

# June is already over?

# JU-LYing!



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

Today marks EXACTLY halfway through 2022. Today is the 182nd day of the year; we now have exactly 183 more days ahead of us before we pop the champagne bottles and chant “Happy New Year” all over again. Some of us may already be forward thinking to next year, and what we expect 2023 to be. Or some of us may be reflecting on the 182 days that have just passed us by and evaluating if what we expected this year to have been accurate or not.

Charles Kettering coined the phrase “High achievement always takes place in the framework of high expectation” – quite simply stating that in order to achieve great things, you need to have great expectations. Now, we all know that it is not as linear as that. One cannot just mentally set a high expectation for themselves and then sit around on the couch until greatness happens. Greatness requires ACTION, with your highest expectation of yourself as the target. If we had to come up with a mathematical equation for greatness, we think it would be this:

***Greatness = (high expectations + high levels of action/effort) – self-doubt***

In order to be great, you need to image the greatest version of yourself, or the greatest version of what you want to achieve – that is your target, your dangling carrot. In order to be great, you need to use your target, that dangling carrot, to motivate you each day. You need to relentlessly visualize your success, so vividly that it creates certainty in your mind that YOU CAN DO IT. This daily reassurance and certainty need overpower those little voices that say, “maybe you can’t do it” – these little voices that try to push that dangling carrot further and further away from your reach. Those little voices of self-doubt; don’t listen to them – delete them the same way you delete those “CONGRATULATIONS, YOUR CELLPHONE NUMBER JUST WON A MILLION RAND” text messages. They aren’t real, so don’t let them derail you.

We often underestimate ourselves and our abilities; and it’s important to remember that you get what you expect. This means that expectations are everything! If you shoot for the moon, and fall a little short, you’ll still end up among the stars. On the contrary, some people set the bar so low that they trip over it, and never achieve higher than what they can. The fact is, “I can’t” and “I won’t” trigger the same results. The power of YOUR achievement lies in YOUR hands. The first step to being great is to find that dangling carrot – your highest expectation of yourself – and believe that it is possible. When you believe that something is possible and you set your sights firmly on the prize, you’ve taken the first big step in making it a reality. When every part of you believes that the outcome will be positive, something magical within you happens, and your actions and efforts towards the outcome is amplified. Great accomplishments begin with great expectations.

With 183 more days ahead of us in 2022, what are YOUR expectations? Dangle the carrot higher, remove the self-doubt, and let’s make them happen!

~ The UXI Sport Team



*From the Desk of the*

# UXI SPORT C.O.O.



# UNMASKING JUNE!



June 2022 will most definitely be remembered for so many historic reasons. We celebrated Youth day and we were finally “unmasked” in South Africa!

The FREEDOM to breathe and return to normality was seen in a jam-packed rugby stadium during the Pumas vs Griquas Currie Cup clash. What an amazing event to witness two smaller Unions battle it out in 80 minutes of spectacular rugby. Players and coaches equally passionate to make history! We heard the stories of previously unsung heroes on the Griquas field, who kept on going - even after decisions were made to hang up their boots.

We watched an emotional Coach Jimmy Stonehouse lifting the Currie Cup for the first time in Pumas history. A brave-heart coach with the heart to change the lives of many young men. What a fantastic honour to be a part of this journey at the Pumas Rugby Institute, where UXI Sport is so much a member of this incredible TEAM!

And who will ever forget the DHL Stormers URC win that has Cape Town smiling again (mask-free); a match that closely resembled a WORLD CUP moment for Coach Dobo and his team?

It is fair to say that South African rugby, after a difficult two years, have tributed over the Pandemic! Thousands of future-hungry and talented schoolboys have travelled to various destinations for the infamous Craven Week, Academy Week and Bokkie Week this month after 2 years of sport lockdown. There is no doubt that RUGBY IS ALIVE and KICKING again!

In a month where the focus is on the **YOUTH** of South Africa, we are reminded once again that **SPORT HAS THE POWER TO UNITE A NATION** - it is truly a language that the Youth understands.

- Nelson Mandela, 1995.

