

Can You Feel The MAYgic?



Dear Players, Parents, Guardians and Sponsors...

Another month is done and dusted; can you believe it? As we sit at the end of May, we are filled with so much pride and excitement for our players. It has been an incredibly busy year so far, and it really is NOT easy to be a student-athlete. The early morning wakeups, the long hours in the gym and on the field, the focus and concentration exerted towards their studies – it is NOT easy. Keeping this difficult lifestyle in mind, what our players are achieving, both on and off the field is indescribable – some may even say MA(y)GICAL! 😊

Many people love to be busy – to truly get stuck into their craft and devote their time, effort and energy into something that makes them feel alive. For our students, this is rugby, coaching or video and game analysis. However, it is human nature to sometimes get overwhelmed and tired. This can have you questioning if this is really what you want. We can often find ourselves simply surviving from one moment to the next, all the while forgetting that the magic of life ever existed. So, how do we snap ourselves out of this rut; how do we LIVE, and not merely just exist? While there may not be a silver bullet, a special formula, or a one-size-fits all approach to creating ‘the perfect happy life’, there is always magic to be unlocked within life.

The best way to unlock the magic is to BE PRESENT – simple, yet often the trickiest thing to do. Have you ever watched a young child who is so immersed in their current activity that they have no sense of past or future? When you see something like that, it’s almost as if the light shining from their very soul as they bring all of their awareness into the present moment. Something about it seems magical. As adults, we tend to split our attention by worrying about the past or the future while completely missing the magic of the moment! Sometimes it’s as simple as pressing the pause button of your life, reconnect with the present moment, and take in the amazing experiences right in front of you. How do we reconnect to the moment, especially when it feels like the earth is moving a kilometer a second around us? Try this: pause, take a deep breathe, and reflect on your life as a whole. What makes you HAPPY? What are you GRATEFUL for? What can’t you LIVE WITHOUT? Is what you’re stressing about right now MATTER in 10 years from now? If today was your last day on earth, WHAT would you do? Once we stop and remind ourselves that life is short, and that we need to live for the present moment, magic starts to become easier to find – because magic exists in every little moment of the day.

As we move into the last month of the second term, we task you all to be present in every moment of everyday. Life is filled with difficult and demotivating times, but it is also filled with so much MAGIC – and once you unlock that magic from within, you will truly be unstoppable.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



May-Day

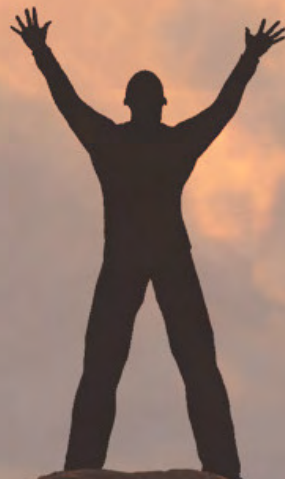
Celebrated for different reasons in history, May the 1st has announced festivities over the Northern and Southern hemispheres for different reasons.

In the Northern hemispheres it announces the first day of Spring and along with-it other celebrations known in history as Labour Day. For South Africans it truly is a wonderful public holiday and the sign that Winter has arrived. Throughout this time whether cold, rain and also hot winter days we have watched our players work hard in the program and embrace every moment of learning new skills and embracing the tough training sessions and Club competitions they have been exposed to.

May was also the first academic month with the Education hubs in full operation, and its heart warming to see our players spent dedicated time in the Education hubs, completing assignments and research activities. We were also pleased to welcome our new head skills coaches in the UXI family and the arrival of more international players eager to learn from one of the best rugby countries in the world.

One of the highlights of the year is the opening of the new UXI High performance centre in Stellenbosch that we believe will offer employment opportunities to many of our players currently studying towards their Personal Training and or Fitness Instruction qualifications in the future. Our mission is to ensure the employability and career development of every player in our UXI Rugby Institute system. There are a range of study options that suit every budget to access through the EDUCATION HUBS and we encourage you to make use of these opportunities, broaden general skills and knowledge and work towards a brighter future beyond rugby.

