



NEWSLETTER

WPRA | NOVEMBER 2022



Dear Players, Parents, Guardians and Sponsors...

The last newsletter of 2022... 😞 This signifies that another year has almost come to an end, and oh my... what a year it has been! When any year comes to a close, we are filled with a level of excitement in us that only seems to creep up around this time of year. It's the undeniable buzz and excitement of DECEMBER in South Africa – the most enthralling month of the year! Not only is it a time for relaxation, recuperation, fun adventures and quality time with our nearest and dearest, but there is also an increasing excitement and anticipation for the brand-new year that lies ahead.

Just around the corner is 12 brand new months ahead, housing strong intentions to make 2023 better than ever, with new goals and new targets to hit. Before we can even start thinking about the December festivities that lie ahead, we still have a SHOWDOWN to do! The 2022 eXperience Tour kicks off in just over a week in Cape Town! This is the first time that all of the Institutes get to square up and go up against each other; no doubt that this is the UXi rugby event of the year. We are itching to get out onto the battlefield for the final dance of 2022! With this, we will be able to crown the top UXi Rugby Institute of the Year – an accolade and bragging right that we know everyone is hungry for.

We wish all of our student-athletes all the best with the eXperience Tour and Showdown matches that kick-off next week. We have no you all make your teammates, your coaches, your family, your friends and YOURSELVES proud.

Charlie Chaplin once stated that "*We think too much and feel too little*". We think too much about what could lie ahead and forget to absorb those good and bad moments that made us who we are today. These little moments are in fact the exact lessons we can

reflect on. As coined by John Maxwell, reflection turns experience into insight. Every experience, every moment we face is a lesson – some positive lessons, and some not-so-positive lessons.

So, I encourage you to take some time now to ponder the year that was. And while we can rely on social media for an algorithmic yearly wrap of everything that we were brave enough to post about, it is also important to reflect back on those moments that were not always shared publicly. In today's ever-changing world, the demand to adapt to whatever life throws our way has never been higher, and 2022 has been a year filled with adaptations and changes. Whether you experienced successes beyond your wildest dreams or became a stronger person for the hardships you endured: reflect on it all. Discover what you take away from 2022, and then use it to make 2023 even better.

I challenge you all to ask yourself the following questions:

- How did I grow in the past year?
- What was the single biggest challenge I overcame?
- Who needs to be acknowledged in my life?
- What were my most memorable, stand-out moments?
- Pick three words you would use to describe this year?
- What was the best thing I learned?
- What am I most grateful for?
- What was my single biggest time waster this year?
- Name a song that would be the soundtrack to 2022.
- Name the year. "2022 is the year of..."

As the end of 2022 and the beginning of 2023 is fast approaching, we are so grateful for every experience and opportunity that has come our way over this past year. We look ahead with enthusiasm and optimism for what the new year has in store for us. Working together with you all – student-athletes, parents, guardians and sponsors – this past year has been an absolute pleasure and we are so proud of all that each student-athletes has achieved.

From the UXi Sport family, we wish you all a blessed, relaxing and safe festive season. We can't wait to be back out on the field on the 9th of January 2023 to finish off the High Performance Rugby Program – but until then, enjoy the well-deserved time off!

~ The UXi Sport Team

From the Desk of the

UXi SPORT C.O.O.

Shine Like a **Diamond!**

We have been through the motions of anxiously watching a Springbok team delivering us two out of four international wins over the past few weeks!

What stands out for us is “**FLYING KURT-LEE ARENDSSE**” who never fails to disappoint when it comes to scoring those fast-footed tries. We watch this absolutely wonderful player that once wore a WESTERN PROVINCE RUGBY ACADEMY jersey, and we are so proud! Not only because of his exceptional achievements, but more importantly because Kurt-Lee rose to fame from a place of his belief in his DREAMS to play for the Springboks one day.