***IT INSPIRES AND IGNITES ENDLESS POSSIBILITIES!***

*~ Thea Miller*



*From the Desk of the*

# PROGRAMME MANAGER

## Feedback From The Term

In order to define “motivation”, we have to establish what the drive is for the individual. To do this, we look to an internal or external drive, that prompts one to take action!

The second term of 2022 has been an exceptional time for our players at the Cheetahs Institute of Excellence. We have implemented all necessary means to help our student-athletes identify their internal and external drives, as well as how to act upon them.

### **Let's start with External Drive:**

The term has been filled with some much-needed “live rugby” that saw us play 5 matches, which included two Varsity Young Gun teams (these two teams play in the renowned Varsity Cup competition). For some of our players, these matches were the first matches they have played in over three years. The opportunities for growth in these match situations were unmeasurable. We are extremely happy with the growth we have seen in the players’ physical ability on the field, as well as their ability off of the field.

The physical loads that have been moved in the gym are increasing day by day. The players’ program is meticulously tracked and adjusted by the coaching staff, as needed, to get the most out of the players, whether they are in the gym or on the field. Our external environment has been fairly cold here in Bloemfontein; for this reason, we have changed our weekly program to slightly later in the day once it has warmed up a bit. This was done to help our student-athletes get the most of their sessions, especially when it comes to the on-field sessions.

### **Internal Drive:**

With the help of our eXperience Manager and the Daily Mindset App, we are slowly but surely growing the student-athletes to become an all-rounded individuals, who not only conducts themselves as High





*From the Desk of the*

# PROGRAMME MANAGER

Performance Athletes, but also as good people. At the CIE, it is our firm belief that “Good People, make Good Rugby Players”, and we constantly want to drive this home. With the end of the term here, and the start of term three a few weeks away, we trust that all student-athletes are ready for a good rest at home. We have no doubt that they will be refreshed on their return to the Institute. We have had Coach Simon Askew come onboard as the new Head Skills Coach, and he has already made an immense impact on our program. Simon brings a great deal of clarity to our student-athletes, which allows them to better express themselves as players and young men, and to ultimately develop their skills on and off of the field.

### **Motivation:**

As an overview, one can say that term two can be ticked off as a success, with most student-athletes buying in to their own journey of development. A student-athlete’s motivation is not always consistent, but our program here in Bloemfontein strives to be of such a standard that we can help facilitate each student-athlete to reach their greatest potential.

We would like to thank you for your emotional and financial support, and for trusting our team to help your student-athletes become great rugby athletes and even better men!

Blessings to all.

*~ Gerhard Olivier*



# From the **FIELD**

## Feedback From Term 2

June has been another fantastic month at the Cheetahs Institute of Excellence. The student-athletes have been committed, determined, and refining their skills to perform on-field.

Throughout the term the student-athletes have excelled in all aspects of the UXI program, embracing every opportunity to develop as an athlete and as a student of the game. The highlight of this month was the match we were able to play against CUT on a Wednesday night, under lights. The student-athletes thrived and truly believed in our game plan; it was fantastic to see the smiles on their faces after the game. Even though the result wasn't in our favour, I was truly proud of the performance and commitment shown from every player. Our student-athletes continue to show continuous progression in their skills development and ability; as a coach, I couldn't ask for more.

## Positives to Take Away

Term 2 and this past month was eXtraordinary! Not only did our student-athletes did get an opportunity to put their skills to the test in a game-situation, but they also took part in multiple challenges, in the gym and on the field. They began to understand the importance of teamwork and communication. Three of our student-athletes were asked to join the Cheetahs Senior Team for a training session before their semi-final Currie Cup match. This was an eye opening and unbelievable experience that the student-athletes had and will cherish forever. We also took the squad for a team building CrossFit session whereby they were divided into groups and raced to beat the CIE management staff; it was an awesome way to build team comradery and spirit. Furthermore, the CIE student-athletes have constantly created a positive environment on the field, which is conducive to refining their rugby skills and understanding.

## Challenges Faced

At the UXI Cheetahs Institute of Excellence, we visualize challenges as opportunities for growth.