To early mornings on field and or the gym- we are very proud of the character shown by our players to **SHOW UP** and make the best of every opportunity in their day! You are inspiring us to **GREATNESS AND BEYOND!**



~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

We had a wonderful month of May and the players thoroughly enjoyed being able to play matches again. Although we did not win all of our games, the players had the opportunity to practice their new skills, strength and conditioning. We all know after these games what each player needs to focus on and work harder on! This is the purpose of the Institute: a place where we get **better, fitter** and **rugby smart**. Simon Askew is making a huge difference as Head Skills Coach and the players have reacted well to his style of coaching and way he goes about his on and off field coaching. The Academic programmes have also started! We are very excited about the players equipping themselves for their future, not just on the field, but off-field as well.

Positives to Take Away

The team really performed well in their last fixture against the UFS Young Guns team, which was packed with Cheetahs Union U/21 players; we narrowly lost 29-31. We are really proud of the players in how they applied themselves on-field. The Cheetahs Institute of Excellence HUB remains a great point of reference point for the CIE programme; this provides the players a safe environment in which they can work and relax.

Challenges Faced

There were a few technical issues to start with Academic programme; nevertheless, the technicians and UXI were very prompt in rectifying the problems. We also had a handful of injuries in key positions, which unfortunately hindered us to play more matches.

What to Look Forward to Next Month

We are looking to play more matches in June before the term break; also, a possible training match against the Cheetahs Union U/21 team. After consultation with the Griffons, we secured another opportunity for the players to play Provincial rugby whereby if the players are not selected for Cheetahs U/21 team, they will be eligible for Griffons U/21 side. This team will train in Bloemfontein and play as the Griffons U/21 squad.

~ MJ Smith



From the **FIELD**

Feedback From The Month

It has been a fantastic month at the UXI Cheetahs Institute of Excellence. The players and management staff have been extremely supportive and embraced my role as the new Head Skills Coach. We have seen our players taking part in the u/21 trials, where they displayed their talents and skills as they strive towards being selected to train with Cheetahs u/21 squad. Currently we have three players, Chris Rheeder, Ulrich Bekker and Thapelo Moshodi, who have joined the squad. We are exceptionally proud of these players who have continuously displayed the attributes of determination and commitment to the UXI program, this coupled with a positive mindset has provided the platform for them to progress to the next level.

On-field, we have progressed through the varying skills and techniques to ensure that the players develop confidence in the training sessions to take it onto the field during matches. The players have been engaged in daily sessions where we have discussed our systems of attack, defense and open play to ensure we have clarity in our systems. It has been beneficial for the players to use the CIE Hub to review games, discuss tactics and identify, for themselves, methods on how to improve as an individual and a player. When players have clarity and understanding, which is discussed off-field in review meetings, they can apply themselves on the field to set them up for success. It has been fantastic to see such a positive attitude from the players who are constantly seeking ways to better themselves.

Positives to Take Away

The UXI Hub is up and running and the players engage in online lessons and lectures. The facility provides the perfect space for players to come together and develop our team culture, but also to have a space to study that is allocated to them and provides them with the best possible opportunity to succeed in their academic careers. On the rugby front, the CIE has played three matches thus far, it has been an opportunity for the players to express themselves and take all their learnings from the practice sessions and put it to the test. The team is improving in each game and proudly representing the CIE. I must commend all the players who have been a part of the playing squads, they have shown determination and passion to play for one another as they continue to excel in the Academy Cup.

Challenges Faced

We have identified that the players require guidance using the professional system of analysis and training loads on the field and in the gym. We have used our UXI life sessions and allocated meeting times to develop their skills, such as game analysis review, understanding training loads and how to use the online systems effectively. Each session we educate the players on the tools and provide them with an understanding of the systems we use. It has been beneficial as the players are more engaged and using the platforms to better themselves.