Kurt-Lee did not get his great moment from schoolboy rugby, when so many other players got awarded their junior contracts and bursaries. He decided to further his development as a player at the WPRA and worked, worked, worked and sacrificed under a lot of pressure with a program, mentors and coaches. He did not give up when things got too tough and earned a bursary at UWC by the end of 2018, which boosted his rugby career to Varsity Cup. From there the Blue Bulls offered Kurt-Lee his first senior contract, and the rest is beautiful history that we get to enjoy every time Kurt-Lee gets his hands on a ball.

It reminds me of how DIAMONDS are formed.

“Simply put, diamond formation occurs when carbon deposits deep within the earth are subject to high temperature and pressure”.

There is the magic words “high temperature” and “pressure”. These words both spell uncomfortable and difficult. Is this not what it truly means to achieve something meaningful in life? Nothing worthwhile comes easy, a lot of pressure, a lot of discomfort brings the biggest growth imaginable! But sometimes we give up too easy to get back into comfort zones, because we don’t like confronting the pain or discomfort that comes from making sacrifices and holding on when you feel like you simply can’t anymore! We get discouraged when not selected or when other’s words tell us we are “not good enough”!

Can anyone be a diamond? Most diamonds are found 90 to 125 miles below the surface. That is very deep. And in this I find the answer, it depends on how deep and far you are willing to go to endure the pressure and temperatures that will ultimately form you into that DIAMOND you were born to be.

This might not translate into every player becoming a Springbok, but DIAMONDS are also our future coaches, business leaders, fathers, and community leaders. ENDURE, HANG-IN, DON’T GIVE UP and BREAK THROUGH THE PAIN are my challenges to every player in our UXi Rugby Institute group.

DARE YOURSELF TO SHINE LIKE A DIAMOND! Because you CAN if you just keep on going!



~ Thea Miller



From the Desks of the

PROGRAMME MANAGERS



Feedback From The Month

November has been a busy month at the Western Province Rugby Academy! We are hard at work preparing for the 2022 eXperience Tour and showdowns against the Cheetahs Institute of Excellence and the Pumas Rugby Institute, but we were also busy competing for the first time in the Academy's history in a Rugby League competition! The student-athletes really enjoyed the challenge of the different game play to what they are used to. We entered two teams into the competition, and both teams were unbeaten against other opponents; the only game our red team lost was against our blue team.

We were extremely proud of the student-athletes for the positive attitude they had towards this new challenge; they sacrificed more Saturday afternoons to go play in very hot weather. Nevertheless, they threw themselves 100% into this new challenge.

During the past weeks although we were competing in the league, the student-athletes and coaches were also working hard in preparing for the 2022 eXperience Tour and Showdowns. Whether it is on-field training sessions or working through opposition footage and preparing for video sessions, the WPRA student-athletes are hard at work. We are all very excited about the upcoming Tour, the opportunity to compete, and also spend time with the other student-athletes from the UXi Sport family.

Communications pertaining to the eXperience Tour has been sent to all students, parents, guardians and sponsors via email and via WhatsApp groups. A friendly reminder that we encourage spectators for our 3 match days; however, all matches will be live streamed for those who cannot physically join.

The WPRA coaches and management staff would like to take this opportunity to wish all of our WPRA student-athletes all the very best with the eXperience Tour and showdowns!

We wish the student-athletes, parents/guardians and sponsors a very happy and special festive season. Enjoy the well-deserved break and time with loved ones. We cannot wait to see everyone back again on the 8th of Jan 2023 to finish off the Program on a high note!

~ Jason Hector & Coenraad de Villiers



Feedback From The Month

Going into November the focus at the WPRA has been Rugby League. Due to the fact that Rugby League is quite different to Rugby Union, it required a great deal of learning about the sport, because this was new to everyone, student-athletes and coaches. It is a totally different ball game which put fitness levels and physicality to the test. This test was passed flying colours – we beat all our opponents in the WP Rugby League Competition! What a way to end off our first involvement with League Rugby: 7 out of 7 matches won.