With this mindset we can reflect and improve, as individuals and as a team. On-field we were challenged with student-athletes returning to sessions after prolonged injuries and sickness during the winter; however, we were able to manage the athletes and have them return fit and healthy.

Towards the end of the term, it is always challenging to ensure that the student-athletes remain motivated and focused. The coaches did an exceptional job in ensuring the student-athletes remained engaged throughout the final week and made sure that we all ended the term on a high.

## What to Look Forward to in Term 3

We are excited to welcome back our student-athletes in July for the start of the 3rd Term. The student-athletes will have a busy month ahead of them as they take part in the u/19 Free State trials; they will also be representing the UXI Cheetahs Institute of Excellence in more matches, and they will also be starting with their World Rugby online courses. We have an exciting Term ahead and can't wait to see the student-athletes after their holiday break.

~ *Simon Askew*









# From the GYM

## Feedback From Term 2

The past Term has been commendable, and we are extremely satisfied with the manner in which the student-athletes are handling the intensity of strength and conditioning program. The student-athletes are starting to get used to the routine of gym, practice, recovery and then still attending class – it really is a jam-packed day, and naturally the student-athletes took some time to adapt to their day's demands. The student-athletes are reaching their goals they have set for themselves which has boosted their confidence significantly.

## Positives to Take Away

The student-athletes have really benefited from the extra gym sessions that have been offered. It has helped to boost their confidence levels and have further helped reduce their risk of injury. Many student-athletes have mentioned how good they feel because of how fit they are, especially those who have taken on the extra gym sessions in their spare time. The student-athletes have really carried this empowered attitude over into their matches, and they are reaping the rewards thereof. A few of our student-athletes had the privilege of training with the Cheetahs Senior Currie Cup team, which was a truly a once-in-a-lifetime opportunity.

## Challenges Faced

With the chilly weather in Bloemfontein, which reached  $-4^{\circ}$  on some days, was extremely difficult; the student-athletes sometimes had difficulty adjusting to that. We quickly identified this problem and therefore slightly adjusted our schedule times, allowing the student-athletes to train a bit later in the day once it had warmed up a bit. After this adjustment, the student-athletes were right back on track. We also had a few minor injuries after matches that were played, and the chilly weather meant that some players took slightly longer to recover than normal.

## What to Look Forward to Next Term

In Term 3, we get to look forward to some exciting new facilities being built into the gym, with additional High Performance equipment – this will certainly assist us in elevating our training. All of us here at the UXI CIE are also looking forward to some additional rugby matches to come! The student-athletes will also get to experience some new sight of Bloemfontein, as we check out what various other Bloem fitness facilities have to offer. This is also going to allow our student-athletes to learn more about fitness, and what kind of training they enjoy the most.

~ Matthew du Plessis



From the **GYM**







From the

# HEART



## Feedback From Term 2

This month, we ended off with the “Emotional Drives” series on the Team App Daily app; this series explored vital life skill themes such as “Flexibility” and “Optimism”. These two mindset traits are some of the most important abilities a young athlete can invest in. We have seen how players over the course of the year have struggled to adapt to various situation changes and have struggled to cope when the real world gets thrown at them. Inspirational people that the student-athletes could learn from was identified. One of such people was Siya Kolisi, and how he portrayed himself at the coin toss at the Rugby World Cup final; we also identified Faf de Klerk, and how he uses optimism to reach his full potential.

The emotional load the student-athletes often get placed under is a great start for them to learn how to regulate their mind and emotions when “the going gets tough”. It was rather tough for many of the student-athletes to stay focussed towards the end of the term; the student-athletes had to be reminded to still to work hard and develop themselves with every opportunity that comes their way.

My wife always says she needs to “fill her buckets”; this is exactly what the student-athletes need to do during the break. We encourage them to do the things that allows them to recharge, get perspective and make sure that their “emotional buckets” are full and ready to take on the next term head.

As always, please feel to contact me if you have any questions about the program or your student-athlete.

~ *Gerhard Olivier*



# Chris, The CUT Club Champion!



A huge congratulations goes out to CIE player, Chris Rheeder, who recently won the "Free State Club competition" with his club, CUT (Central University of Technology, Free State)!