What to Look Forward to Next Month

We are excited to continue developing our players' skills on the field and progress their position specific skills. The Academy Cup continues with more regular matches; we are positive that we will see continuous improvement and development of the players as they represent the CIE. Finally, we look forward to a month of excellence as the team works together towards innovating our CIE Hub and creating a space that the players can use more frequently and that's their own.

~ *Simon Askew*

From the **FIELD**





From the **GYM**

Feedback From The Month

The month of May has been a productive month for the players, specifically in terms of gaining confidence in their conditioning, and playing matches. We managed to get through some tough matches with minimal injuries; that was a huge positive for us. The players really showed their strength gains on the field, dominating physical contests. The players are really keen on taking their physical fitness to the next level and we cannot wait to help get them there.

Positives to Take Away

The players' physical strength and overall conditioning are improving greatly, and they have adapted well to the training programme presented. The players have shown a lot more interest in their overall physical wellness and are really investing into nurturing their bodies. With regards to recovery protocols, the players who sustained minor injuries have been working extremely hard on rehabilitation and getting back onto the field and getting fit again.

Challenges Faced

There were a few injuries here and there; this sometimes made the affected players despondent. With Bloemfontein getting extremely cold now, as winter has just reached us, it was sometimes difficult to get the injured players "going again"; the "return to play" process took longer than usual. We also have found that some players are still finding it tricky to understand the process of everything we are going through – some players often want the results, as quickly as possible.

What to Look Forward to Next Month

We will place strong emphasis on teaching and encouraging the players to keep looking after their bodies and keep them mentally sharp. It is also vital that the players keep warm as we head into winter, especially in Bloemfontein. Going forward, we are also going to teach the players the importance of LEARNING every day; that it is a structured process to reach their desired goals. The players can also expect some new circuit training next month.

~ *Matthew du Plessis*



From the

HEART



Feedback From The Month

What a journey May has been for everyone at CIE! With a new Head Coach providing new inspiration to our student-athletes, from the field to the classroom, the atmosphere has been electrifying! As a group we have discussed mindset themes provided by the A-Game Daily app, which included composure, grit, presence and toughness specifically.

These were really great themes to work with. The purpose of these theme additions to our UXI Life program was to allow the student-athletes to look at how they can implement these new learnt skills into their daily lives.

As some team bonding, we had a great karaoke and pizza evening on the last Friday of the month. This gave the student-athletes the opportunity to express themselves in a safe and fun space. Together, we all got to relax, let our hair down and sing some songs – yes, even the coaches!

As the last few weeks of matches and term-end approaches, we will continue to work hard to keep the student-athletes motivated to ensure that they endure up until the very last day. As always, if there is any input, feedback and/or questions about the UXI Life Program, please feel free to contact me!

~ Gerhard Olivier



VS
6 May 2022





VS

13 & 27 May 2022



UFS·UV





Welcome Stephen!

We are so excited to announce the newly appointed UXI Sport Digital Marketing Intern - Stephen Molefe!

Stephen, who has 2 qualifications in Graphics Design, comes with a wide variety of skills, talents and experiences! Not only is he a wizard when it comes to the usage of Adobe programs, but he also has a wealth of creativity, which makes him a fantastic addition to the Digital Marketing team

Stephen will be based at the Cheetahs Institute of Excellence, but will work nationally for UXI Sport and it's Rugby Institutes! Welcome to the UXI Team, Stephen!

Class is in Session!

The effort put in on the field at the CIE is matched off of the field as well. Through our various academic qualifications with HFWA, Africa Skills Village and IMM, our student-athletes are able to attain a tertiary education!

It is vital that our student-athletes learn how to balance their lives as a sporting athlete, as well as prepare them for a life IN and AFTER rugby. This places our CIE student-athletes in the BEST possible position to grow holistically as individuals.

