

NEW BEGINNINGS!



CIE NEWSLETTER | MARCH 2022

Dear Players, Parents, Guardians and Sponsors...

Welcome to our monthly newsletter! For some of you, this is the first time that you get to experience our colourful PDF filled with all the latest and greatest UXI news. We hope that you will enjoy reflecting on all the greatness that is inspired with us each month. It's hard to believe that we are almost at the end of our second month at the UXI Rugby Institutes! The wise say that life is lived in-between pauses – the one right after we exhale, and then before we inhale. Every ending is just another beginning; and there is no better time to “breathe” this in than every morning at the Institutes.

This is only the beginning, and that is something to celebrate – but also something to be mindful of. No matter how many quotations you read on Pinterest about the “magic of beginnings”, while yes, they are magical, the reality is that beginnings are notoriously tough. Beginnings take adjustment and can often be quite daunting or overwhelming – and that's okay. This just signifies that growth is already taking place. Beginnings are often the best time to understand what it is that you really want, and then you get the opportunity to go out and make it happen, one ‘pause’ at a time.

You as players are presented with incredible opportunities for growth, development and excellence each day. Is it easy? No. Is it possible? Absolutely – the opportunities are waiting for you to grab with both hands! However, you need to need to decide whether WANT IT bad enough; and that decision needs to be made in that ‘pause’ when you first wake up every morning. You need to continue making that decision to GO BEYOND in every ‘pause’, in every minute, every day. The biggest truth is that there is no better time than the moment you are in right now to choose the path you want to follow. We know you can do it; you just need to believe that you can. The UXI Rugby Institutes will create the best possible environment and programme for you to achieve your greatness; from there, the rest is all within you.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



As the end of March signals the 1st sign of Autumn, the Easter holidays and the first quarter break around the corner, we CELEBRATE the success of the first tough few weeks for our Players during Orientation; learning to adapt to new challenges and environments!

During our one-on-one interviews with the Players over the past month, I was so inspired by our young men's dreams for their futures to become, not only better PLAYERS, but to make a difference in the world we live in. I was greeted with bright smiles, determination, and the intense realisation that if we can harness these honest ambitions of our youth and continue to encourage and cheer them on, invest in their education and development, then South Africa has HOPE for a brighter future.

Collectively as parents, sponsors, loved ones, educators, and coaches we have a responsibility to keep our youth's flames burning with this desire to "be different", and "make a difference", as this is truly the purpose of our lives. We should never grow weary nor tired in our roles to achieve this!



The Uxi Sport Team's purpose is to INSPIRE THEM TO GREATNESS in every way and through every activity of their daily programs. With the academic calendars starting in April in the new Edu-Hubs at every Institute, we trust that their minds will be inspired to learn and grow into exciting careers, just as they are inspired to grow in their sport!

As the year starts building momentum on the sports fields, gyms and classrooms, our team is ready make them even better, stronger and fitter than they were yesterday!

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.

~ Ralph Waldo Emerson

~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

We are very excited for 2022, purely because it seems that we will be able to live, work, train and move more freely with the Covid-19 restrictions being eased and lifted. We had a good intake of new first years and a very good return of second and third years in 2022. This is a complement to the CIE coaches, staff and UXI Management whom have worked very hard to make this year as successful as possible.

Positives to Take Away

We have managed to secure a suite in the Toyota Stadium, which has an awesome view of the field – this is our new CIE Education and Student Hub. Here we will have our academic and rugby theory classes, team meetings and computer center for online studies. It still remains a huge privilege to use the same facilities as the Toyota Cheetahs, rubbing shoulders each day with the Professional players. This is something that has really kept our players excited and motivated.

Challenges Faced

Every year during the first 2 months the biggest challenge we have is for the new players to adapt to the High Performance programme, which is very busy and demanding. However, as time goes by, the players adapt quickly and make the best of every situation and challenge. We also had a lot of rain recently in Bloemfontein, and management had to react within hours to plan alternative sessions - they managed this challenge very well.

What to Look Forward to Next Month

The Toyota Academy Cup will kick off during May with three teams joining the Cheetah Institute of Excellence to determine the U/21 Club Champions of Bloemfontein. Before the players can start playing matches, we want to ensure that they are physically prepared to play matches and to prevent injuries, therefore they will work very hard during the month of April to ensure they are well prepared.

