



# APRIL ACHIEVEMENTS

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

Welcome to the UXI Rugby Institutes Term 2! Can you believe that we are already in May? This year is flying by. The 1st term was an incredibly successful, growth-provoking and enlightening two and a half months; we have loved getting to know all of our new 1st years better, and we are incredibly impressed at the progress we have seen thus far. In the middle of this month, we celebrated the Easter weekend. In the midst of the Easter weekend, the country watched in sadness as deadly floods ripped through the beloved province of KwaZulu-Natal. Our thoughts and prayers go out to all of our UXI RI players, parents, guardians, sponsors and staff who are personally impacted, or who has loved ones who are impacted, by the devastating floods. However, it is in moments like these that we are reminded just how much we are to be grateful for, and how we cannot take moments in life for granted.

It is so easy to get caught up in the hustle, bustle and stresses of life, that often leave us feeling like we aren't entirely "happy". We often all get stuck in the notion of thinking: "I'll be happy when..." – as if our happiness all depends on achieving something in our future. "I'll be happy when I make the u/20 squad"; "I'll be happy when I finished my qualification"; "I'll be happy when I'm rich"; "I'll be happy when I'm stronger" – and so it goes on and on and on. This is not to say it's not good to set goals for yourself – it's excellent, and you should have goals for yourself, but your happiness cannot start and end with the attainment of something in your future. As cliché as it may sound, happiness is learning to enjoy the little things in life.

It sounds very easy, yet it is very powerful. A simple shift of the mindset can create some of the happiest moments in our lives. We just have to stop looking for all the bad in life and focus instead on the small things in life. A tiny flower on the pavement. A roof over your head. A friend keeping the door open for you. Sharing a warm hug with your parents/children. Food to eat and water to drink. Sharing a laugh with your friend. Having lungs that allow you to breathe. Legs that allow you to walk. A beautiful sunset. There are many of them: moments in life that make us smile. Don't just ignore them. Take a deep breath. Inhale the moment. Smile, with a visible smile on your face from one ear to another. And all of a sudden, your walk becomes lighter, your worries become less, your day seems more relaxed, and your mind is more focused.

Because of a simple smile about a small thing in life, you create happiness. We hope we can create a smile on your face when you read this newsletter. There are so many things in life that can bring a smile onto our face. And those things do count. They will make a difference. As you go into May and a new term at the Institutes, we remind our players to collect those moments; appreciate the little things, because they make a greater difference than what meets the eye.

~ The UXI Sport Team



*From the Desk of the*

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



# RISE!

There is nothing more beautiful as the promise of a sunrise!

It's a promise of a NEW DAY - to get up and say "**CARPE DIEM**"! **SIEZE THE DAY, SIEZE THE MOMENT!**

No matter how we are discouraged by bad news reports, or circumstances beyond our control, the truth is we will never be as young, strong, healthy and able as we are at this very moment.

To wake up every day is a blessing and a call to RISE-UP and to seize every moment of living and learning as an opportunity to become better versions of ourselves - no matter our past or present. The belief that nothing is impossible. That there is life after death, light after darkness, and laughter after tears.

As contradictory as this might sound, this is the story of life, to simply know that what goes down must go up again - and to know that this is a universal truth. And as contradictory as life might be, we need to simply move forward with all our might and faith that as the promise of a new day, there is HOPE in every step we take towards the next seconds of our lives.

As we enter the 1st winter month of 2022, we trust that May will be a month of resurrection and a "RISE-UP" to chase our dreams and visions, instead of hibernation and waiting for better days.

**Make it HAPPEN - SEIZE THE DAY - CARPE DIEM!**

**"Nothing is worth more than this day."**

*"Your diet is not only what you eat. It is what you watch, what you listen to, what you read, the people you hang around...be mindful of the things you put into your body emotionally, spiritually and physically."*

*~ Thea Miller*



*From the Desk of the*

# PROGRAMME MANAGER

## Feedback From The Month

After a well-deserved time away from rugby at home, the players are back for the start of a new term with lots to be excited for. We are starting to play matches during May and June and are very excited to see the players on the field applying what they learned during the first 3 months.