Chris, who is CUT's flyhalf, had his work cut out for him in this Finals Match! Up against the Shimlas, CUT was down 12-19 at halftime. However, CUT showed some serious guts in the second half, and came out victorious, 22-19. Three 2022 CIE players were also a part of the winning CUT squad: Kobus du Plessis, Niel Venter and Janco Pretorius. We are so proud of you all; continue to fly to Cheetahs Institute of Excellence flag high!



## Inner Fight Fitness

### Crossfit Competition!

Our CIE student-athletes and Coaches put their strength to the test, and went head-to-head in a CrossFit Competition on the 23rd of June!

CrossFit, which is also a form of high intensity interval training, is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing etc. 

A huge thank you to **Inner Fight Fitness** for hosting us for this awesome session - we loved it!

Who do you think won?  
The coaches or the student-athletes?

Hint: the winners rhymes with "roaches"



# **Cheetahs for the Day**

On the 23rd of June, our Institute players were joined by a few prospective CIE students, who got a taste of what it was like to be a Cheetahs Institute student-athlete for the day.

We welcomed the following prospective CIE students to our campus:

***Dian du Pisani***  
***Alex du Pisani***  
***Connor Venter***  
***Neo Kemeng***

Dian, Alex, Connor and Neo joined in on our CIE gym competition and training session; we think it's safe to say that they saw what it's like to be a professional athlete in the making.

Thank you Dian, Alex, Connor and Neo for joining us for a "Day in the Life of a Cheetahs Institute of Excellence student-athlete". We hope to see you all back at the Institute very soon!







**VS**

9 June 2022



Central University of  
Technology, Free State

Won by CUT: 35-27





# MONTHLY HIGHLIGHTS

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

## Information Evening for Prospective 2023 Students

11 June



## Assisting the Toyota Cheetahs at their Captain's Run ahead of the Currie Cup Semi's

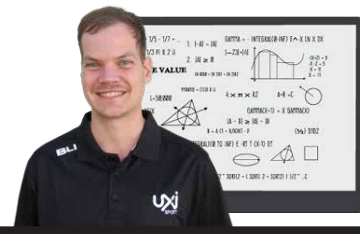
17 June





# From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



## TERM 2 MOST IMPROVED

Our student-athletes have been hard at work, and the improvements from Term 1 to Term 2 have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXI **Top 3 Most Improved** Categories, across all UXI Rugby Institutes. We also recognize the player who was most improved for the specific category at the Cheetahs Institute of Excellence. The percentage (%) shown indicates the percentage of improvement from Term 1 to Term 2.

Our UXI **Most Improved** Categories are:

1. Greatest Amount Body Fat % Lost
2. Strength Levels
3. Power Levels
4. Fitness Levels
5. Overall Improvements across all categories

Check out our Term 2 **Most Improved** Winners!

### BODY FAT % LOST

1<sup>st</sup>



9.1%

**Godric Vries**

*Cheetahs Institute of Excellence*

2<sup>nd</sup>

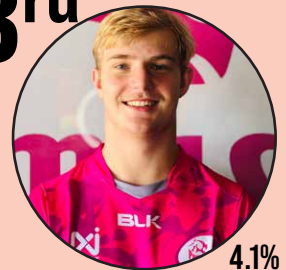


4.2%

**Robert Everson**

*Pumas Rugby Institute*

3<sup>rd</sup>



4.1%

**Samuel Klinkert**

*Pumas Rugby Institute*

*Most Improved at the Cheetahs Institute of Excellence: Godric Vries (9.1%)*

### STRENGTH

1<sup>st</sup>



33%

**Jaundre Le Roux**

*Cheetahs Institute of Excellence*

2<sup>nd</sup>



29%

**John-Will Swartz**

*Western Province Rugby Academy*

3<sup>rd</sup>



26%

**Linden Jacobs**

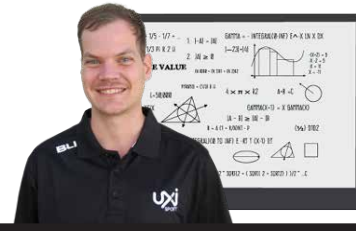
*Western Province Rugby Academy*

*Most Improved at the Cheetahs Institute of Excellence: Jaundre Le Roux (33%)*



# From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



## POWER

1<sup>st</sup>



30%

**Robert Everson**  
*Pumas Rugby Institute*

2<sup>nd</sup>



22%

**Wihan Venter**  
*Pumas Rugby Institute*

3<sup>rd</sup>



17%

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

*Most Improved at the Cheetahs Institute of Excellence: Nicolas Engelbrecht (17%)*

