

You Can't **DENY** The Greatness of **JULY!**



CIE NEWSLETTER | JULY 2022

Dear Players, Parents, Guardians and Sponsors...

“Rise to the Occasion or fall to the status quo” – JJ Wilx

It's been an exhilarating three weeks back at the UXI Rugby Institutes. After a much-needed term break, the student-athletes returned back to the program in FULL FORCE. In the past three weeks, we have seen how our student-athletes have knuckled down, focused on their goals, and have risen to the occasion in the moments where it counted the most. From Union team selections to mid-year exams, we are eXtremely proud of how the UXI Rugby Institute student-athletes of 2022 have risen to the occasions that they are faced with.

Wilx stated that one must rise to the occasion presented to them, or they will have to settle with not meeting their expectations of themselves. This means that one needs to leave their comfort zone to MEET THE MOMENT and OPPORTUNITY in front of them. We know this is easier said than done. Staying in your comfort zone is effortless. You don't have to think, you don't have to learn, and you know exactly what to expect - you can almost live on auto-pilot. However, as the age-old saying goes, “a comfort zone is a beautiful place, but nothing ever grows there.”

It is a fact that you experience the most personal growth in life when you are faced with the unknown, have to tackle new challenges, and are confronted by adversity. Every time you face adversity, you grow stronger. Every time you fail, you gain humility. Every time you lose, you become more resilient. Every day that you sacrifice, you build strength. Every time that you overcome a challenge, you build determination. Every milestone that you cross builds confidence. Regardless of the fact that we know that all of these things are true, it doesn't make these experiences any easier to face.

Sacrifice today to win tomorrow; compare the short-term sacrifices to the long-term benefits. Each day, ask yourself if you are willing to sacrifice today to ensure a better tomorrow? Are you going to rather play it safe and take the path of least resistance, or are you going to rise to the occasion and embrace new horizons?

The ball is in YOUR hands – time to play.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



All Stars are Born in the Dark and all Darkness Dies in the Light

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

~ Edith Wharton

July 2022 will most certainly be remembered for endless load shedding and much time spent in darkness! But it is in times of darkness that we also witness every shining light that becomes a silver lining at the end. And while we all struggle to beat the realities of power outages and its effects on our daily lives it's also in these difficult moments, we start to appreciate the little but also the most valuable things in our lives!

“As it is often in the darkest skies that we see the brightest stars”

This month we celebrate and salute the unsung HEROES called mothers, grandmothers, sisters, wives, friends and girlfriends, the beautiful souls and faces behind ALL our player students, coaches, management and staff at UXI SPORT. Those shining lights we often take for granted but without whom the darkest moments in our lives would be intolerable. Someone once said that there is a WOMAN behind every successful MAN, keeping in mind success is not only measured in our earthly possessions, but in the kindness and gentleness in our hearts, the fighting spirit to survive and aspire to greatness, the WILL to get up when life pushes you down, the acts of bravery, beautiful manners and doing the BEST you can with what has been given to you!

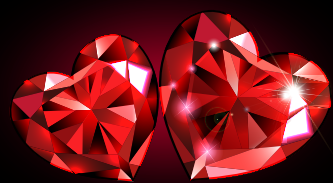
I reflect on the month of July and the wonderful moments witnessed in the engagements with our players, coaches and staff, the success stories, the photos of tough training sessions and matches, and the sense of PRIDE is overwhelming. I have witnessed two former Western Province Rugby Academy players capped as Springboks and a number of 1st year players selected for the U/21 Currie Cup teams, staff members working relentlessly and passionately to achieve goals. I have seen the IMPOSSIBLE becoming the POSSIBLE and dreams materialising.
How grateful I am to see all this LIGHT around me!

We often forget that our abilities to achieve greatness, complete tasks, and receive opportunities are all possible because of those who gave birth, raised us and supports us to do the impossible.

This month I pay tribute to our WOMEN we all consider part of the UXI Sport family, who makes it possible for us to see the greatness we are witnessing at our Institutes and beyond, the WOMEN who are the light bearers in times of trouble who rise up to CREATE, NUTURE AND TRANSFORM!