## Positives to Take Away

We are so excited to share that our new gym equipment was installed, and the players now finally have their own area available to do their off-field conditioning! This has created huge excitement, across players and management. The computers for the online studies will be installed very soon in the Student Edu-Hub.

## Challenges Faced

Unfortunately, there was a flu strain running through Bloemfontein and it kept some of the players away from the program for a few days; that made training with sufficient numbers available quite challenging. Nevertheless, we were able to adapt, and the health and well-being of our players will always be at the forefront. We also had a lot of rain in Bloemfontein in the past month; this meant that management had to react within hours to plan alternative sessions and they managed this challenge very well.

## What to Look Forward to Next Month

The Toyota Cheetahs Academy Cup will kick off during May with four teams joining the Cheetah Institute to determine the U/21 Club Champions of Bloemfontein. A possible curtain raiser on the Toyota Stadium for a Cheetahs Currie Cup fixture is something to look forward to.

*~ MJ Smith*



From the **FIELD**

## Feedback From The Month

April has been a great month for us at the Cheetahs Institute of Excellence! We managed to finish all our 1st term reports with all the players, where we discussed their short term and long-term goals and put a strategy in place for them to reach their goals. We also completed all the rugby assessments for all the players and the progression throughout the term was great to see. From a Head Skills Coach, I am very happy with the players and their achievements and effort that they put in here at the Institute.

Our first term rugby skills development was called “train to train”, where we as coaches took the players through all the different drills for them to fully understand and be comfortable in rugby situations. Our Friday training session, called the “vasbyt” session, was where we intensified the session to simulate a match intensity. This was greatly accepted by the players and for that I really must thank the players for their efforts.

In the second term we will move to game ready training where we train more as a team and the different scenarios that might happen in a match. We have had a great week, and this will show how well the players accepted the training sessions as we start with our matches on Friday the 6th of May.

We have six matches scheduled over the next two months and I know all the players and management are very excited. The playing schedule will be sent through on the various platforms within the next couple of days. We will be playing as UXI Cheetahs Institute of Excellence.

Thank you to all the players for all the hard work and dedication in term 1 and in the month of April. Thank you to all the parents and sponsors for giving the players the opportunity and thank you to management and coaches for the hard work to make April a success.

*~ Ian Campbell-McGeachy*

# From the **FIELD**





# From the GYM

## Feedback From The Month

April has been a good month. The players have been consistent in attending gym, field and recovery sessions. The players are really excited to be back in Bloemfontein to start preparing for matches after the break; everyone is fitting in well with the program and adapting well. We are pleased with the players' progress. Next month will be a big month for us and we thank all parents/guardians and sponsors for their support to date.

## Positives to Take Away

The players have really looked sharp in the gym. All the players have gained strength and improved their techniques and body positions when performing an exercise. The overall general conditioning is getting better every session and the players have responded well to being pushed outside of their comfort zones.

## Challenges Faced

With winter starting in Bloemfontein, the players sometimes struggled with stiff muscles and getting used to the cold weather. Some of the players have also struggled to deal with the crisp thin air in the mornings, with some players experiencing dry throats; this means that getting warmed up took longer than usual. Some players have also had minor muscle cramps as a result.

## What to Look Forward to Next Month

Ensuring that the players recovery methods are much better by again showing and teaching them the importance of proper recovery. Now with the players understanding the deeper meaning of a rugby program, we can now start working on more individual training programs, maximizing performance.

*~ Matthew du Plessis*



*From the*

# HEART



## Feedback From The Month

Welcome back! Here at the UXI Life department, we had a great month of April! Our four themes for the past four weeks were: 'Adversity', 'Perception', 'Systems vs Goals' and 'Identity'. These four themes allowed the players to grow and expand their knowledge on what mindset is, and how to implement certain practices within their daily lives.