Positives to Take Away

There is a great deal of positives to report on this past month – our WPRA student-athletes have all been doing eXtremely well! On field we can see that the student-athletes have really benefitted from playing Rugby League; they look fit during training sessions and their fundamental skills have really improved. Some of our WPRA student-athletes have gone above and beyond this past month and have achieved some incredible accolades:

— **Dian Basson** is on a trial run at the SWD Eagles in George

— **Luke Palos** was awarded “Best u/20 Forward” at UniMil RFC

— **Ethan Bester** was awarded “Best u/20 Back” & “Most Points Scored u/20” at UniMil RFC

— **Edmilson Fredericks** was awarded “Best u/20 Forward” at Kuilsriver RFC

— **Kwakho Sampo** was awarded “Best u/20 Back” at Kuilsriver RFC

We are proud of their achievements!

Challenges Faced

With the initiation of Rugby League and the RL Tournament, there was a lot that the student-athletes need to learn in a short time: rules, point scoring, formations, strategies and tactics. Keeping in mind that we have played Rugby Union for the majority of this year, Rugby League was a completely different challenge to take on. Another challenge we had is that the eXperience Tour and showdowns is one week away; this means that we had to juggle our training sessions, preparing for Rugby Union and at the same time prepping for Rugby League.

What to Look Forward to

The eXperience Tour and showdowns kick off next week, and we are all excited and ready to go. We still have our 90-minute training sessions, with the focus on being on Rugby Union and player development to ensure that we tick all the boxes in order to get the student-athletes ready for the upcoming eXperience Tour. Below is a short message from our WPRA 1st Team Captain, **Kieran Naidoo**:

“The last week of preparations for the eXperience Tour & Showdowns has been nothing short of tough, energetic and informative. The cohesiveness among the team has grown significantly, the sessions have become more intense and most of the student-athletes have risen to the challenge. The excitement is almost tangible. The boys are very much looking forward to testing themselves amongst the other institutions.”

~ Warren Petersen (Head Skills Coach)

Bolla Conradie & Hendrik Louw

From the **FIELD**





From the GYM



Feedback From The Month

Leading up to the end of a successful year, we have turned our focus to the last testing sessions for this year and the highly anticipated eXperience Tour games. We are extremely proud of all of our WPRA student-athletes, who just completed (and dominated) their first ever Rugby League Competition!

Term 4 has been a great 10-week block for the student-athletes to really focus on working hard and improving their abilities and testing results. From the Strength and Conditioning department, the focus has been on fitness and power (1st years) and strength & power (2nd & 3rd years).

We have already completed our final bout of on-field fitness testing for 2022, on the 22nd and 24th of November. We are thrilled to see the great results achieved – it is a testament to how hard the student-athletes have worked. We have also just completed our in-gym testing this week. The reason for testing so early is because of the 2022 eXperience Tour that is starting next week. We needed to ensure that we avoid inaccurate testing results, due to match-induced injuries.

Something to look forward to before the end of this year, apart from the much-anticipated eXperience Tour, is our annual WPRA bodybuilding competition! There will be a variety of weight classes to ensure that everyone has a fair chance to compete. There will also be supplement prizes for each representative winner.

At the end of this term, before we close for the festive break, the student-athletes will be receiving a home gym program. This means that they still have to work hard during the holiday period in order to come back to the WPRA in January in top shape.

~ Jacquin Marthinus & Matthew Boshoff



From the

HEART



Feedback From The Month

This month saw us start our final performance series from our UXi Life Mental Mindset Program, and it has been all about the personal push to building a winning mindset. We covered topics such as desire, vision, knack, initiative and backbone as our first 5 of the 10 themes. We also relooked at our value system in identity, ownership and stewardship. As the student-athletes shift their focus to the 2022 eXperience tour and showdown, we also start shifting their focus to what they see happening in 2023.