The CIE Edu-Hub is in full swing! Our student-athletes are further investing in their future, one click at a time...





VIDEO & GAME ANALYSIS

Our video and game analysts have been hard at work over the last few months to get our data capturing systems ready to go. With matches on the move, we are thrilled to share some of the EXTRAORDINARY post-match statistics that our players will receive from our analysis department! Please note that not all statistics have been included in this preview and personal details have been blocked out for privacy reasons.

OVERVIEW

Team 1 26 - 21 Team 2
 Result: Won Date: 08 November 2021 Fixture: Academy Fixture

POSSESSION & TERRITORY

Team 1: Possession 73%, Territory 27%, Attacking minutes 36:47
 Team 2: Possession 27%, Territory 73%, Attacking minutes 13:31
 Total Ball in Play: 50:18

SUMMARY

SET PIECE
 Lineout Success: 51% (47% target)
 Lineout Turnovers: 1
 Scrum Success: 60% (85% target)
 Scrum Turnovers: 4
 Kick Off Recollect: 40% (0% target)
 Kick Off Receipt: 33% (33% target)

BREAKDOWNS
 Ruck Success: 96% (95% target)
 Ruck Speed (All): 2.71 (2.71 target)
 Ruck Speed (B,C): 2.40 (2.40 target)
 Ruck Turnovers: 2

ATTACK AND DEFENSE
 Gainline Success: 69% (70% target)
 Defense Breaks: 2
 22 Entry Success: 0% (0% target)
 Turnovers: 12 (12 target)

INFRINGEMENTS
 Penalties/FreeKicks: 22 (13 target)

TEAM SHEET

STARTING LINEUP	Mins	Tries	Conv	Pen
1	0			
2	80			
3	60			
4	58			
5	75			
6	45			
7	80			
8	0			
9	63			
10	80			2
11	80	1		
12	80	1		
13	43			
14	80			
15	55			

RESERVES	Mins	Tries	Conv	Pen
16	0			
17	22			
18	35			
19	22			
20	17			
21	22			
22	25			
23	0			
24	0			
25	0			
26	0			
27	0			

TEAM SPECIFIC STATS

ATTACK

ATTACK OVERVIEW

Carries: 91% (66)
 Passes: 68% (81)
 Offloads: 64% (11)
 Gainline: 69% (26)
 Territorial Kicks: 50% (6)
 Handling Errors: 2
 Attacking Kicks: 33% (3)

ATTACK STYLE

POD off 9: 91%
 POD off 9 Back Door: 9%
 Pod off 10: 0%
 Backline: 0%
 Switch: 0%

ATTACKING BREAKS

Total: 2
 Line Breaks: 100% (2)
 Outside Breaks: 0% (0)
 Kick Breaks: 0% (0)
 Counts: 2, 100%, 2, 0, 0, 0
 Percentage Into Points: 0%, 0%, 0%, 0%

22m ATTACKING ENTRIES AND ORIGINS

Entry Method and Points	Total Count+points	Carry Count+points	Attacking Kick Count+points	Penalty Kick Count+points	Turnover Count+points	Pressure Count+points
0	0	0	0	0	0	0

Entry Origins	Zone A	Zone B	Zone C	Zone D
0	0%	0%	0%	0%

TOP 5 EFFECTIVE ATTACKING PLAYERS

	DOMINANT CARRIES	EFFECTIVE OFFLOADS	TACKLE BREAKS
1	11	1	3
2	8	2	2
3	5	3	2
4	5	4	1
5	4	5	1

DEFENSE

DEFENSE OVERVIEW

Tackle Completion: 76% (143)
 Tackle Dominance: 10% (11)
 Gainline: 70% (30)
 General Play Kick Receipts: 100% (2)
 Tackle Miss Low Threat: 6% (2)
 Tackles Missed: 34
 Tackle Miss High Threat: 94% (32)