~ MJ Smith



Feedback From The Month

What a month we have had at the Institute! From starting the year with our Senior leadership camp (2nd and 3rd years), to our Orientation Day, to starting our year with a 3-week orientation week where we covered about everything what it takes to be a Cheetahs Institute of Excellence rugby player. We started in our new UXI CIE-Hub, whereby players took responsibility to make the Hub their own. They have ensured that it is clean and have created an environment that is conducive to learning. The Hub is almost finished and it's going to be a great environment for the players to learn and take their respective Academic classes.

The rugby programme started very early in our term, which is great for everybody involved as this is what we all love to do. We started off by explaining all our systems and training methods to the players; then on the field we did "train-to-train", where we explained and trained the players on how all the different drills and game plans work. I found that the clarity and explanations has helped the players in the training sessions. The programme has also been worked out to give all players enough individual attention for them to develop their knowledge and skills.

Our "Friday Vasbyt" sessions have been a big positive for the programme, as these sessions are not just to challenge the players fitness but also to build character under tough circumstances. The players have been very positive towards the programme, and the effort after term 1 has been great and needs to be congratulated.

Our players have started with club rugby in Bloemfontein in the City League. This is a great opportunity for our players to develop and grow, as well as make new friends. We will also be launching our 'Academy Cup' in the second term, where we will be playing as the Cheetahs Institute of Excellence against other teams in Bloemfontein.

Thank you to all the players for all the hard work and dedication in term 1. Thank you to all the parents, guardians, and sponsors for giving these players the opportunity to grow and develop in the sport that they love so much. Thank you to management and coaches for the hard work to make this first start to the year a great success.

~ Ian Campbell-McGeachy

From the **FIELD**





From the GYM

Feedback From The Month

February and March have been two really great months. The players have been consistent in attending gym, field and recovery sessions. Our Senior players have really welcomed in the 1st years and set good examples for them to follow. Together, all the players have established a great CIE culture. All the players are fitting in well with the programme and are adapting well. We are pleased with the players' progress thus far, and we look forward to another month of hard work and improvement.

Positives to Take Away

The players are really excited to be in Bloemfontein and are really enjoying the training sessions - which is a positive for us. The 1st years are adapting really well to the High Performance environment; their eagerness and willingness to learn was a standout this month.

Challenges Faced

As every new journey starts, it can often be a bit tough in the beginning. Many of the players haven't trained in a few months, so getting into the hectic training schedule can be quite challenging. While the first two months were physically challenging, the players pushed through and pushed themselves quite well in the end.

What to Look Forward to Next Month

The players can look forward to some exciting club rugby matches, which will start at the beginning of May. This is something that we are really looking forward to – some much-awaited game time! The intensity of training will also be picking up and the training programme will be slightly adjusted.

~ Matthew du Plessis



From the

HEART



Feedback From The Month

The start of the year could have not gone better! With a greater focus on the players' rugby development than 2021, we could immediately see that the players were focused and ready for this year. At the Cheetahs Institute of Excellence, we believe in the "Cheetah Way", where we show and teach the players the appropriate way to conduct themselves and what our expectations are in-terms of the discipline.

The players have gone through great challenges; some were fun, other not so fun. We specifically challenged them to push themselves in physical training days ("Vasbyt", as we call them), and we also challenged them in some of the games we played like our basketball day. This allows and teaches the players to communicate better and to not allow their fatigue states to translate into anger.

One major positive was the five weeks of the A-Game Daily app. This allowed our workshops to flow better because the players were educated on the topic of the week, but also were inspired by great heroes. The topics we have done so far are Ego, Ownership, Sacrifice and Perception.

We are looking forward to April and I am really excited to do another adventure with them - more of that next month!

Like always please contact me if there are any issues, and engage in your player's growth here at CIE.

~ Gerhard Olivier

2022 ORIENTATION DAY

On the 14th of February, we welcomed our new 1st years to the Cheetahs Institute of Excellence. The day was filled with a “Welcome Presentation”, Meet-and-Greet and Q&A with the coaches and staff, as well as giving the new CIE players an opportunity to all meet and get to know each other..

Our CIE players and parents were also treated to an inspirational speech from our guest of honour, Professional Cheetahs Centre, Robert Ebersohn, who know ALL about what it takes to become a Professional Rugby Player!