“She truly is worth far more than rubies”

~ Thea Miller





From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

Welcome to Term 3! The student-athletes had a good and well-deserved rest during their two-week break, which allowed us to have a quick start to the new Quarter in Bloemfontein. With so many opportunities in Term 3, we are confident that the student-athletes are being given the best chance to express themselves on the rugby pitch and see where they can improve – this will be the theme for the third term.

We have over 15 student-athletes who will be included in various provincial teams in the central area of South Africa, this will include the Cheetahs u/21 and u/19 squads, the Griquas u/21 squad and the Griffons u/21 squad. We trust that the opportunities the student-athletes receive will bear much fruit from their hard work over the past few months.

For the student-athletes that will not be in those respective teams, we have an exciting Sevens Tournament that will happen in conjunction with Kovsie Sport, and we are excited to see the student-athletes play some beloved sevens rugby. Sevens rugby is great for skill development and their ability to use the space that is on the field. We have no doubt that the third term at the UXI Cheetahs Institute of Excellence will be one to remember.

~ Gerhard Olivier



From the **FIELD**

Feedback From The Month

July has been busy month at the UXI Cheetahs Institute of Excellence. We hit the ground running after the two-week break, with the players taking on the Naval Hill challenge on the first day back. We spent time discussing our goals for the term ahead and what challenges we may face. It was a great team building activity and a fun way to welcome back the student-athletes to the new term. The student-athletes were put to the test as they were challenged and pushed in the gym to ensure their strength and conditioning was at the level that we expect it to be.

It is evident that the student-athletes took the break to rejuvenate themselves, as they returned to the field with a positive attitude and high work ethic. We have had two matches against the Free State u/21 team this month, whereby the student-athletes really showed determination and passion. They learnt a few lessons from the games and used them to review themselves and identify areas to improve on. In each match the student-athletes are improving and developing a growth mindset. As a coaching and management staff, we couldn't ask for more.

We are exceptionally proud of our student-athletes who have been selected for the Griquas u/21 and the Free state u/19 and u/21 teams. It is a true testament that UXI Sport is breeding ground for success and a pathway to great achievements.

Positives to Take Away

Our student-athletes have excelled in July, and we have had multiple positives from the month. The student-athletes have been more engaged in the UXI Life sessions, gym sessions and on the field – thus far, their approach to term 3 has been fantastic. We have played two matches thus far, with more to come, and the student-athletes have shown an eagerness to unite together and perform to the best to their ability. They also had a professional referee who presented the World Rugby Level 1 Referee theory course; the student-athletes were able to actively interact and ask questions. It was an extremely informative session, and it provided a great platform for the guys to enhance their understanding of the laws of the game. Finally, the Free State u/19 trials took place in the middle of the month, whereby all our u/19 student-athletes were able to participate and play against payers from around the Free State. They all played with passion and determination to prove themselves and display their skills to give them the best chance of being selected.

Challenges Faced

At the Cheetahs Institute of Excellence, we view every challenge as an opportunity for growth. The student-athletes returned from the break, excited and ready to tackle the new term. As a management team, we have emphasised the importance of accountability and responsibility in completing the daily updates and RPE's. This is to ensure that the coaches can manage the student-athletes accordingly to get the best out of them. It has been constant reminder to the student-athletes to take responsibility for their actions and ensure that they are using their time effectively on the CIE campus.

What to Look Forward to Next Month

In August we have planned matches against the Griquas and Griffons u/21 teams. These games will be an indication of where we are as a team, and in what areas we can improve on. We also have a few challenges planned for the student-athletes on the field to put their skills to the test, and to be able to see in what area they need to improve on. I am excited to check-in with our student-athletes representing the various Provincial Union teams, and to monitor their progress and development. There is also an opportunity to partake in a Sevens Tournament in August, and everyone is very excited to be involved in the tournament.

Another busy month lies ahead for our CIE student-athletes, and we are excited to see our them apply their learnings from trainings into the match-play that lies ahead.