## FITNESS

1<sup>st</sup>



32%

**Jacques van Aardt**  
*Pumas Rugby Institute*

2<sup>nd</sup>



30%

**Ulrich Helling**  
*Pumas Rugby Institute*

3<sup>rd</sup>



29%

**Kurt Andrews**  
*Western Province Rugby Academy*

*Most Improved at the Cheetahs Institute of Excellence: Lematre Esau (28%)*

## OVERALL

1<sup>st</sup>



20%

**Wihan Venter**  
*Pumas Rugby Institute*

2<sup>nd</sup>



17%

**Curtly Peters**  
*Cheetahs Institute of Excellence*

3<sup>rd</sup>



15%

**Ulrich Helling**  
*Pumas Rugby Institute*

*Most Improved at the Cheetahs Institute of Excellence: Curtly Peters (17%)*

A massive CONGRATULATIONS goes out to all of our UXI Rugby Institutes student-athletes! You have all done eXtremely well this term and we are so proud of each and every one of you. Remember, it's not about being the best; it's about being better than you were yesterday.





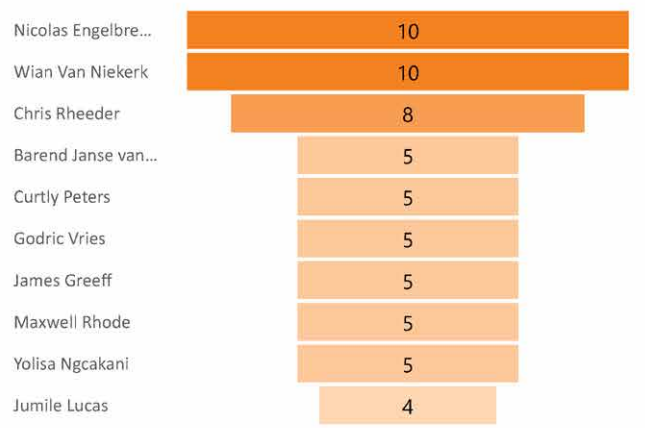
# VIDEO & GAME ANALYSIS

Games are now back in full swing - yay! We are now beginning to breakout of the grasp of COVID-19 and get back the freedom to play and enjoy the game we love once again. We are halfway through the club rugby season, and we'd love to provide you all with some insight into the current game-play statistics and performance leaders. Here we look at the Top 10 Performers, across different categories, at our respective UXI Rugby Institutes. The categories include: Points Scored (total points), Ball Carriers (count of carries), Tacklers (count of tackles) and Breakdowns (count of attacking and defence breakdown arrivals).