Our players were also lucky enough to run into the renowned, Rosco Speckman, at the Orientation Day. How amazing that this gets to be a daily occurrence for our CIE players? Not only do our players get to train in the same space as the professionals, but they even get to rub shoulders with their rugby icons! What more could you ask for?

We loved meeting and mingling with our new players, and their parents. A huge shout out to our CIE and UXI staff members for making this Orientation Day a huge success! We are so excited for the eXtraordinary year that lies ahead of us. Here’s to going ABOVE and BEYOND in 2022 with the UXI Rugby Institutes!



Senior Leadership Camp!

At the beginning of February, our 2nd and 3rd year CIE students embarked on their 3-day Leadership Camp, in preparation for the arrival of the 2022 1st years. This camp was the optimal opportunity for our Senior students to *learn* and *grow as leaders!*

The Leadership Camp was jam-packed, and filled with fun and meaning activities. From learning how the locals make their “specialized coffee”, to shooting their teammates with paint balls - our Senior Institute students were reminded of the importance of communication and team work - especially when you're getting pummeled with little, but very painful, balls of paint...

Now it wasn't all fun and games; our CIE students also learnt some valuable leadership and mentoring lessons which will help propel them in their newfound Senior roles. We hope that our 2nd and 3rd year CIE students had as much fun as we did!





U/20 SELECTION CHEETAHS

A huge congratulations goes out to Cheetahs Institute of Excellence 2021 player, **ULRICH BEKKER**, who made his Cheetahs u/20 debut against the Leopards u/20 on the 12th of March.

Congratulations on this incredible achievement, Ulrich. We are so proud of all that you have achieved in the last year with UXI Sport and the Cheetahs Institute of Excellence. We wish you all the best for your successful rugby career that lies ahead!



U/20 TRAINING INVITE FOR NICOLAS!

What a way to kick off a morning than training with the professionals?

CIE player, Nicolas Engelbrecht, had the exciting opportunity to train with the Cheetahs u/20 on the 25th of February.

To make the eXperience even more exciting, the u/20s trained against the Senior Cheetahs squad! Talk about a FIRE training session in the Toyota Stadium for Nicolas.

This is just the beginning!

UXI SUCCESS STORIES

The vision of the UXI Rugby Institutes is to provide each and every one of our players with the training, skill set and opportunities needed to pursue their professional rugby dreams. We are always so proud and excited when we see our UXI Rugby Institute students thriving in their rugby careers, especially when they're playing on the big professional stage. On the 19th of March, we got to witness just that!

CIE 2021 player, Duan Ludik, represented the Cheetahs u/20 Currie Cup Squad as they went head-to-head against the Western Province Currie Cup u/20 Squad. The two powerhouse Unions battled it out in Cape Town, where the Western Province u/20 came out victorious.

Duan also went up against his former UXI Rugby Institutes competitor, Nande Moses (WPRA 2021), who represented the Western Province u/20 Squad.



It's always amazing for us to see our UXI Rugby Institutes players excelling in their rugby careers. The Institutes **REALLY DO WORK** - helping young aspirant rugby players achieve their sporting dreams. We wish you both all the best with the remainder of the Currie Cup tournament.



MONTHLY HIGHLIGHTS

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

Orientation Amazing Race!

21 February



Assisting at the Cheetahs Senior Kicking Session

23 February



Specialist Skills Training with Brendell Brandt

3 March



MONTHLY HIGHLIGHTS

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

Slam Dunk Friday: Cheetahs Take the Basketball Court

4 March



Kicking training with Pro Cheetahs Scrumhalf, Ruan Pienaar

9 March



MONTHLY HIGHLIGHTS

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

Training with Professional Cheetahs player, Craig Barry

31 March



Defense Skills Education with Coach Brendell Brandt

31 March



Strength Testing: Thursday Gym Fire!

31 March



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



As we start our first fixtures in new formalized leagues since Covid-19 landed on our shores, we thought we would share what the analysis process looks like. Many people have a vague and unclear understanding of what it is exactly that we as analyst do, so here is what our process checklist looks like.