Positives to Take Away

There was a nice push to increase the engagement with our A-Game Daily App and the student-athletes also seemed more excited about the sessions ahead. There was great engagement and interactions in our UXi Life classes, with some discussions specifically around respect and honesty.

Challenges Faced

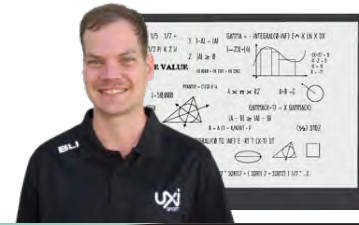
The common challenge that we have faced all year has been the attendance - it seems that it is something that has become a choice for those who don't see the mental/off-field development as important as their on-field development. It has also been that same struggle with the student-athletes not seeing the importance of a balance approach to individual growth. The student-athletes truly need to commit to all aspects of the Program in order to reap the full benefits of it.

What to Look Forward to

I think the excitement is clear as we head closer to our inter-Institute eXperience Tour and showdowns! The student-athletes are more than ready and eager to showcase their talents and skills – we have no doubt that all our student-athletes will make their team, coaches, family, friends and themselves proud. Good luck!

~ Jody Burch

DATA SCIENTIST



Wellness Awards

“At the UXi Rugby Institutes, we understand the holistic demands that a student-athlete requires, in order to perform at an optimal level. It is nearly impossible to be a High Performance athlete, if you do not live a high performance lifestyle. Our UXi National Data Scientist, Dr Steve den Hollander, meticulously tracks our players’ wellness levels through daily

wellness reports. The players need to honestly report on how they are feeling OFF of the field, to ensure that they can play optimally ON the field. Awards are based on ‘Daily Wellness Reports’, which are completed by the athletes themselves.”

PRI

WPRA

CIE



Most Consistent



Etienne Bates



Tinashe Gowere



Serentius Reed



Best Sleep



Hugo Meiring



Johannes Verdoes



Francois Booysen



Best Mood



Ulrich Helling



Johannes Verdoes



Francois Booysen



Least Stressed



Ulrich Helling



Breyton Rossouw



Francois Booysen



Least Fatigued



Ulrich Helling



Johannes Verdoes



Barend Janse van Rensburg



Most Ready To Train



Ulrich Helling



Deacon Ruiters



Barend Janse van Rensburg



“eXperience Tour Players to Watch”

“The eXperience tour is around the corner, for some of you, you may find yourself at the game watching your son represent their institute and for some you may be watching online through our live stream. Whichever way you are able to watch the game, we thought it may be useful to highlight some the standout players from each institute. In the graphics below we have reported the top performing player from each institute under 4 different categories, namely, points scored, carries per 80 min, tackle per 80 min, and breakdown arrivals per 80 min. The reason we use a per 80 minutes rating is so that we can compare players

stats from different games irrespective of how many minutes they played. For example, if Player X, played 40 minutes, we can compare his per 80 score to Player Y, who played 60 minutes. If you had to use total carries for example, it would favor players with more game time.”


There are 4 categories of players to watch:

1. **Top Point Scorers to Watch**
2. **Top Ball Carriers to Watch**
3. **Top Tacklers to Watch**
4. **Top Breakdown Players to Watch**