DEFENSE BREAKS

Total: 2
 Line Breaks: 100% (2)
 Outside Breaks: 0% (0)
 Kick Breaks: 0% (0)
 Counts: 2, 100%, 2, 0, 0, 0
 Percentage Into Points: 0%, 50%, 0%, 0%

Total breaks in Zone: 1 (A), 0 (B), 0 (C), 1 (D)
 % of breaks resulting in points: 0% (A), 0% (B), 0% (C), 100% (D)

22m DEFENSIVE ENTRIES AND ORIGINS

Entry Method and Points	Total Count+points	Carry Count+points	Attacking Kick Count+points	Penalty Kick Count+points	Turnover Count+points	Pressure Count+points
0	0	0	0	0	0	0

Entry Origins	Zone A	Zone B	Zone C	Zone D
0	0%	0%	0%	0%

TOP 5 EFFECTIVE DEFENSIVE PLAYERS

	DOMINANT TACKLES	TACKLE COMPLETION	HIGHEST TACKLES MISSED
1	3	100%	6
2	2	100%	4
3	1	88%	3
4	1	88%	3
5	1	85%	2

BREAKDOWN & INFRINGEMENTS

Cheetahs RI vs WPRA

BREAKDOWN OVERVIEW

Total Breakdown: 50 (96% Retention, 3 Turnovers)
 Total Breakdown: 64 (95% Retention, 2 Turnovers)

BREAKDOWN BY ZONE

RETENTION	100%	96%	100%	91%	RETENTION
SPEED	2,67	2,46	1,88	101,91	SPEED

RETENTION	100%	100%	95%	90%	RETENTION
SPEED	3,29	2,67	2,14	2,76	SPEED

TOP 5 EFFECTIVE PLAYERS AT BREAKDOWN

	ATTACKING RUCK ARRIVAL	DEFENSIVE RUCK ARRIVAL	POACH ATTEMPTS
1	12	1	4
2	9	2	4
3	8	3	3
4	7	4	2
5	7	5	2

INFRINGEMENTS & LOCATIONS

Match Totals: LINEOUT (2, 9%, 6, 31%, 4), SCRUM (2, 9%, 3, 8%, 1), RUCK (4, 18%, 6, 15%, 2), TACKLE (1, 5%, 2, 8%, 1), GEN PLAY (13, 59%, 18, 38%, 5), TOTAL (22, 35, 13, TOTAL)

INFRINGEMENTS BY ZONE

PERCENTAGE	18%	32%	36%	14%	PERCENTAGE
COUNT	4	7	8	3	COUNT

PERCENTAGE	8%	31%	38%	23%	PERCENTAGE
COUNT	1	4	5	3	COUNT



VIDEO & GAME ANALYSIS

Attack

OVERVIEW		ATTACK												
No. Player Name	Mins Played	Ball Touches	Carries	Carry Dom. %	Carry /min	Passes	Pass Effect. %	Offload	Offload Effect. %	Handling Error	Tackle Breaks	Breaks per Carry	Defense Breaks	Pos. Losses
1	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
2	80	4	1	100%	0,01	3	100%	1	100%	0	0	0%	0	0
3	60	2	2	100%	0,03	0	0%	0	0%	1	0	0%	1	0
4	58	5	5	100%	0,09	0	0%	0	0%	2	0	0%	0	0
5	75	4	3	100%	0,04	1	100%	2	100%	3	1	33%	0	0
6	45	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
7	80	6	4	75%	0,05	2	50%	0	0%	4	0	0%	0	0
8	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
9	63	36	2	100%	0,03	34	65%	0	0%	3	0	0%	0	0
10	80	35	12	92%	0,15	23	83%	3	33%	1	3	25%	0	0
11	80	6	2	100%	0,03	4	25%	0	0%	1	0	0%	0	0
12	80	11	9	89%	0,11	2	100%	1	100%	2	2	22%	1	0
13	43	2	1	100%	0,02	1	0%	0	0%	0	0	0%	0	0
14	80	3	3	100%	0,04	0	0%	1	100%	0	1	33%	0	0
15	55	10	6	83%	0,11	4	25%	0	0%	0	1	17%	0	0
16	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
17	22	4	4	100%	0,18	0	0%	1	100%	0	0	0%	0	0
18	35	4	4	75%	0,11	0	0%	0	0%	0	0	0%	0	0
19	22	4	4	100%	0,18	0	0%	0	0%	0	2	50%	0	0
20	17	7	0	0%	0,00	7	71%	0	0%	0	0	0%	0	0
21	22	2	2	100%	0,09	0	0%	1	0%	0	1	50%	0	0
22	25	2	2	50%	0,08	0	0%	1	0%	0	0	0%	0	0
23	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0