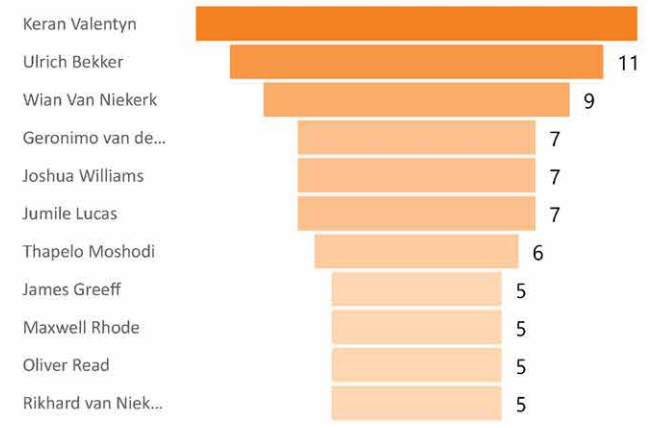
## TOP 10 POINT SCORERS

Nicolas Engelbrecht	CIE
Player	Institute
10	2
Points	Tries



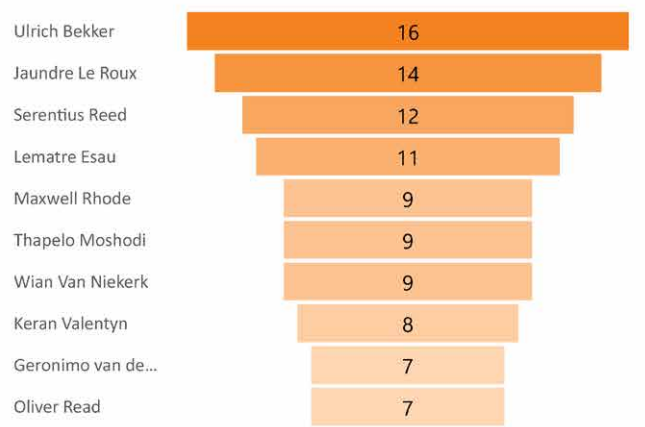
## TOP 10 BALL CARRIERS

Keran Valentyn	CIE
Player	Institute
13	77%
Total Carries	Effectiveness



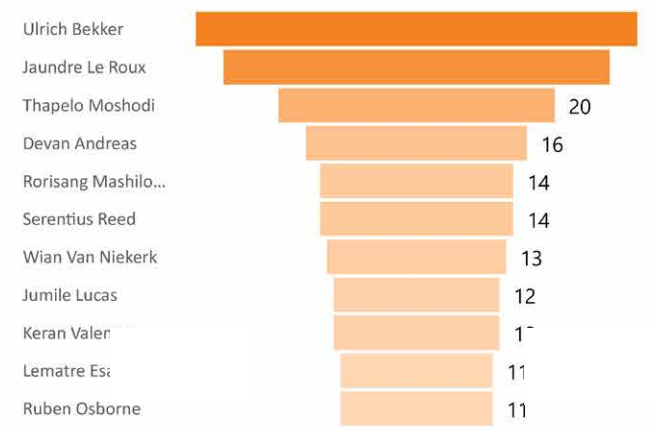
## TOP 10 TACKLERS

Ulrich Bekker	CIE
Player	Institute
16	80%
Total Tackles	Tackle Completion



## TOP 10 BREAKDOWN ARRIVALS

Ulrich Bekker	CIE
Player	Institute
32	82%
Total BD Arrivals	BD Effectiveness





# 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

## JUNE

### 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



Geronimo van der Merwe



Godric Vries

## Pumas Rugby Institute



Thato Gololo



Jean Robinson



Ettienne Bates

## Western Province Rugby Academy



Thuso Mokhele



Brandyn Wilson



Dian Basson



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

## 7 Tips to Help You Stay On-Track This Holiday!

There are so many things going on during the Term holidays that can easily derail our progress; and the last thing we want to do is stress about your home gym session or staying on a High Performance eating plan. We want to enjoy and have fun! But that doesn't mean we can't find a balance.

Here are 7 guidelines we follow to help us stay on track during the Term holidays:

### #1 – PLAN!

Around this time of year, we know there will be parties and holiday jobs. But sometimes, regardless of the fact that we KNOW these things are coming up, we don't PLAN for how to handle them. Map out the upcoming events. Plan and meal prep so you have healthy meals to eat between parties and events. Plan out workouts and even ways to move more throughout the day. PLAN and prepare yourself so you can keep yourself on track. Because saying you want to stay on track isn't enough. You just need to be CONSISTENT.

### #2 – STRIKE A BALANCE

Coming up with a plan of action can help you stay on track and help you balance eating well with indulging. Staying on track this holiday season doesn't mean perfection – it doesn't mean eating only chicken and broccoli or doing hour-long workouts every day. It doesn't mean avoiding parties and forcing yourself to hit the gym. It just means you have to strike a balance. A great way to plan and strike a balance is to write out a schedule ahead of time. Map out the events you want to indulge in and create a meal plan to keep you on track and give you guidance between the events.