Top Points Scorers to watch



Rayven Adams
CIE Institute **2** Tries
12.70
 Points per 80min



Ethan Bester
WPRA Institute **0** Tries
11.20
 Points per 80min



Thato Gololo
PRI Institute **5** Tries
9.66
 Points per 80min


Top Ball Carriers to watch



Keran Valentyn
CIE Institute **81%** Effectiveness
12.70
 Carries per 80min



Johannes Verdoes
WPRA Institute **92%** Effectiveness
11.84
 Points per 80min



Samuel Klinkert
PRI Institute **63%** Effectiveness
5.59
 Points per 80min


Top Tacklers to watch



G. van der Merwe
CIE Institute **75%** Tackle Completion
14.99
 Tackles per 80min



Lutho Nkangana
WPRA Institute **75%** Tackle Completion
14.05
 Tackles per 80min




Udo Cilliers
PRI Institute **80%** Tackle Completion
8.16
 Points per 80min


Top Breakdown Players to watch



Chad Hare
WPRA Institute **90%** BD Effectiveness
19.05
 Attacking BD per 80min



JJ Fourie
CIE Institute **48%** BD Effectiveness
16.06
 Attacking BD per 80min



Jacques van Aardt
PRI Institute **87%** BD Effectiveness
8.16
 Attacking BD per 80min

It's time for the

eXperience

of the Year!

UXI-EXPERIENCE TOUR

2022

9-13th December



W.P. RUGBY
ACADEMY



TOYOTA
CHEETAHS
INSTITUTE
OF EXCELLENCE



PUMAS
INSTITUTE

SHOWDOWNS

Mark it in your calendars - it's almost time for the annual UXi eXperience Tour Cape Town 2022! Time is flying by, and in less than a week's time from now the UXi Western Province Rugby Academy (WPRA) will welcome the UXi Cheetahs Institute of Excellence (CIE) and the UXi Pumas Rugby Institute (PRI) to sunny Cape Town, where these 3 powerhouses will be going head-to-head...to-head...in an epic series of SHOWDOWNS across 3 match days.

The UXi Western Province Rugby Academy will welcome the UXi Cheetahs Institute of Excellence and the UXi Pumas Rugby Institute to the mother city: sunny Cape Town. Here, these 3 powerhouses will be going head-to-head...to-head...in an epic series of SHOWDOWNS across 3 match days.

The tour will involve a combination of matches, training and recreational activities. For many players, this will be the first time that they swim in the ocean or see the mountains - so this is certainly going to be an eXciting opportunity!

The dates are set. The accommodation is ready. The buses are revving their engines. The live stream channels are ready to roll. The pitches are mowed. The staff are eager, and the players are HUNGRY for this FANTASTIC RUGBY OPPORTUNITY! Last years' eXperience Tour was exhilarating and electrifying – we have no doubt that this year will be even better.

ORDER OF PLAY

DAY 1: 9th December	DAY 2: 11th December	DAY 3: 13th December
09h30 CIE vs WPRA 2	09h00 WPRA 1 vs WPRA 2	09h30 PRI vs WPRA 2
11h15 PRI vs WPRA 1	10h45 CIE vs PRI	11h15 CIE vs WPRA 1

All matches will be taking place at Stellenbosch High School / Hoërskool Stellenbosch

PHOTOSHOOT

All students, playing and non-playing, will be required to attend a photoshoot on Monday the 12th of December, whereby professional player photos will be taken. These photos will be used in the player CVs and reports. It is vital that all students attend their designated timeslot and wear the required attire.

Attire: Institute training jerseys, Institute black training shorts, rugby togs

Training Jerseys - WPRA: blue stripes - CIE: full orange swirl - PRI: pink splatter

09h00 – 10h00 WP Rugby Academy (Aaron A. – Joshua A.)
10h00 – 11h00 WP Rugby Academy (Kian V.V. – Xavier D.B.)
11h00 – 12h00 Cheetahs Institute of Excellence
12h00 – 13h00 Pumas Rugby Institute

We encourage supporters to attend the match days, but if you are unable to attend, all matches will be live streamed to ensure that you don't miss a single second of the action. Tour details, travel plans and packing lists have already been communicated with all students, parents, guardians and sponsors. However, if you still have any further questions or concerns, please feel free to contact us.

We look forward to welcoming you all to sunny Stellenbosch – we have no doubt that these 5 days will create lifelong memories! It is finally time for the...UXi Rugby Institutes Showdowns through the **UXi eXperience tour – Cape Town 2022!**



RUGBY LEAGUE



RUGBY LEAGUE | FAST, FUN & FIERCE!