~ *Simon Askew*

From the **FIELD**





From the **GYM**

Feedback From The Month

The month of July was great one for the student-athletes. We welcomed them back for the 3rd term, and they are excited for the challenges that lie ahead. I started this Term as the new Strength and Conditioning Coach, and it is clear from the onset that the players truly understand the fundamentals of strength and conditioning. The student-athletes have shown great improvement in their strength and fitness levels, since we first met them at the beginning of 2022. We look forward to further improving on their on-field fitness stamina, to really help take their rugby playing level further and beyond.

Positives to Take Away

Majority of the student-athletes' fitness levels are increasing gradually, and they are reaping the rewards thereof, from a playing and aesthetics point of view. Many of the student-athletes have expressed that they have never felt or looked better than they do right now – these confidence levels are vital and further contribute towards their motivation levels. I have recently started working with student-athletes in individual sessions, in order to give them the special attention and assist them further in their individual improvement. I am also very pleased that the few injuries that we have had thus far, are recovering extremely well.

Challenges Faced

The student-athletes having a change in Strength and Conditioning coach naturally takes some adaption, as each coach has their own style. Nevertheless, it's been great to see how the student-athletes have really trusted the process, listened to what I had to share and adapted to the new Strength and Conditioning training style that I bring. Several of our CIE student-athletes will be playing for various Union teams going forward (Cheetahs u/21 and u/19, Griquas u/21), therefore we will have to keep an extremely close eye on their training loads, to ensure that they are not overtraining.

What to Look Forward to Next Month

Going into August, we will be educating the student-athletes about their bodies, specifically educating them about WHY they need to do specific workouts and work on specific skills, from a Sport Science perspective. We will also be engaging in nutrition education with the student-athletes and explaining to them how vital their diet is for their growth and conditioning results.

~ Liv Mudimeli

From the **GYM**





From the

HEART



Feedback From the Month

Consistency, Persistence and Willpower are essential attributes a young man needs to become a mature man in the future. We have dealt with these themes over the past three weeks. At UXI Cheetahs Institute of Excellence, we believe that great men make great rugby players, and we have had three weeks of Mindset Themes that have helped our student-athletes to become precisely that.

Consistency | As a CIE student-athlete, the expectation to become more constant with our actions on the field and off the field is essential. We desire to cultivate consistency in their lives whether it be habits or the way they conduct themselves on a day-to-day basis.

Persistence | All student-athletes need to develop the energy in their own lives and, with that energy, increase their effort on a daily basis. This means the way they get up in the morning, to the way they express themselves; they need to be persistent to reach their goals. We have seen so many of the student-athletes use persistence in the past few weeks, to put their hands up in the trials they played for the provincial teams. They rose to the occasion.

The student-athletes have had great opportunities to train their mindset skills, and the products that UXI Sport provides help them to also cultivate those skills. In August, we are excited to have some fun activities together as a group, and we are looking forward to all of them performing well in the various teams that they will be playing for.

~ Gerhard Olivier

From the Desk of the National
DATA SCIENTIST

~ Dr Steve den Hollander



TERM 2 TOP PERFORMERS

Our UXI RI players were hard at work during Term 2, and their testing results have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXI **Top 3** Categories, for various athleticism categories, across all UXI Rugby Institutes. We also recognize the player who was the top performance for the specific categories at the Cheetahs Institute of Excellence.

The percentage [%] shown indicates the player's total score, out of 100.

Our UXI **Top 3 Athleticism** Categories are:

1. Strength
2. Power
3. Fitness
4. Overall Athleticism

Check out our Term 2 **Top 3** Winners!