In our 'Identity' week we had the opportunity to go and climb Langenhoven Park Koppie; this was a great time for our players to set time out in their day to determine who they want to be and what they want to achieve for themselves. The question is posed: "Are you who you really need to be, or does the world tell you who you are?" Our players had time to grapple with this question, and then start to solidify answers for themselves, which they must carry forward into their futures.

We are extremely excited about the month of May! The players will start to play some much-anticipated Institute matches. On the UXI Life and mindset calendar, we will dive into "Emotional Drivers". We are planning two big social events in this term - more information will be communicated closer to the time.

We thank our players for another awesome month – we appreciate all the hard work and effort that you all are putting in. We know that it can be difficult at times, but it will all be worth it.

*~ Gerhard Olivier*



# JERSEY HANDOVER CEREMONY

On the 8th of April, our CIE 1st year players received their UXI CIE Jerseys and the remainder of their UXI training kit. We know that this was a very exciting moment for all of our 1st years, as we know that the players worked so hard in the first term, and their hard work was finally rewarded.

Now you may ask us, “why do the players only get their jerseys at the end of the first term? Why don’t they get them at the beginning of the year?” The answer is simple: **MOTIVATION**.

For the 1st years, Term 1 is all about orientating themselves in their new environment and really learning what it means to be a High Performance Athlete. This means that our 1st years have the first two months of the year to prove to you, as parents/guardians/sponsors, to the coaches and to themselves that they really do want this. They want it enough to **EARN** it - to **EARN** their jersey. And this is the method to our madness!

If we just gave the 1st years their jerseys straight away, it probably wouldn’t mean as much to them as it does now, purely because they know that they put in the hard work - the early mornings, late nights, sore bodies, long training sessions. We couldn’t be more proud of our CIE players who **EARNED** their UXI CIE jerseys. They earned the Cheetah emblem on their chests.

Congratulations to all our players. We wish them all many happy and successful moments in their new jerseys!

[CLICK HERE](#) to watch the Jersey Handover Ceremony on YouTube!





# PLAYER TESTIMONY

## Rowen Meyer

We are so proud of CIE 2020/2021 student, Rowen Meyer, who has gone on to achieve GREATNESS in sport and now in life! Rowen, who loves all things Sport and Fitness-related, completed his HFPA Fitness Instructor Course recently at the Institute, and is now currently working at Virgin Active as an instructor. Not only does Rowen get to make a living for himself, but he gets to do it by being in a career that he LOVES!

Here what Rowen has to say about his experience at the UXI Rugby Institutes, specifically the Cheetahs Institute of Excellence, and with his studies through HFPA:

“I would like to thank the UXI Cheetahs Institute of Excellence for the experience and chance to live out my dreams. It was one of those “once in a lifetime” things, and I am so glad that I got to experience it at the Cheetahs IOE. My biggest thanks go out to the Coaches and Staff. To Coach MJ for being our father figure and always pushing us to be better than we were. To Coach Paps for always making us better in the gym and keeping us on our toes. To Coach Allie for always making our tough training sessions a bit more bearable with his jokes and smile. To Coach G for always being there to support us as boys and turning us into men and walking the path with us. To Coach Miagi for showing me that there's more than one way to “skin a cat”. Without the UXI CIE Coaches the experience would be hollow.

Thank you so much to HFPA, UXI and the Cheetahs IOE for setting up the study courses for us. I did the Fitness Instructor Course, and I absolutely loved it.

Because of the morals and hard work that learnt at the CIE, and once completing my HFPA course, I received an offer at Virgin Active, and have already started working there as a Fitness Instructor. To the new 2022 CIE team, keep our standards to Coach MJ's level; trust the system and learn as much as you can. There is a life after rugby, and thanks to the UXI Cheetahs Institute of Excellence I am prepared for it!

- Rowen Meyer (CIE 2020/2021)



## FREE STATE RUGBY REFEREES

On the 6th April, our CIE players had the incredible opportunity to attend the Free State Referees meeting, where Daan Human hosted a scrum education session along with Jaco Peyper, who focused on the law side of scrums.

