UXi WPRA student-athletes, Dian Basson and Botshelo Kubyadi, who represented the Western Province u/21 on Saturday the 10th of September, in their SA Rugby u/21 Cup match. The DHL Western Province u/21 went head-to-head with the Toyota Cheetahs u/21 in Cape Town.

This was Dian's second cap for the WP u/21, and Botshelo's debut for the WP u/21.

Not only did the WP u/21 secure a 53-12 win over the Toyota Cheetahs, but Botshelo even scored a try on his debut!

So, how did Dian and Botshelo achieve these achievements? Neither of them received professional contracts after High School – the “traditional pathway” – so how did they do it?

### BOTSHELO KUBYADI | “I DID IT MY WAY!”

- Outside Centre/Wing
- Bergsig High School (2019)
- Total minutes on legs in 2021/2022 = 1 307

**B**otshelo played for the Leopards in the 2019 Craven Week, however after this he received no other opportunities. His parents/sponsors invested in him to join the UXi Western Province Rugby Academy in 2021 to follow his dream to become a professional rugby player.

In this High Performance individual player development program, the coaching staff worked hard with him: improving his skills, conditioning, strength, knowledge and confidence in what became an almost 2-year-journey! Today his hard work and dedication is rewarded as he has received his first cap in the blue and white jersey of the Western Province u/21 squad against the Cheetahs. Botshelo also completed a Sports Administration Certificate at the UXi Western Province Rugby Academy, whilst working on his rugby program.

### DIAN BASSON | “NEVER GIVE UP”

- Lock/Flank
- Tygerberg High School (2020)
- Total minutes on legs in 2021/2022 = 1 594

**S**ince he was an u/16, Dian Basson dreamt to make it to a Western Province provincial squad, even though he played for his school's first team, this dream never came true. However, with hard work, perseverance and an exceptional work ethic, Dian took the opportunity his parents afforded him to join the UXi Western Province Rugby Academy in 2021. He applied the knowledge and skills taught to him in this world-class program, which resulted in him playing over 14 matches for the Durbell Rugby Club 1st Team in 2022. Now, after many years of dreaming and hard work, Dian's dream has become a reality, and has now been capped for a 2nd time for Western Province u/21 squad against the Cheetahs. Dian also completed a Sports Administration Certificate at the UXi Western Province Rugby Academy, whilst working on his rugby program.



# Step aside for the **DREAM TEAM**

On the 17th of September, many of our UXi WPRA student-athletes took part in the **Stadio Champion of Champions u/20 Tournament**, hosted by Hamiltons SP RFC. Our WPRA student-athletes, who represent Tygerberg RFC and UniMil RFC, took part in this eXciting rugby tournament.

At the end of the tournament, a "Dream Team"/"Team of the Tournament" was selected. We are so proud to share that 4 of our UXi WPRA student-athletes were selected for this Dream Team:

**Deacon Ruiters**  
**Kieran Naidoo**  
**Kyle Arendse**  
**Luke Palos**

We are so proud of all our UXi WPRA student-athletes who took part in this awesome tournament - we hope you had a blast!



## GERMAN GREATNESS

Talk about an eXtraordinary achievement...WPRA 2021 student-athlete, **Dylan van der Merwe**, has earned himself a once-in-a-lifetime RUGBY OPPORTUNITY ABROAD!

Dylan will be travelling to BTHV in Bonn, Germany next month, where he joins a coaching volunteer program. This program will be primarily based on coaching and introducing rugby to players at the club, from u/8 level right through to u/16 level.

Dylan was given the opportunity in 2021 to join the UXi Western Province Rugby Academy, which he took with both hands. Dylan was mentored and developed, not only on-field, but off of the field as well. It was through Dylan's hard work, dedication and persistence that he was nominated to partake in this phenomenal coaching opportunity.

Dylan, we wish you all the best on this eXciting opportunity, as you go ABOVE and BEYOND!



# RUBBING SHOULDERS WITH THE W.P. PROS



W.P. RUGBY

This month, the Western Province Rugby Academy got the eXtraordinary opportunity to host the u/21 professional DHL Western Province Team at the Academy for the day.

The DHL Western Province Rugby Team is renowned for being one of the strongest and most beloved Rugby Union teams in South Africa. The DHL WP u/21 squad are currently competing in the **SA Rugby Under-21 Cup Tournament**, where they are currently sitting in 2nd place on the log, closely behind the Vodacom Bulls u/21.

In preparation for their 5th Under-21 Cup match, the DHL WP u/21 were eager to get a good day's worth of training in at our Stellenbosch site. The WP u/21 started their morning off with an explosive gym session at our WPRAs High Performance Gym - "*The Shed*". From here, they made their way to the Cloeteville Sports Grounds, where our WPRAs student-athletes were able to train and play alongside some of their greatest rugby icons!