### #3 – LEARN HOW TO SAY “NO”

It is hard to say “No” sometimes to treats and parties, even when you know that it's not beneficial to your development. It is often easier to give into peer pressure. But if you want to stay on track, you need to learn how to say “No.” It is good to have goals! Wanting to eat well and workout isn't something you should need to apologize for. By learning it is ok to say, “No” you can find a balance between indulging and still working toward your goals. You can also learn how to not feel guilty about saying, “Yes” to other treats. You can find a balance. And balance leads to consistency. And consistency leads to accomplishing your goals.

### #4 – DON'T DEPRIVE YOURSELF

So even though you have to learn how to say, “No” and not indulge in every treat that comes your way, you also can't completely deprive yourself. Learning to say, “No” also means learning it is ok to sometimes say, “Yes.” You have to strike a balance because balance leads to consistency and consistency leads to your goals. If you don't find a balance between indulging and being dedicated, you will probably end up feeling deprived, which will lead to binging. So, if you find a way to balance indulging with staying on track, you will accomplish your goals.

### #5 – MEAL PREP & KEEP IT SIMPLE

When we are unprepared and hungry, we are way more likely to make bad decisions and be tempted by unhealthy treats. When we are stressed and busy during the day and come home late after the gym, the last thing we want to do is have to cook. That is why meal prep is so important. Planning out your meals ahead of time and even prepping the food ahead of time can reduce your stress during the week and make it way easier to eat well. You'll have healthy meals quickly and easily available, so you won't be so easily tempted by bad food or unhealthy treats. Don't give yourself room to fall off. Be prepared. PLAN and PREP - and keep it simple!

### #6 – CUT YOURSELF SOME SLACK

Consistency is key. Balance is necessary. But perfection...perfection isn't important. Sometimes slip ups and unplanned for events, especially around this time of year with all of the temptations and parties, can happen and the worst thing you can do is beat yourself up over them or let them lead to binges and guilt and giving up on your goals. Actually, whether it is the holiday season or any other time of year, the best thing you can learn to do is cut yourself some slack when life happens. It is best to just enjoy and accept those unplanned for event. Enjoy them and appreciate them and use them to help keep you on track the rest of the time.

### #7 – SET SMALL GOALS

No matter what time of year it is, but especially during the holidays or any time you are busy, it is good to make sure you have some small, simple daily and weekly goals to hit. This helps make your long-term goals seem more manageable and gives you things to focus on every day so that you don't become overwhelmed with achieving your goals. And the simpler you can make these daily and weekly goals, the better off you will be and the easier it will be to stay on track. Small changes add up to big results so use your daily goals as a way to help instill healthy habits. No matter what your goals are though or whether or not you share them with friends, you need to set small goals to help keep you on track during the holidays!

STAY. ON. TRACK.







# Rugby Recipes Rock!



## Veggie Egg Cups

Serves: 2  
Time: 30 min

**NUTRITIONALS:**  
Per Single Serving (6 Egg Cups)

**KCAL 431 | PROTEIN 38G | CARBS 16G | FAT 21G**

### INGREDIENTS:

- 5 whole eggs
- 5 egg whites
- 250g mushrooms
- 250g chopped spinach
- 60g mature cheddar cheese
- 1 chopped onion
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1/2 tsp paprika
- 30g mayonnaise (for dipping)

### METHOD:

1. Pre-heat oven to 180 degrees.
2. On a hot stove, fry the onions, mushrooms and spinach; adding the seasonings.
3. Crack 5 whole eggs into a mixing bowl. Separate 5 egg whites and add to the bowl.
4. Once cooked, add the vegetables to the cracked eggs.
5. Add the cheddar cheese and mix well.
6. Spray a muffin tray well with "spray & cook".
7. Pour the mixture into the muffin tin, filling each cup evenly.
8. Bake for 20 minutes.
9. Once baked, remove the egg cups from the tin and allow to cool. Eat and enjoy (tip: dip in mayonnaise - you won't regret it!)
10. Once cooled, store the other portion (6 egg cups) in a sealed container in the fridge.

## 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!**