Some of CIE players even got to be involved in some of the scrum demonstrations. This was truly an incredible learning opportunity for our players. They learnt vital skills and techniques from some of rugby's top referees. A huge thank you Ben Crouse, our Bloem-based UXI Player Recruitment Consultant, for organizing this awesome opportunity for our players.



# MONTHLY HIGHLIGHTS

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

## *Friday Braai Day!*

*1 April*



## *Sunrise hike up Langenhovenpark Koppie*

*6 April*



## *UXI Rugby Institutes Zoom session with HFPA*

*8 April*



# FAREWELL COACH IAN!

We are so proud of Cheetahs Institute of Excellence Head Coach, Ian Campbell-McGeachy, who will be starting his new role as a member of Senior Rugby Management at Paul Roos Gymnasium, in Stellenbosch!

This is truly an extraordinary position at a renowned rugby and sporting school; we are so proud of this achievement of Ian's!



Ian, we will miss you terribly at the Cheetahs Institute of Excellence. You have made such an impact on the lives of the CIE players - how fortunate they are to have had you as one of their rugby coaches. The CIE players will forever be grateful for the development you have provided them, both on and off of the field.

Thank you for all that you have done for the UXI family. We wish you all the best on your new adventure!



# NEW HEAD COACH

*Simon Askew*

We are so excited to announce the newly appointed CHEETAHS INSTITUTE OF EXCELLENCE HEAD COACH...**Simon Askew!**

Simon is a passionate and enthusiastic rugby coach who has recently returned to South Africa from a very successful overseas coaching stint. While abroad, he was the head coach of the Guangzhou Rams Rugby Football Club in China. Simon has been involved in coaching Schoolboy Rugby, Club Rugby, and Junior Academy Rugby.

Simon, who was also a talent player himself, represented Rhodes University 1XV and U/21A, of which he captained both teams. He was also the 2012 Rhodes University U2A Player of the year! Simon also played Club Rugby, and represented the renowned False Bay Rugby Club (1XV & 2XV). Simon also has vast overseas playing experience, as he played for the Guangzhou Rams 1XV (China) and the Hong Kong Scottish Rugby Football club.

**Some of Simon's coaching experiences include:**

- u/15A Grey College Rugby Coach
- Kingswood College Rugby 1XV Assistant Coach
- Wynberg Boys High School u15A, u16A and 2XV Rugby Coach
- Head Rugby Coach of the Guangzhou Rams Rugby Football Club, Men's 1XV Team

# WELCOME SIMON!



# From the Desk of the National Manager of **VIDEO & GAME ANALYSIS** ~ Heinrich Painczyk



At the end of the term, our players received their 2022 Term 1 UXI High Performance Report. This detailed report depicts a player's termly performance, based on their recorded measurable on-field and gym data. Players also receive individual comments from their mentor coach, as well as from their S&C coach. Further, players also receive feedback from their progress in the UXI Life Programme, in the form of module scoring across the quarter (poor, adequate or excellent).

| Player Stats |        |
|--------------|--------|
| Age          | 18     |
| Position     | Hooker |

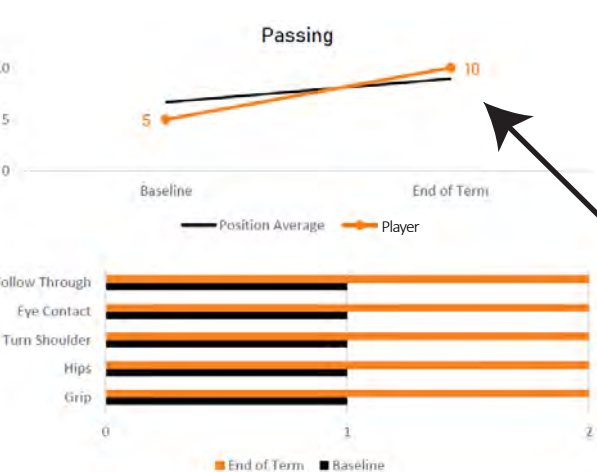
Follow This Link For an Explanatory Video of this Report  
<https://youtu.be/anFjJPDa2I>

| Attendance      | Days Attended | Total Days/Sessions | Percentage |
|-----------------|---------------|---------------------|------------|
| Days @ Training | 39            | 40                  | 98%        |
| Gym Sessions    | 30            | 34                  | 88%        |
| Field Sessions  | 33            | 33                  | 100%       |
| Days Sick       | 0             | 40                  | 0%         |
| Days Injured    | 0             | 40                  | 0%         |