It's always such a fantastic opportunity for our UXi WPRAs players to train with one of the strongest Union teams in the country. Thank you to the DHL Western Province u/21 squad for the awesome session. *WP, jou lekker ding!*



WP, JOULEKKEK Ding!

# GYM TIME AT "THE SHED"



# TRAINING SESSION: WPRA vs WP u/21



# Paint Sponsorship

A massive shoutout goes to Oranjeblanjeblou (in Stellenbosch), who sponsored 20 liters of paint to the Cloetesville Sports Ground, to assist in repainting the lines on the rugby field.

We, as the UXi Western Province Rugby Academy, train daily at these sports grounds, and were eager to help Cloetesville Sports Ground get their fields looking. Thank you to WPRA Unit Manager, Francois du Toit, who assisted with organizing this fantastic paint



## JD's Western Province Tussle with NEW ZEALAND



**T**here is no doubt that New Zealand's rugby talent and skills are one of the greatest in the world; the average South African rugby player doesn't often get the opportunity to go head-to-head with this type of rugby greatness. This however, is not the case for one of our UXi WPRA student-athlete.

**Jan-Daniel Cilliers** (WPRA 2nd Year) was selected for the Western Province u/19 squad who took on the New Zealand u/19 squad on the 19th of September in Stellenbosch. The New Zealand u/19 squad are currently on tour to South Africa, to play against various Union's age group representative teams.

For Jan-Daniel to be given the opportunity to go up against such a renowned rugby Nation is an incredible honour; as well as a massive testament to Jan-Daniel's hard work, dedication and commitment to his UXi development journey. Well done Jan-Daniel, we are so proud of you!

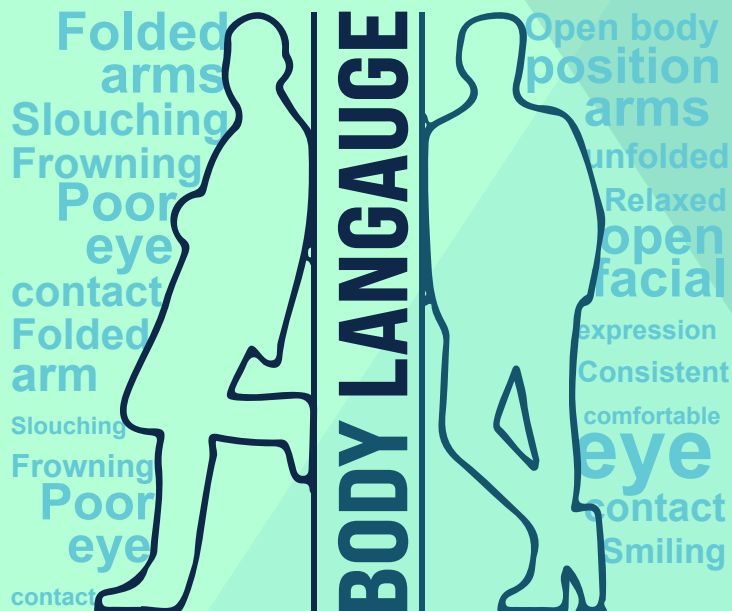




## HOW BODY LANGUAGE COULD AFFECT PERFORMANCE

Body language is a form of communication that speaks volumes about how you really think and feel. You have 20 seconds to make an impression on those around you, and the fact of the matter is that impression is not often made through what you say but through your body language. People often see you before they'll hear anything that comes out of your mouth. If in the first 20 seconds, someone sees poor or negative body language, including a facial expression, that is the impression you've set, and rarely can you change that impression.

During competition, you can use body language to your advantage. Reading competitors body language can give you a competitive advantage. Showing up to competition with positive body language can also give you a competitive advantage not only because of how others interpret it but for how it makes you feel.



### Negative versus Positive body language

#### Negative non-verbals include:

- Folded arms
- Slouching
- Frowning
- Poor eye contact

#### Positive non-verbals include:

- Open body position
- Arms unfolded
- Relaxed and open facial expression
- Consistent, comfortable eye contact
- Smiling

### SOME TIPS FOR ON THE FIELD

#### ***“Body language doesn’t talk; it screams.”***

Our body language can dictate our thoughts and our feelings. Simply put, mental toughness requires good body language.

#### ***“Fake it until you make it.”***

We’ve all been there—it is downright painful when we don’t play well. The last thing we want to do is pretend that we’re not frustrated. When you are not doing well in a game, try to show the same body language you have when you are playing well.