Nothing reacts faster than a UXi athlete on the field. So, what is RUGBY LEAGUE and why are our student-athletes loving it so much? Rugby League consists of teams of 13 players - not 15 as in Rugby Union. The point scoring system and general rules also differ slightly, but the main difference is that it is much faster and involves more rapid decision-making than in Rugby Union.

Over the past few weekends, our WPRa League team have continued to dominate in the WP Rugby League tournament and have won ALL of their matches.

The results of the tournament are as followed:

- Match 1** | WPRA 50 - Villagers 18
- Match 2** | WPRA 54 - Tygers 28
- Match 3** | WPRA 42 - Wizards 20
- Match 4** | WPRA 36 - Villagers 30
- Match 5** | WPRA 28 - Tygers 16

“You never achieve success unless you like what you are doing.” - Dale Carnegie

We are so proud of what the WPRa has achieved in this tournament. They really showed that they truly LOVE rugby, and they want to eXcel in their sport. If you love what you do, believe in your dreams and work hard at your craft, you will always achieve GREATNESS.



Durbell Brilliance

When it comes to achieving greatness, our student-athletes AND our coaches aim to go above and beyond!

Jacquin Marthinus - not only is he an extraordinary coach, but he is an award-winning player too! Congratulations to Jacquin, our UXi WPR Strength & Conditioning Head Coach, on winning the "Best Backline Player" for the Durbell RFC 1st team. Jacquin, you are a brilliant role model and inspiration to all of the UXi WPR student-athletes

The Durbell RFC 1st team made it to the WPRFU Super League A finals, where they took on False Bay RFC. Come finals day, Jacquin (centre) and WPR 2nd year, **Dian Basson** (loose forward), both earned their

17th caps for the Durbell RFC 1st team! Unfortunately, Durbell RFC was not able to bring it home; finishing off the Super League A in 2nd place.

Well done to both Dian and Jacquin for their amazing performance in the Super League A finals.



Switching out RUGBY BALLS for SOCCER BALLS

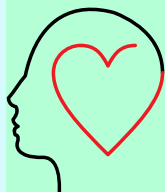


What a day! Even on their off-days, our student-athletes can't stay away from sport.

To wrap up November, our WPR student-athletes and coaches decided to put their skills to the test - but not their rugby skills...their SOCCER skills! In the spirit of the ongoing World Cup, our team ventured out to Century City to compete in a friendly inter-Institutes five-a-side soccer tournament. While we may not have been in Qatar, the competitiveness amongst the teams was definitely on the same level as what is currently being seen in the FIFA World Cup...

Even though they will still being competitive, it was great to see the student-athletes having fun and relaxing. A huge shoutout to "Fives Futbol" for having us.





Wellness *with Ali*



6 Ways Athletes Mentally Prepare For Competition

Focus is important. Without it, it will be challenging to remember what you've practiced during physical workouts. Learning to manage stress properly can help improve your mental game when it's time to compete.

1. Focus On Technique

If you become consumed thinking about winning or losing, you'll get distracted from the actions you need to perform physically. It's important to learn to ignore the factors that you don't have control over and focus on the controllables.

2. Understand How Stress Can Benefit You

Heading into competition, you may feel stressed. Recognize stress as something that can work for you or against you. A small amount of stress can help benefit your performance by energizing you and giving you a rush of adrenaline.

3. Visualize Your Performance

Many talented athletes practice visualization before a competition. They envision potential scenarios that they could potentially encounter and determine how they will respond.

4. Pick The Right Pre-Event Environment

Some people like to get pumped up by listening to loud, fast-paced music. Others feed off of encouragement from their fans. Some choose to find a quiet space and listen to calming music, or meditate. Find out which method works best for you.