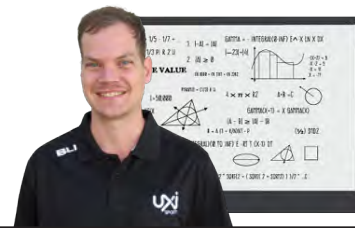
Defense & Kicking

OVERVIEW		DEFENSE							KICKING					
No. Player Name	Mins Played	Total Tackles	Tackle Dom. %	Tackles /min	Total Tackle Missed	Tackle Missed Break %	Tackle Comp. %	Turnovers	Gen. Play KR	Gen. Play KR Comp. %	Territorial Kicks	Territorial Kicks Compl. %	Attacking Kicks	Attacking Kicks Compl. %
1	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
2	80	7	14%	0,09	1	100%	88%	0	0	0%	0	0%	0	0%
3	60	3	33%	0,05	1	100%	75%	0	0	0%	0	0%	0	0%
4	58	5	0%	0,09	2	100%	71%	0	0	0%	0	0%	0	0%
5	75	11	0%	0,15	2	100%	85%	0	0	0%	0	0%	0	0%
6	45	6	17%	0,13	2	100%	75%	0	0	0%	0	0%	0	0%
7	80	9	0%	0,11	3	100%	75%	0	0	0%	0	0%	0	0%
8	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
9	63	3	33%	0,05	0	0%	100%	0	1	100%	0	0%	0	0%
10	80	12	25%	0,15	6	83%	67%	0	0	0%	5	60%	1	0%
11	80	7	14%	0,09	1	100%	88%	0	1	100%	0	0%	0	0%
12	80	12	0%	0,15	4	100%	75%	0	0	0%	0	0%	1	0%
13	43	4	0%	0,09	1	100%	80%	0	0	0%	0	0%	0	0%
14	80	7	0%	0,09	2	100%	78%	0	0	0%	0	0%	0	0%
15	55	0	0%	0,00	1	100%	0%	0	0	0%	0	0%	0	0%
16	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
17	22	4	50%	0,18	1	100%	80%	0	0	0%	0	0%	0	0%
18	35	5	0%	0,14	2	100%	71%	0	0	0%	0	0%	0	0%
19	22	3	0%	0,14	1	100%	75%	0	0	0%	0	0%	0	0%
20	17	5	0%	0,29	1	100%	83%	0	0	0%	0	0%	1	100%
21	22	3	33%	0,14	3	67%	50%	0	0	0%	1	0%	0	0%
22	25	3	0%	0,12	0	0%	100%	0	0	0%	0	0%	0	0%
23	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%