STRENGTH

1st

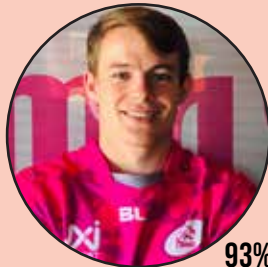


100%

Jarrod Brown

Western Province Rugby Academy

TIED 2nd



93%

Ruben Behrens

Pumas Rugby Institute



93%

Nathan McLaren

Pumas Rugby Institute



93%

JJ Fourie

Cheetahs Institute of Excellence

Top Strength at the Cheetahs Institute of Excellence: JJ Fourie (93%)

POWER

1st



89%

Ulrich Bekker

Cheetahs Institute of Excellence

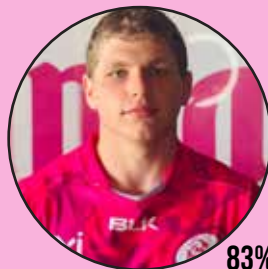
TIED 2nd



83%

James Greeff

Cheetahs Institute of Excellence



83%

Nathan McLaren

Pumas Rugby Institute

3rd



81%

Joshua Afrika

Western Province Rugby Academy

Top Power at the Cheetahs Institute of Excellence: Ulrich Bekker (89%)

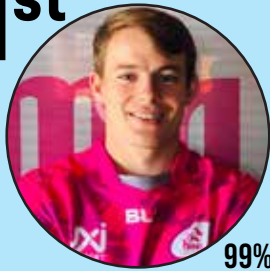
From the Desk of the National
DATA SCIENTIST

~ Dr Steve den Hollander



FITNESS

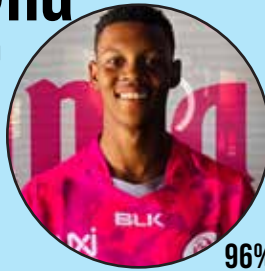
1st



99%

Ruben Behrens
Pumas Rugby Institute

2nd



96%

Thato Gololo
Pumas Rugby Institute

3rd



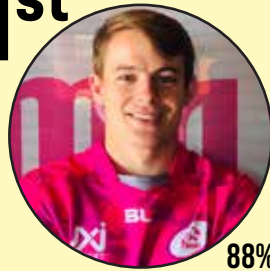
90%

Nicolas Engelbrecht
Cheetahs Institute of Excellence

Top Fitness at the Cheetahs Institute of Excellence: Nicolas Engelbrecht (90%)

OVERALL ATHLETICISM

1st



88%

Ruben Behrens
Pumas Rugby Institute

2nd



85%

Thato Gololo
Pumas Rugby Institute

3rd



84%

Yanga Bangisa
Cheetahs Institute of Excellence

Top Overall Athleticism at the Cheetahs Institute of Excellence: Yanga Bangisa (84%)

Top UXI Cheetahs Institute of Excellence Athleticism Test Results:

Bench Press

Squat

Pull Ups

Vertical Jump

Medball Throw

Repeated Sprint

BRONCO



James Greeff



James Greeff



Geronimo van der Merwe
28 reps



James Greeff
77cm



Ulrich Bekker
6.1m



Nicolas Engelbrecht



Geronimo van der Merwe



Nicolas Engelbrecht
4min. 52sec.

130kg

180kg

735m

A massive CONGRATULATIONS goes out to all of our UXI Rugby Institutes student-athletes! You have all done eXtremely well 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.



Clash of the PAWS!

CIE vs Cheetahs u/21



To end July off on a HIGH, the UXI Cheetahs Institute of Excellence took on the Toyota Cheetahs u/21 squad, in a friendly match at UFS. This clash between the two Cheetahs Teams was a physical contest, and a great test for our Institute players. In the end, it was the Cheetahs u/21 squad who claimed victory, winning **73 - 7**.

It was great to play together again as an Institute team, and the fighting spirit and comradery shown amongst our players was truly commendable. We are extremely proud of each and every one of our UXI CIE players - they all **ROSE TO THE OCCASION** when it counted the most. Well done!