5. Practice Positive Self Talk

The narrative in your head before competition should be mindful and purposeful. Set yourself up for success by talking through the event in a positive way.

6. Self Awareness

It's good to be in touch with yourself. Understand how you typically respond to certain stress triggers and create a plan for dealing with them.

In conclusion, Preparation can make all the difference when it comes time to compete.

GOOD LUCK FOR
THE SHOWDOWN!



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

NOVEMBER

RUGBY SKILLS Player of the Month

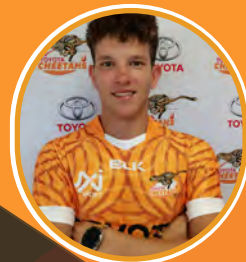
S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Barend Janse van Rensburg



Johann Strydom



Tylor May

Pumas Rugby Institute



Ruben Behrens



Samuel Klinkert



Robert Masamba

Western Province Rugby Academy



John-Will Swarts



Owen Hawanga



Ruben Verdoes



Rugby Recipes Rock!



Chocolate Peanut Butter Baked Oats

Serves: 1
Time: 20 min

NUTRITIONALS:
Per Single Serving (excluding *additional PB)

KCAL 428 | PROTEIN 37G | CARBS 37G | FAT 15G

INGREDIENTS:

- ¼ cup Oats
- 30g Chocolate Protein Powder
- 1 Tbsp Flour
- ½ tsp Baking Powder
- ½ Banana (mashed)
- 1 Egg
- 1 tsp Almond Milk
- 1 Tbsp Peanut Butter
- Small handful of dark choc chips
- *Extra Peanut Butter for topping

METHOD:

1. Preheat your oven to 180°C.
2. Start by blending the oats in a blender to form a flour.
3. To the blender, add the chocolate protein powder, plain flour, baking powder, banana, egg, almond milk and peanut butter. Blend until smooth.
**Note: you can also do this in a bowl and stir to combine.*
4. Stir through the choc chips, leaving a few to put on top.
5. Spray an **oven proof** small ramekin/bowl with spray and cook, and transfer the mixture into the dish and top with the remaining choc chips.
6. Bake for 12-15 minutes or until completely cooked through.
7. To serve, drizzle some more peanut butter on top & enjoy!

BLK 2nd & 3rd Year KIT ORDERS!

Are you going into your 2nd or 3rd year at the UXi Rugby Institutes, and want to order **ADDITIONAL** Institute 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 now via UXi Sport!

To place your order, please download the **ORDER FORM** below and follow the following process:

— Complete the **ORDER FORM** by filling in your item quantities and sizes

— Your order **TOTAL** will appear at the bottom of your order form - pay this amount to the account details on the bottom of the form

— Send your **PROOF OF PAYMENT** and **ORDER FORM** to AlastairT@sport.uxi.edu.za

— Your order is now **PLACED!**

CLICK HERE here to download the 2nd and 3rd Year BLK Kit Order Form!



HAPPY HOLIDAYS!

DURING THIS SEASON, OUR WISH FOR YOU IS:

**MAY YOUR HOME BE FILLED WITH TOGETHERNESS,
YOUR HEART BE FILLED WITH LOVE,
AND YOUR SOUL BE FILLED WITH SONG.**

**MAY YOU CELEBRATE THE BEAUTY
THAT LIES WITHIN YOU
AND SURROUNDS YOU.**

**MAY YOU SEE GREAT POSSIBILITY
THROUGH EVERY DOORWAY,
AND EVERY SMILE.**

**MAY YOUR MEMORIES SPARK THOUGHTS
OF HAPPY TIMES
AND LESSONS LEARNED.**

**MAY YOU APPRECIATE LIFE
FOR ALL THAT IT HAS GIVEN YOU
AND ALL THAT IT HAS IN STORE FOR YOUR FUTURE.**

FROM:

**UXI SPORT & WP RUGBY ACADEMY
MANAGEMENT, COACHES AND STAFF!**