Breakdowns

OVERVIEW		Breakdowns										Breakdown Technique				
No. Player Name	Mins Played	Total BD Arrivals	Att. BD Arrival	Att. BD Effect. %	Attack Arrival /min	Att. Arrive Poor	Def. BD Arrival	Def. BD Effect. %	Def. Arrival /min	Def. Arrive Poor	Tot Poach Att	Poach Attempt Effect. %	Total Cleans	Clean Effect. %	Total Bridges	Bridge Effect. %
1	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
2	80	12	12	100%	0,15	0	0	0%	0,00	0	2	0%	10	100%	2	100%
3	60	8	7	100%	0,13	0	1	100%	0,02	0	4	25%	6	100%	2	100%
4	58	7	6	100%	0,12	0	1	100%	0,02	0	0	0%	3	100%	4	100%
5	75	8	8	88%	0,11	1	0	0%	0,00	0	1	100%	4	100%	3	100%
6	45	8	8	100%	0,18	0	0	0%	0,00	0	0	0%	5	100%	3	100%
7	80	11	9	100%	0,14	0	2	0%	0,03	0	2	50%	8	75%	3	100%
8	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
9	63	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
10	80	1	1	0%	0,01	0	0	0%	0,00	0	1	100%	1	0%	0	0%
11	80	6	6	67%	0,08	0	0	0%	0,00	0	0	0%	5	80%	1	0%
12	80	7	6	100%	0,09	0	1	0%	0,01	0	4	0%	4	75%	3	100%
13	43	1	1	100%	0,02	0	0	0%	0,00	0	0	0%	0	0%	1	100%
14	80	0	0	0%	0,00	0	0	0%	0,00	0	1	0%	0	0%	0	0%
15	55	1	1	100%	0,02	0	0	0%	0,00	0	0	0%	1	100%	0	0%
16	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
17	22	2	2	100%	0,09	0	0	0%	0,00	0	3	0%	2	100%	0	0%
18	35	1	1	100%	0,03	0	0	0%	0,00	0	1	0%	1	100%	0	0%
19	22	1	0	0%	0,05	0	1	0%	0,05	0	1	0%	1	0%	0	0%
20	17	0	0	0%	0,00	0	0	0%	0,00	0	1	0%	0	0%	0	0%
21	22	3	3	67%	0,14	1	0	0%	0,00	0	1	0%	2	100%	0	0%
22	25	1	1	100%	0,04	0	0	0%	0,00	0	0	0%	1	100%	0	0%
23	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%

INDIVIDUAL STATS



SLEEP EIGHT, FEEL GREAT

Every morning our players fill in a wellness form. The form asks them questions about their sleep, mood, readiness to train, stress and fatigue. This gives us an overview of how every player is doing, so that our coaches have the information they need to assist our players in their development. Since the start of the year, we've collected over 9500 forms! We analysed the data, and this is what we found:



Players who sleep 7-9 hours per night were in a better mood and were more ready to train than players who sleep 6-7 hours per night, and those who sleep less than 6 hours per night. Players in the 7-9 hours per sleep group were also less stressed and had lower levels of fatigue, compared to those in both the 6-7 hours of sleep group and the less than 6 hours of sleep group. Which just goes to show, those who sleep 8 feel great!

To track your sleep each week, remember to complete your morning update form everyday and view your weekly wellness report on the Google Drive.

WELCOME TO THE

CHEETAHS DEN

A very warm Cheetahs welcome to our two new Institute players:

Barend Janse van Rensburg

and

Godric Vries

Transferred from the WPRA

We are so eXcited to have these two student-athletes with us at Toyota Stadium! We hope that you both feel right at home here at the Institute - the Cheetahs spirit is now a part of you.



CHEETAHS PROMOTION!



Congratulations to Cheetahs Institute of Excellence former eXperience Manager , Gerhard Olivier, who has been appointed in the following Institute Position:

C.I.E. Programme Manager

We are so proud of you, Coach G! You truly deserve this role, and we are so excited to see the greatness you achieve in this new position.