PRE-MATCH BRIEFING



WARM UP



POST-MATCH GRATITUDE



Union u/21 Team Selections

Congratulations to the following 2022 UXI Cheetahs Institute of Excellence players, who has been selected for the various **Union u/21** teams:



Cheetahs u/21

Chris RHEEDER

Thapelo MOSHODI

Ulrich BEKKER



Chris Rheeder



Thapelo Moshodi



Ulrich Bekker



Griquas u/21

Geronimo VAN DER MERWE

Oliver READ

James GREEFF

Johann STRYDOM

Nicolas ENGELBRECHT

Wian VAN NIEKERK

Keran VALENTYN

Godric VRIES



Geronimo van der Merwe



Oliver Read



James Greeff



Johann Strydom



Nicolas Engelbrecht



Wian van Niekerk



Keran Valentyn



Godric Vries

We are so proud of them for this eXtraordinary achievement. Well done for **RISING TO THE OCCASION** - we wish you all the best for the u/21 season ahead!



PROMOTION ALERT!

We are thrilled to announce the official promotion of **Livhuwani "Liv" Mudimeli**, from CIE Video and Game Analysis intern to **CIE Strength and Conditioning Coach!**

Liv holds a degree in Human Movement Sciences and Sports Coaching, as well as a further Diploma in Sport Science. Liv is passionate about all things fitness, health, conditioning and sport; this prompted him to get his Personal Training qualification as well. Liv currently owns and runs his own personal training company, Spartan Fitness.

Congratulations Liv, we are so incredibly proud of you. We wish you all the best in your new role - we have no doubt that you will go further and beyond.

WELCOME, TEBOGO!

We are so excited to welcome **Tebogo Masemola** to the UXI Cheetahs Institute of Excellence! Tebogo joins the team as the new CIE Video and Game Analyst Intern

Tebogo, who is a former Western Province Rugby Academy student, comes with a wide variety of rugby experience. Tebogo is a SARU certified Level 1 coach with a Diploma in Human Resources Management from the Central University of Technology who is passionate about sports, particularly the rugby fraternity.

In his own playing career, Tebogo has represented the CUT Ixias in the Varsity Cup from 2019-2022. He was a part of the Cheetahs u/21 Currie Cup squad in 2019 and was a Griquas Amateur Player in 2018. Tebogo was a student at the Western Province Rugby Academy in 2017, before he moved to Bloemfontein to attend the Bloem Rugby Academy and continue to build his coaching career.

Not only is Tebogo a fantastic player, but he is an eXceptional coach! Tebogo has been an u/14 Forwards Coach at Grey College since 2018 and is currently assisting the Toyota Cheetahs u/19 and u/21 coaches.

Welcome Tebogo, we are so excited for this journey with you!



Naval Hill Run

Kicking off the UXI CIE Term 3 with a BANG! After a two-week holiday, the third term of the UXI Rugby Institutes High Performance Rugby Program got underway on the 11th of July. Our CIE student-athletes got right back into the swing of things with a team fitness session at Naval Hill in Bloemfontein.

Naval Hill is called such for the British naval guns used up here during the Anglo-Boer War. There is also a white horse on the eastern edge of the hill that functioned as a landmark for the British cavalry. Other than that, it has nothing to do with anything naval or military. The hill forms part of the Franklin Game Reserve, in the middle of the city (apparently the only nature reserve in the world in the middle of a city). Giraffe, buck, ostrich and many more forms of wildlife live in the game reserve.

At the top of the hill is a huge wooden viewing platform from which there are 360 degree views of the city and a huge statue of Nelson Mandela - this was the FINISH LINE for our student-athletes! An interesting fact about the Nelson Mandela statue: it is an eight metre high, larger-than-life replica of Mandela with his fist raised in the air, overlooking Bloemfontein. This is a real site to see! There is also a digital planetarium up on the hill, on the opposite side from Mandela, for astronomy lovers and the first of its kind in sub-Saharan Africa.

Our student-athletes had a run through this eXtraordinary place; it was a tough run - but the view from the top was so worth it.