1 Pre-Match:

- 1) Equipment check.
 - a. Charging all camera batteries.
 - b. Charging all referee audio equipment.
- 2) Prepare match recording sheet for team manager which contains team list, substitution times and point scorers (to be completed during match).
- 3) Before Kick-Off analyst locates best vantage point for filming.
- 4) Analysts are set up 15 minutes prior to kick-off and do final video and sound checks.

2 Post-Match:

- 1) Analysts collect and pack all equipment to ensure safety of equipment.
- 2) Analysts collect the Match Recording sheet from the team manager.
- 3) Analyst leaves field as soon as possible to start his/her match coding.

3 Post-Match Analysis:

- 1) Analysts arrive back at the office and start to code all macro events for the Team code
 - a. These macro events include but are not limited to; points scored, rucks, set-piece, line breaks, gain line carries, possession, territory, etc.
- 2) After completion of the team code, Analyst codes the game again and tags all micro events in the individual code
 - a. These micro events and individual tags include but are not limited to; attack involvements (carries, passes, offloads, kicks, etc.), defense involvements (tackles made and missed, steals, turnovers, etc), ruck involvements (arrivals, effectiveness, etc.), set piece involvements (lineout throws, lineout jumps, turnovers, etc.)

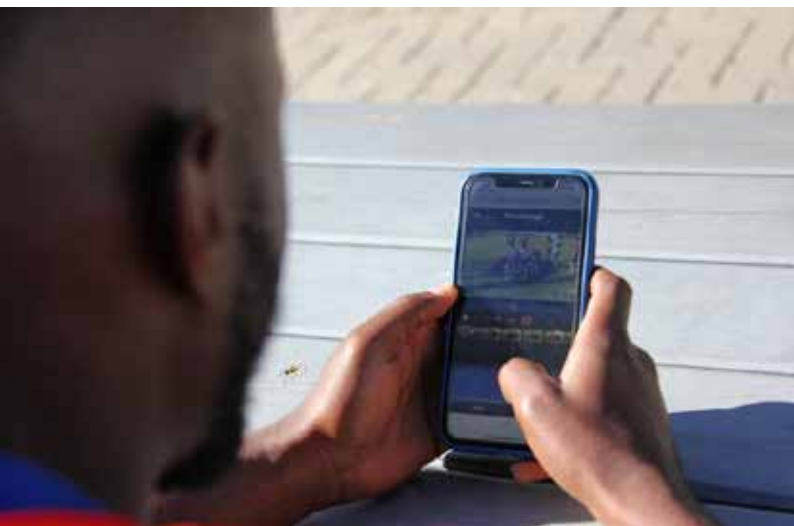
4 Post-Match Feedback:

- 1) Upon completion of codes, analyst submits coding to National Manager of Video and Game Analysis who spot checks the coding and prepares the stats sheet.
- 2) While this is being prepared analysts upload the match footage along with the coding timelines of the macro and micro events onto Coach Logic, our online sharing platform.
- 3) Analysis of statistical output and video footage allows for a comprehensive evaluation of the performance by coaches and analysts.

5 Player Feedback:

- 1) Coaches and analysts feedback stats to the players which are also made available via the App on their mobile devices.
- 2) Players and coaches at this point can start engaging online (on Coach Logic) by commenting on video clips and playlists from the game to maximize learning time.
- 3) Coaches and analysts present video session to players covering all concern areas and areas of strength to give the players more detail surrounding their performance as they prepare for their next fixture. Our feedback sessions are very efficient as the players have all seen the clips already and started discussions on the Coach Logic platform. This means that the boardroom session is simply a clarity session.

And that is what the day-to-day match day and feedback process looks like from an analyst's point of view. We hope you enjoyed this and looking forward to populating some amazing highlights videos of our athletes as we start to play some competitive fixtures.