MONTHLY HIGHLIGHTS

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

Rainy Friday Training Session

20 May



Extra Training Session in our new CIE Gym

24 May



2022 CIE Open Day

28 May



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

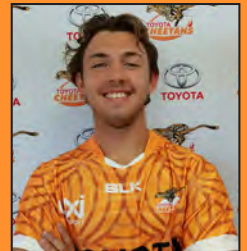
Cheetahs Institute of Excellence



Nichloas Engelbrecht



Devan Andreas



James Greeff

Pumas Rugby Institute



Udo Cilliers



Thato Gololo



Loyiso Mkhaliphi

Western Province Rugby Academy



Owen Hawanga



Sinalo Jantjies



Taahir Sumsodien

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

Good Study Habits For A Student-Athlete

Firstly, you might be wondering why this article is headed as “Student Athlete” and not “Athlete Student”. Well, yes you are in a High Performance Athletic program that has an amazing study component that complements being an athlete but you are not just an academic student, you are a student of the game that you all so dear live for. Often the pressure of being a student-athlete makes academics a true challenge. The importance of balance in the lives of student-athletes is undeniable, but it is easier said than achieved.

Do you often find yourself struggling to be motivated to complete certain academic responsibilities and sometimes procrastination kicks in as you need to complete these responsibilities. Well here are four study habits that could definitely find the balance you need and are looking for:

Find Balance

The ability to hit the sweet spot between being a well-rounded student and sports person will help both in academic terms and the athletic side of things too. Planning is important, student-athletes need to make sure important dates like tests and assignments are in their calendar. This will help them prepare better and be able to organise studying around their practice and fixtures.

Stay Fit

Staying fit has a profoundly positive impact on mental health. It also relieves stress, improves memory, helps you sleep better, and can help protect against injury. As a student-athlete you will have team training and practice, its essential to make sure you are well fuelled and not training tired to get the best out of your performance.

Manage Stress

Participating in sports and staying on top of studies - not to mention having a social life - can be stressful. This adds pressure and stress that comes as a result that is managed inefficiently and can lead to all different kinds of health issues. These can be avoided by consuming a well-balanced diet, minimizing caffeine intake, practicing meditation, learning not to bottle feelings and emotions up, and getting the recommended daily amount of sleep as well as managing your time in the day correctly.

Hydration & Diet

When students are learning and busy being physically active, they can forget the important things that will help them with both learning and training, this is staying hydrated. Remaining hydrated is crucial for the human body, if it's to function at an optimum level on and off the field. Maintaining a balance diet with the right amount of Carbohydrates, Proteins and Fats also is key in keeping the body functioning optimally.

As a Student-Athlete you continuously craving progression in all areas of being an athlete and by implementing these four habits, that progression can hopefully come at a steady pace across academics and sport.



Rugby Recipes Rock!



Chicken Pesto Pasta

Serves: 4
Time: 30 min

NUTRITIONALS:
Per Single Serving

KCAL 526 | PROTEIN 38G | CARBS 59G | FAT 18G

INGREDIENTS:

- 1 Tbsp olive oil
- 450g boneless skinless chicken breasts
- 1 & 1/2 tsp minced garlic
- 3/4 tsp Italian seasoning
- 350g bow tie pasta
- 1 cup basil pesto
- 1 cup cherry tomatoes halved
- 1/4 cup finely grated parmesan cheese
- 1 Tbsp chopped fresh parsley OR basil
- Salt and pepper to taste

METHOD:

1. Bring a large pot of water to a boil and add salt to taste. Cook the pasta according to package directions.
2. Heat the olive oil in a large pan over medium high heat.
3. Cut the chicken breasts into bite sized pieces.
4. Place the chicken in the pan and season with salt and pepper to taste.
5. Cook for 3-4 minutes per side or until golden brown and cooked through.
6. Add the garlic and Italian seasoning and cook for 1 minute.
7. Drain the pasta and pour it into the pan with the chicken.
8. Add the pesto and toss to coat evenly.
9. Add the cherry tomatoes and gently fold them into the pasta.
10. Sprinkle with parmesan cheese and parsley.
11. Serve 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!