MONTHLY HIGHLIGHTS

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

World Rugby Referees Course

19 July



u/19 Cheetahs Trials

20 July



Contact Session with the Cheetahs u/21 Squad

22 July



VIDEO AND GAME ANALYSIS PROGRAM

2023



Sometimes the most thrilling thing about rugby isn't the result itself – but the data and statistics behind the game! If game statistics, data and analytics and technology in general interests you, then you may be the next best video and game analyst or performance coach! Video and game analysis, which is a branch of High Performance Sport Science, is taking the sporting world by storm. Now more than ever, athletes and coaches are desperate for data-driven feedback to their rugby skills. This first-of-its-kind program helps aspirant sporting analysts gain an understanding of how to use Video and Game analysis to contribute to coaching of players. Student-analysts will learn the techniques and skillsets needed to successfully record, code, analyze, interpret and provide key feedback on rugby games and practices, from start to finish. Student-analysts learn how to professionally code and extract information, with exposure to a variety of software packages and developmental applications. If you already love spend hours on your laptop, then why not make a professional sporting career out of it?

This **1-year practical and theoretical program** is designed to equip aspirant students with the technical knowledge and skills required to become a Performance/Video & Game Analyst. The skills and knowledge acquired in this program, while rugby-specific, can be extended into every other sport! Through a team of highly qualified and experienced performance analysts and Sport Scientists, you couldn't ask for better way to learn Sport's fastest growing profession!

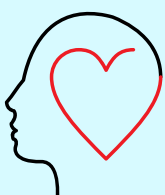


This Program Includes:

- ✔ Theoretical Performance Analysis content in the form of lectures
- ✔ Theoretical advanced excel content in the form of lectures
- ✔ LiveStreaming theoretical content in the form of lectures
- ✔ Practical Performance Analysis experience through club/team placement
- ✔ Practical LiveStreaming experience (if applicable)
- ✔ Practical application of Excel and PowerBi knowledge
- ✔ Exposure to the following analysis systems (may include all or some):
 - Nacsport
 - Coach Logic
 - EncodePro
 - LongoMatch
 - Stratus Mobii
- ✔ World Rugby Laws of the game & SARU Laws Exam
- ✔ ICDL National Qualification – International Computer Drivers License
- + **OPTIONAL:** i5 Laptop, designed for Performance Coding and Analysis.

Applications for our 2023 Video & Game Analysis Program are now

OPEN!



Wellness

with Ali



Sports Anxiety

What is it? Why do we get it? How can we can beat it!

Let's chat about a phenomenon that is VERY common, but possibly not spoken about openly enough

- **ANXIETY**. By medical definition, anxiety described as psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It is the feeling of worry, nervousness, or unease about something with an uncertain outcome. For many people, their levels of experience anxiety may vary in intensity, based on the situation that they find themselves in.

In this month's "Wellness With Ali" segment, we will be focusing on **Sports Anxiety** and how this type of anxiety can impact athletes and inhibit them for performing their best.

What is Sports Anxiety?

Sports anxiety is a tendency to view competitive situations as threatening, and therefore respond to these situations with apprehension and tension. Now "Sports Anxiety" and "getting nervous" are two different things. It is normal to get nervous before a big game; sometimes those nerves can actually be used as positive empowerment – but sometimes the nerves can get the better of the athlete. They made find these nervous feelings too overwhelming and tense up. They are worried of everything that may go wrong before they've even stepped onto the field; they may become negative, withdraw, or give up before they've started! This is Sports Anxiety.



Dimensions of Sports Anxiety:

There are mental and physical components to sports anxiety. There are also personality factors to consider; some athletes are more prone to competition anxiety if they have a predisposition toward high anxiety in many situations. Mental and physical components involve experiencing some of the following symptoms:



Mental Component (Cognitive Anxiety)

- Worry
- Negativity
- Self-doubt

Cognitive anxiety, which is more common in females and older athletes, also contributes to concentration disruption. Athletes who have more anxiety in general are more likely to experience poor performance under pressure.



Physical Component (Somatic Anxiety)

- Increased heart rate
- Tension
- Sweating
- Trembling

Somatic anxiety was found to predict poor performance under pressure. This is likely because an athlete's focus is directed away from what they should be doing, to body sensations that are not conducive to performance.