~ Heinrich Painczyk

From the Desk of the National DATA SCIENTIST

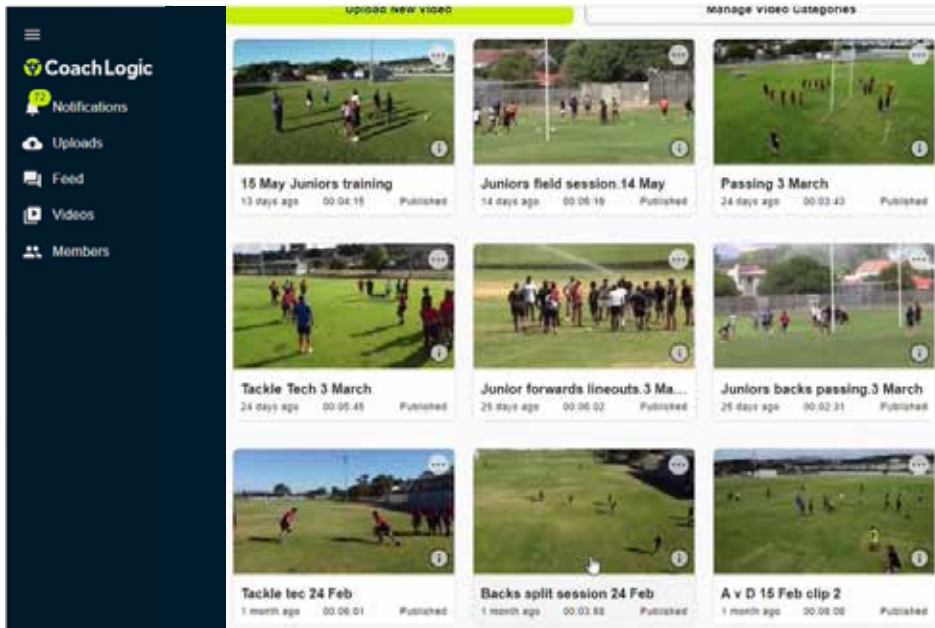


At the UXI Rugby Institutes, we believe in assessing our players development throughout the term, while we train, rather than assessing our players at the beginning and end of every term. Assessing throughout the term allows our coaches to identify strengths and weaknesses sooner, and intervene where necessary.

Our training sessions are filmed and uploaded onto **Coach Logic**, our video sharing platform. Our coaches review each player's development in training, and assess their progression through a specific training block.

This allows our coaches to identify each player's strengths and weaknesses, and highlight areas where additional individual training sessions are required. Our coaches also provide each player with an individualised **Player Development Plan**, highlighting short and long term targets, the requirements to reach those targets, and a realistic date to work towards. You can find these PDP plans in your Google Drive folder. Please speak to your program or unit manager if you are unsure how to access your Google Drive folder.

DEVELOPMENT



Coach Logic Eg.

PLAYER DEVELOPMENT PLAN

COMMENTS | [REDACTED]

[REDACTED] has been a joy to work with, his energy and enthusiasm is contagious both on and off the field. I have also noticed [REDACTED] has shown great signs of maturity in his decision-making regarding social events.

*Player
Development
Plan Eg.*

SHORT TERM TARGETS	REQUIREMENTS	TARGET DATE
Bench Press	1 extra gym session a week: focus on 5x5 Squat & bench	Weekly
Bronco	X2 90 seconds after every field session	Daily
LO Jumping	1 per week focus on triple extension and jumping	Weekly

From the Desk of the National DATA SCIENTIST



MONITORING

DAILY WELLNESS REPORT

DATE
08/03/2022
DAY
Tuesday

Attendance	Injuries	Sick	Sleep	Sleep	Mood	Stress	Fatigue	UB DOMS	LB DOMS	Readiness
82%	0%	9%	7	62%	64%	58%	21%	10%	10%	89%

Name	Position	Present	Injury Status	Health Status	Sleep (Hrs)	Sleep Quality	Mood	Stress	Fatigue	UB DOMS	LB DOMS	Ready to Train
Caleb Baartman	Center	Present	Healthy	Good	6	2	3	3	3	4	0	3
Chris Rheeder	Inside Back	Present	Healthy	Good	5	2	3	3	3	0	0	4
C-Jay Heneke	Center	Present	Healthy	Good	7	4	5	3	1	0	5	5
Curtly Peters	Hooker	Present	Healthy	Good	2	3	3	3	4	0	0	3

Every morning our players complete a wellness form. This provides us with data regarding their recovery, mood, and readiness to train. We report this information to our coaching team every day, to provide them with an overview of how each player is doing, and to provide them with the information they need to assist our players in their development.

Our players also fill in an RPE form after every session. RPE is a measure of how physically challenging a player finds a training session. Our S&C coaches carefully plan training sessions to ensure that the players train at an optimal intensity for development, without the risk of injury. The data from the RPE forms give our S&C coaches feedback that the intensity they are prescribing for a session aligns to the players experience of it.