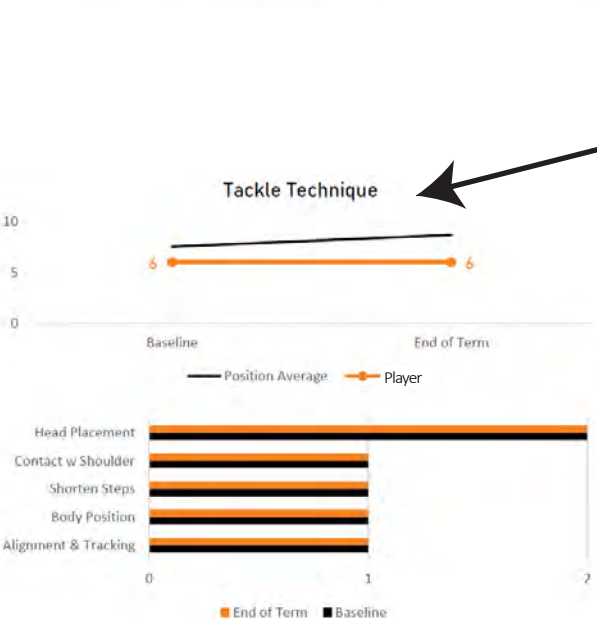


| Fitness Testing          | Baseline Result | Position Average | SA U20 Standard |
|--------------------------|-----------------|------------------|-----------------|
| <b>Body Composition</b>  |                 |                  |                 |
| Height                   | 168 cm          | 174 cm           | Not Applicable  |
| Weight                   | 86.6 kg         | 92.9 kg          | Not Applicable  |
| Body Fat %               | 21%             | 22%              | 18%             |
| <b>Strength</b>          |                 |                  |                 |
| Relative 1RM Bench Press | 0.9             | 1.0              | 1.5             |
| Relative 3RM Squat       | 1.5             | 1.4              | 2.2             |
| Pull-Ups                 | 6               | 6                | 12              |
| <b>Power</b>             |                 |                  |                 |
| Adjusted Vertical Jump   | 47 cm           | 49 cm            | 50 cm           |
| Medicine Ball            | 5.0 m           | 4.4 m            | 6.7 m           |
| <b>Endurance/Fitness</b> |                 |                  |                 |
| Repeat Sprint            | 680 m           | 622 m            | 750 m           |
| BRONCO                   | 06:38           | 06:08            | 05:30           |

The graph above is a display of the information in the table to the right. It is showing the players score (orange) relevant to the average for his position. Bronco is a test where a fixed distance is completed and timed, so a lower score is better. Repeated sprint is a fixed time, and the distance is measured so here a higher score is better. Vertical jump is a measure of lower body power, medicine ball throw is a measure of upper body power, bench press is a measure of upper body strength and squats is a measure of lower body strength. Pull ups is a measure of upper body strength endurance.



The 4 skills (Passing, Contact Prep, Tackle Technique, Carry into Contact) each have 2 graphs. Although these are the only skills we are reporting on for this term, they are not the only skills the players focused on, these skills, as per our curriculum, were the fundamental focus areas for this term.



The first graph has an orange line and a black line, each with 2 data points, the orange line shows the players score for that skill at the start of the term and end of the term. The black line shows the position average score at the start and of the term.

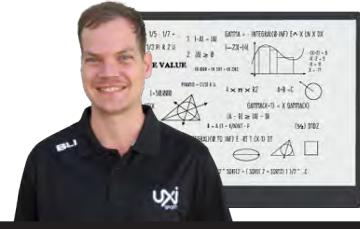
The second graph shows the coaching points for that particular and how the player scored for each coaching point at the beginning of the term (black) and end of the term (orange). In these graphs each coaching point has been evaluated out of 2.