- Keep your head up
- Encourage others
- Clap, cheer or congratulate teammates
- Hustle
- Keep eye contact

*“Act the part and you will become the part.” — William James*

Confident athletes have a presence, and their body language shows it. When we get nervous or lack confidence, we should instantly focus on our body language. Again, the mind-body relationship exists, and positive body language will essentially tell our mind that we are confident.

## Happy Holidays

**Rest well and remember your body language is a form of communication!**

# 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

## SEPTEMBER

### RUGBY SKILLS Player of the Month

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

### ABOVE & BEYOND Player of the Month

## Cheetahs Institute of Excellence



Yolisa Ngcakani

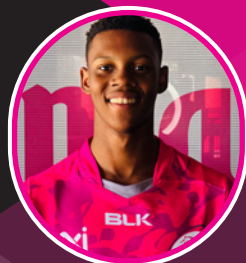


Johann Strydom



Serentius Reed

## Pumas Rugby Institute



Thato Gololo



Ettienne Bates



Ettienne Bates

## Western Province Rugby Academy



Tinashe Gowere



Itumeleng Masinga



Ayon Adams



## INTERNATIONAL SCHOOL OF RUGBY PROGRAM

in partnership with



UXi Sport and its Rugby Institutes are proud to announce its partnership with Alma Mater International School and ESCA Wanderers to formally launch the UXi Sport “International School of Rugby Program”, commencing in 2023. UXi Sport has partnered with these two renowned Schools to provide an elite structured sporting pathway for High School student-athletes.

This sporting program offers young, talented sportspeople a structured plan and pathway to balance their sporting and education programs. Alma Mater and ESCA Wanderers have partnered up with us, and together we are now able to offer student-athletes an outstanding international education with personalised full-time rugby training programs at High School level.

This Elite Sports Rugby program is a 5-year athletic development journey, starting from Grade 8, which progresses each individual player through various key physical and rugby-specific skill sets. Opportunities are then provided to players in their final year to enroll in the “Total Rugby Program”, at one of the UXi Rugby Institutes across South Africa. This program prepares a student-athlete for a Semi-Professional career in rugby and equips the athlete for a life IN and AFTER rugby.

“Inspiring and Igniting Greatness in **YOUth** *through sport!*”



# Rugby Recipes Rock!



## Sizzling Shepard's Pie

Serves: 10  
Time: 90 min

**NUTRITIONALS:** KCAL 439 | PROTEIN 24G | CARBS 37G | FAT 23G

### INGREDIENTS:

- 900g potatoes
- 1 ½ cups whole milk, heated to a simmer
- 4 Tbsp unsalted butter
- 3 Tbsp olive oil
- 3 tsp salt
- 700g ground beef mince
- 4 cups mushrooms
- 1 tsp fresh thyme leaves
- 1 medium onion, finely chopped
- 2 sticks celery, finely chopped
- 2 cloves garlic, finely chopped
- 3 Tbsp tomato paste
- 1 cup chicken/vegetable stock
- 2 medium carrots, chopped
- 2 ¾ cup frozen peas
- 1 Tbsp Worcestershire sauce

### METHOD:

1. Pre-heat oven to 180°C.
2. Cover potatoes with cold water in a large pot. Bring to a boil, reduce to a simmer and cook until tender when pierced with a fork, 20 to 25 minutes.
3. Drain and return to pot. Add warm milk and butter; mash until creamy. Season with 1½ tsps of the salt and several grinds pepper.
4. Heat 1 Tbsp of the oil in a large pot over medium-high. Add beef and cook undisturbed, until browned on bottom, for about 4 minutes.
5. Add ½ tsp of salt and continue cooking, breaking up pieces with a wooden spoon, until browned all over, for about 5 minutes. Transfer the beef to a bowl.
6. Using same pot, heat 1 Tbsp of oil over medium-high. The add mushrooms and ½ tsp salt; cook undisturbed until golden, for about 3 minutes.
7. Add thyme and continue to cook, stirring occasionally, until golden all over, about 2 minutes. Transfer to the bowl with beef.
8. Using same pot, heat the 1 Tbsp oil over medium heat; add onion, celery, and garlic; cook until golden, stirring occasionally, for 5 to 6 minutes.
9. Return meat and mushroom mixture to pot and add tomato paste; cook, stirring constantly, for about 1 minute.
10. Add stock and ½ tsp salt; simmer until slightly thickened, for 7 to 8 minutes.
11. Stir in carrots, peas, and Worcestershire; cook until peas are crisp-tender, for 3 to 4 minutes.
12. Transfer mixture to a baking dish then gently spread mashed potatoes on top.
13. Bake until filling is bubbling and top is golden in spots, for 20 minutes. Let stand 15 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!**