4 Ways to Beat Sports Anxiety:

Regain Control

Quick... take a moment and think of the top 3 things that make you nervous before a match. Here are some common things we hear from rugby players: "letting my teammates down"; "what other people will think of me"; "if we will win or not"; "if I kick well"; "if I concede a penalty"; "the weather"; "my coaches"; "the other team"; "a past performance".

Ok, now ask yourself: are the things that stress me out things I have control over or not?

Here's a hint...everything I listed above is out of your control. If any of these are making you overly nervous before a match, let it go. Let your competition worry about you, not you about them. Make a decision to focus ONLY on what you CAN control:

Effort; Attitude; Attendance;
Communication; Strategy; Sleep;
Nutrition; Mindset.

See the Outcome You Want

If you don't tell your mind what to do, then it's a lot more likely to work against you under pressure. Your mind is good at picturing all of the things that will mess you up. Instead of letting your mind default to thinking about how you didn't perform your best last time, think about what you want to do this time. Take the time to relax and visualize the outcome you want.

From the second you wake up on match day, see exactly what you want to do. Feel it in your bones, experience every sense, in real time, as if it's actually happening. Here's a word of warning: Visualization isn't just something you throw in your pre-match routine one day. Just like a physical technique, this is something you need to practice. A few minutes a day goes a long way toward re-programming your brain. The more successes your brain experiences, the more confidence you will have when you step onto the field.

Build Trust

Carrying doubt with you onto the field will only sabotage your efforts. When you walk onto the field on match day, you've done all you can do. It's time to trust that you've done everything you did, and no matter what, that's enough. Approach each match as an experiment. Be curious. How will this go? Have an open mind and accept that you've done the best you can. That way you can relax and just play.

Take a breath. Feel your feet on the ground. Feel the earth supporting you. Let go of whatever doubts you might have. There's no place for them here. Look at every performance as an opportunity to get feedback that will help you become a better rugby player. There's no need to fear failure. Failure is what makes elite rugby players great. Fail, learn, improve, repeat. Trust the process.

Breathe & Have Fun

Sometimes the best way to get out of your own way is to use positive distractions. If you don't give your mind a job, it will come up with one, and it might not be a helpful one. If you know that you get really nervous 45 minutes before your match, but you don't need to start warming up until 30 minutes before, come up with a plan for how you will spend those 15 minutes of idle time.

Listen to music, laugh with friends, take a walk, read a book, think about all of the ingredients that go into making cupcakes (no jokes, this really works for some)! Whatever works! If you're someone who overthinks things, choose something silly to take your mind off racing and see what happens.

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

JULY

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Jaundre Le Roux



Barend Janse van Rensburg



Barend Janse van Rensburg

Pumas Rugby Institute



Divan Janse van Rensburg



Wihan Venter



Divan Janse van Rensburg

Western Province Rugby Academy



Luhan Louw



Linden Jacobs



Asanda Ndlovu



Rugby Recipes Rock!



Breakfast Veggie Frittata

Serves: 1
Time: 20 min

NUTRITIONALS: KCAL 481 | PROTEIN 47G | CARBS 17G | FAT 25G

INGREDIENTS:

- 3 large whole eggs
- 1 large egg white
- 30g cheddar cheese (grated)
- ½ cup low-fat cottage cheese
- ½ cup chopped broccoli
- ½ medium onion (chopped)
- 1 tomato (chopped)

Feel free to add any additional veggies or protein source to your frittata!

METHOD:

1. Spray a frying pan with 'Spray & Cook'.
2. On medium heat, cook the onions for about five minutes, or until golden.
3. Add the broccoli and tomato to the pan, and cook for about five minutes.
4. In a large bowl, mix the eggs and cottage cheese, and add to pan.
5. Lift and rotate the pan so that eggs are evenly distributed. As the eggs set around the edges, lift to allow the uncooked portions to flow underneath the onion and spinach mixture.
6. Turn the heat to low, cover the pan, and cook until top is set.
7. Top with cheddar cheese.
8. Once set, lift the frittata out the pan and onto a plate. Enjoy!

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