0 = Not competent  
 1 = Somewhat competent  
 2 = Competent



# From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



## TERM 1 TOP PERFORMERS 1st Years

We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXI Top Categories: Top 3 Skills, Top 3 Athleticism and Top 3 Overall.

The **Skills Category** consists of testing in the following on-field components: handling, contact prep, tackle technique, and ball carry into contact. These results are aligned with our term 1 outcomes.

The **Athleticism Category** consists of all Strength & Conditioning physical tests that the Players completed in-gym, as well as on-field fitness. Players needed to complete all physical tests to be eligible for a Top 3 ranking.

**Overall** is a combination of both Skill and Athleticism.

### SKILLS

1st

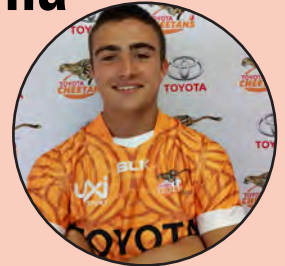


**Yanga Bangisa**  
*Outside Back*

TIED 2nd



**Caleb Baartman**  
*Center*



**JJ Fourie**  
*Loose Forward*

### ATHLETICISM

1st



**Yanga Bangisa**  
*Outside Back*

2nd



**Eduaniq Harmse**  
*Outside Back*

3rd



**Caleb Baartman**  
*Center*

### OVERALL

1st



**Yanga Bangisa**  
*Outside Back*

2nd



**Caleb Baartman**  
*Center*

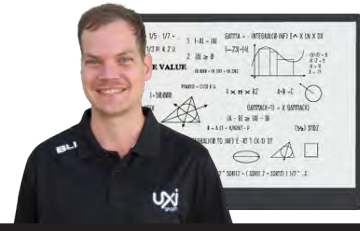
3rd



**Eduaniq Harmse**  
*Outside Back*

# From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



## TERM 1 TOP PERFORMERS Seniors

We recognize those extraordinary students, who have worked incredibly hard to land themselves in our Uxi Top Categories: Top 3 Skills, Top 3 Athleticism and Top 3 Overall.

The **Skills Category** consists of testing in the following on-field components: handling, contact prep, tackle technique, and ball carry into contact. These results are aligned with our term 1 outcomes.

The **Athleticism Category** consists of all Strength & Conditioning physical tests that the Players completed in-gym, as well as on-field fitness. Players needed to complete all physical tests to be eligible for a Top 3 ranking.

**Overall** is a combination of both Skill and Athleticism.

### SKILLS

#### TIED 1<sup>st</sup>



**Chris Rheeder**

*Inside Back*



**Geronimo van der Merwe**

*Inside Back*



**Ruben Osborne**

*Lock*



**Thapelo Moshodi**

*Hooker*

### ATHLETICISM

#### 1<sup>st</sup>



**James Greeff**

*Loose Forward*

#### 2<sup>nd</sup>



**Geronimo van der Merwe**

*Inside Back*

#### 3<sup>rd</sup>



**Ruben Osborne**

*Lock*

### OVERALL

#### 1<sup>st</sup>



**Geronimo van der Merwe**

*Inside Back*

#### 2<sup>nd</sup>



**James Greeff**

*Loose Forward*

#### 3<sup>rd</sup>



**Ruben Osborne**

*Lock*

# 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

## APRIL

### RUGBY SKILLS Player of the Month

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

### ABOVE & BEYOND Player of the Month

## Cheetahs Institute of Excellence



Rorisang Moshilewane



JJ Fourie



Yolisa Ngcakani

## Pumas Rugby Institute



Jacques van Aardt



Nathan McLaren



Udo Cilliers

## Western Province Rugby Academy



Jayden Norman



Jarrod Brown



Kieran Naidoo



# ATHLETIC ABILITIES **WEL LNE S S** WITH **ALI**

## The **Negative Effects** Of Alcohol On Training Progress Of An Athlete.

We are well aware that our student-athletes are young adults, who enjoy going out with their mates and having a few drinks. After all, you only live once hey? But they also say that you don't always need alcohol to have fun - and this is true once you realize the effect that alcohol can have on your athletic progress.