Each week we create a report of each player's wellness, training loads, and attendance. You can find these reports in your google drive folder. Please speak to your program or unit manager if you are unsure how to access your google drive folder. Remember to fill in your forms everyday so that we can optimally monitor and manage your wellness and development.

WEEKLY WELLNESS & TRAINING REPORT

4
Day Attendance

0
Days Sick

FULL
Injury Status



Mood

300

Sleep Quality

275

Readiness

400

Stress

225

Fatigue

300

Mood

275

Training				
Institute	Field	3	7.00	270
Session	Type	# of Sessions	Average RPE	Duration
Institute	Gym	3	7.67	165
Session	Type	# of Sessions	Average RPE	Duration

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

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Geronimo van der Merwe



James Greeff



Ruben Osborne

Pumas Rugby Institute



Thato Gololo



Delarey Swart



Jason Taylor

Western Province Rugby Academy



Jarrod Brown



Brandan Botha



Kieran Naidoo

ATHLETIC ABILITIES **WITH** **ALI**



The importance of SLEEP for PERFORMANCE and RECOVERY!

Sleep is one of the most important parts of human performance, yet people often give it up for other priorities. The quality and quantity of sleep affects everything from physical and mental performance to general health and well-being. When it comes to physical performance, sleep is a major contributor to recovery and muscle regeneration. As you fall into the deeper stages of sleep, your muscles will see an increase in blood flow, which brings along oxygen and nutrients that help recover and repair muscles and regenerate cells.

Scientific research has identified multiple changes in performance for athletes who don't get enough sleep or who have broken sleep, this includes:

- Decreased jump power
- Reduction in exercise capacity
- Reductions in ability to adapt to training stimulus
- Decreased ability to build muscle and cardiovascular fitness.
- Decreased ability to develop skills
- Reductions in reaction time and decision making
- Slowed recovery from injury
- Reductions in academic performance



It is simple a lack of quality sleep reduces recovery, physical and mental performance. When you go to sleep, it's important to practice good sleep hygiene. Here are some Sleep Hygiene tips for athletes to help you get more quality sleep.

Common Components Include:

Creating an appropriate sleep environment.
Your sleeping space should be dark and cool with little to no noise.

Have a wind-down routine.
Activities such as reading, taking a shower, or meditating can help you relax and get ready for sleep.

Avoid alcohol and caffeine before bedtime.
These beverages can interrupt sleep or lead to more disturbed sleep.

Get out of bed if you can't fall asleep.
If you can't fall asleep after 20 min, go do a quiet activity in another space until you feel sleepy.

Stay away from electronics in the hours before bedtime.
This includes TVs, cell phones, and computers.

Reduce stressors.
Not only do mental stressors affect sleep quality, but they also impact performance overall.

Good, quality sleep is one of the most effective ways to recover and recharge after training and exercise. Sleeping enough and soundly will not only improve your physical performance, but it will help improve your mental and emotional performance as well.



Rugby Recipes Rock!



High Protein Lentil & Rice One-Pot

Serves: 4
Time: 55 min

NUTRITIONALS:
Per Single Serving

KCAL 379 | PROTEIN 17G | CARBS 74G | FAT 2G

INGREDIENTS:

- 1 large onion, chopped
- 1 cup brown basmati rice
- 1 cup dried lentils
- 1 cup frozen vegetables
- 4 cups water
- 1 chicken stock cube
- Spray & Cook
- 1 Tbsp garlic powder
- Salt & Pepper
- Parsley (garnishing)

METHOD:

1. Spray a large pot with spray & cook, and place it on the stove at medium heat.
2. Add the chopped onions and sauté for 2-3 minutes or until the onions are soft and begin to just turn brown.
3. Add the rice, lentils, water, frozen vegetables, stock cube and spices.
4. Increase to high heat, to bring everything to a boil
5. Once boiling, turn the heat back down to medium, cover the pot with a lid, and allow to simmer.
6. Cook for 45 minutes or until the rice and lentils are tender and the liquid has been absorbed.
7. Remove from the heat and let sit for 10 minutes before serving. Add parsley as desired.

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 CIE kit to order by going to:

“Partners” tab

“UXI Sport Academies”

“Cheetahs Institute of Excellence”

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!