There some key elements that athletes needs to consider when consuming alcohol, and HOW these elements could hinder the progress of their athletic development and athletic performance - specifically muscle development and recovery. This can rob you of all the hard work you put in during training. With this information in mind, athletes must remember to **DRINK RESPONSIBLY**, and be mindful of the effects it will have on their training.

### **IMPAIRS MUSCLE GROWTH**

Long-term alcohol use diminishes protein synthesis, resulting in a decrease in muscle growth. Even short-term alcohol use can affect your muscles.

### **SLOW REACTION TIMES**

Alcohol can result in a slowed reaction time and decreased hand-eye coordination. Not only can this impair performance, but a slowed reaction time can increase your risk for injury.

## **ALCOHOL**



### **DEHYDRATES YOUR BODY**

As an athlete you want to perform at an optimal level at all times and to do so you would want your body to recover as fast as possible. Alcohol has been shown to slow this process because it is a powerful diuretic, which can cause dehydration and electrolyte imbalances. And when dehydrated, an athlete is at a greater risk for cramps, muscle pulls, and muscle strains.

### **PREVENTS MUSCLE RECOVERY**

Getting enough rest is essential to building bigger and stronger muscles. However, because drinking alcohol negatively affects your sleep patterns, your body is robbed of a chemical called human growth hormone (HGH) when you drink. HGH plays an integral role in building and repairing muscles! Drinking can also lead to a decrease in testosterone, which is associated with decreases in lean muscle mass and muscle recovery, which can impair performance.



# Rugby Recipes Rock!



## High Protein Spaghetti Bolognese

Serves: 6  
Time: 30 min

**NUTRITIONALS:**  
Per Single Serving

KCAL 441 | PROTEIN 34G | CARBS 29G | FAT 18G

### INGREDIENTS:

#### For Mince:

- 600g ground beef
- 1 Tbsp olive oil
- 1 onion (80 g)
- 1 large carrot (300 g)
- 1 celery stalk
- 1 clove garlic
- 1 beef stock cube
- 5 tomatoes (450 g)
- 1 Tbsp oregano
- 1 Tbsp basil
- 1 tsp pepper
- Salt to taste

#### For the pasta:

- 10 cups water
- 250g raw spaghetti
- 2 Tbsps olive oil
- 1 Tbsp cheddar per serving

### METHOD:

1. Peel the onion and cut it into small pieces; peel the carrot and cut into cubes; peel the tomatoes cut them in quarters; cut the celery into thin slices; peel and crush the garlic clove.
2. In a medium pot on HIGH heat, add the olive oil, when the oil is very hot add the crushed garlic and onion. Stir them for about 4 minutes.
3. In a bowl mix your beef stock cube with boiling water, as specifically directed by the stock instructions. Place the carrot, tomatoes, and stock mixture in a blender and blend until you have a thick consistency paste.
4. To the pot, add in your mince and celery; stir and mix the mince. Continue cooking until the meat browns.
5. Add the tomato paste and the spices (oregano, basil, and pepper); mix well.
6. Cook the mince mixture over medium heat for 10-15 minutes.
7. In a separate pot on HIGH heat, add the water and salt to taste. When the water is boiling, add the pasta and cook it until it is soft.
8. Remove the pot from the heat and strain the pasta.
9. Serve a bowl of pasta, accompanied by a serving of mince. Sprinkle with some fresh cheddar cheese on top and enjoy!

## Are you a 2nd/3rd Year Player Who is Looking To Buy ADDITIONAL **BLK** Kit?

If you wish to order additional kit for your players, on top of what they already have from previous years, you are welcome to do so online. Plus, all UXI players get a special discount on their orders!

To place your order, please follow the link below to the BLK website. You can find the 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!**