

# AUGUST ABUNDANCE



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

Another month, another newsletter intro! The end of August is a very eXciting time, for many reasons; the first one being that we get to kiss goodbye the frosty winter season, and make room for the beloved Spring time! The second reason being that it's been an eXceptional 31 days at the UXi Rugby Institutes – from Union team selections, to UXi United Rugby Championship Suite experiences, to international friendlies. This month hasn't fallen short in any excitement.

The farewell to the coldest season of the year means that we can all start expecting earlier sunrises, later sunsets, more shorts and 'plakkies' and less excuses to get out of bed in the morning. While many of us may be "winter babies", and might adore the colder months, no one can deny the character-building that winter puts us through. We all know those nights, where not even 3 jackets and electric blanket can make us feel better. When we feel as though the cold will NEVER end, as we mumble to ourselves "I've never been this cold in my entire life". We don't often realize, but this is one big season full of life lessons: grit; determination; resilience; toughness; adaptability. And then on September the 1st, after we thought it would never end, we find ourselves on the other side of winter – more powerful than ever!

Staying motivated and driven 99% of the time isn't an easy task; but it is one of the main things that distinguishes high-achieving individuals from everyone else. So how does one regroup, refocus and tackle the last four months of 2022? To a certain extent, motivation and internal drives (what gets you out of bed every morning; that fire in your belly) are personal. What drives you will most probably be completely different to what drives your friends and family – and that's a good thing, because we are all unique. Your motivation is yours entirely; it doesn't need to be shared or even vocalized. Internally, you need to harness your motivation and use it to create complimentary life actions, which will push you further towards your goals:

1. **Plan your day the night before** | Get into the habit of planning your day in advance; from what time you will wake up, to what you will wear in the morning, what you will eat for lunch, to what assignment you will work on in the afternoon and so on. Make a "to do list" if you have to but create structure for yourself. Having a day's plan makes it easier to focus on "running the day" and allows you to avoid getting sidetracked and waste time and energy on small, unimportant things.
2. **Fuel your body** | It is important to remember that at the end of the day, no matter how fit or talented we may be, we are all human. Humans need to rest, and our bodies do a fantastic job at emphasizing when we have gone past our daily capacity – listen to it. Go for a walk, get some refresh air, eat your fruit and vegetables, drink your 3 liters of water and sleep. You only get one body in this lifetime; look after it well.
3. **Have something to look forward to** | As human beings, we can often lose motivation if we keep following the same schedule, day in and day out. We all want to feel excited about something; and whether it is big or small, it is important to create an 'event' to look forward to. Whether it's a club rugby match in a week's time, or planning to watch a new movie tomorrow night, or just something as simple as going for a walk in the mountains this afternoon; we as humans love to get excited about something. So when you are feeling flat or unmotivated, create that bubble of excitement for yourself; you'll be surprised how much it can elevate your mood.
4. **Surround yourself with those who raise your level** | It has been said that you become like the five people that you associate with the most. While having a happy and active social life is vital to being a holistic individual, not all social activities may be conducive to helping you achieve your goals. Take a good look at the people you surround yourself with, and ask yourself, "do these individuals make me drop my standards and drag me further away from my goals, or do they help me raise my level and propel me closer?"
5. **Constantly remind yourself of your ultimate goals** | Make a vision board for yourself or change the wallpaper on your phone to something that resembles your goal. Create a daily visual stimulation for yourself that serves as a constant reminder of what you are working towards. The more you physically see what you can achieve, the "hungrier" you will become to achieve your goal.



*From the Desk of the*

# UXI SPORT C.O.O.



## THE POWER OVER LIFE OR DEATH

“Words are seeds that do more than blow around. They land in our hearts and not on the ground. Be careful what you plant and careful what you say. You might have to eat what you planted one day.”

September signals the signs of Spring in South Africa, although we know before summer completely makes an appearance, we can still look forward to a few cold fronts. But Spring brings the signs of new life as nature starts waking up from its hibernation.

We also know from experience at the Rugby Institutes that the winter months are the hardest months to stay on course with the program and to wake up and train in very cold, and in the Western Cape often wet conditions. It is also flu season and keeping motivated is a challenge for both players and coaching staff. Minds and bodies are in conflict daily to keep going, when the temptation is there to quit today's training and sleep in, when it's still dark and cold out.

It is in these difficult times that we need positive words that we hear from those we hold dear, but also need to speak to ourselves that can make the difference between staying down and getting up, OR to keep moving forward! The words we speak to ourselves and to others can send ripple effect of LIFE or DEATH. To hear the words “COMMON YOU CAN DO IT, YOU ARE A CHAMP” vs “YOU CAN NOT DO THIS, YOU DON'T HAVE IT IN YOU” can be as life-giving and or destructive as intended.

Life can become hard for all of us at times least expected, by choosing our words carefully we can make a difference in anyone's life and our own when needed the most.

As we end of August and welcome the warmer sun rays and blossoms of Spring, my challenge to every UXI family member is to speak LIFE over negativity and disappointment. To not forget to utter words of encouragement or words of praise, for those very words can change a person for LIFE and keep them moving and getting up when they feel they simply can't.

**“Don't ever diminish the power of WORDS.  
WORDS move hearts and hearts move limbs”**

*Hamza Yusuf*

*~ Thea Miller*



*From the Desk of the*

# PROGRAMME MANAGER

## Feedback From The Month

### **"No one is taller than the last man standing"**

*LaMichael James*

Over the past month, this statement from LaMichael James has been one that stood out for us here at CIE. We currently have about 15 student-athletes who form part of the Cheetahs u/21, Griquas u/21 and Cheetahs u/19 setup. These student-athletes have received incredible opportunities to improve themselves and to showcase their talent on a bigger stage. The Griquas u/21 team has started the SA u/21 Shield Competition, and we are extremely proud of the student-athletes who have already received game time over the past two weekends.

At the Cheetahs, we boast of being "the breeding ground of opportunity"; all our student-athletes get the chance to taste and feel those opportunities first-hand. With that however, we find the "last man standing" – these are unfortunately our student-athletes who are not included in those Union teams. Nevertheless, opportunities will not pass them by! They then had the opportunity to compete in the renowned UFS 7's round-robin tournament. The student-athletes dived head-first towards this opportunity; they expressed themselves with great character and heart. They played three tough and physical 7's games across the day's tournament. Playing 7's Rugby is a great opportunity for student-athletes to grow their understanding of the rugby term we call "space". The student-athletes are learning how to use space effectively, and how to move within the space that's been identified.

In September, we are excited to be involved another Saturday of 7's showdowns – and with this we will wrap up our 7's Rugby block.

The last man standing always has the ability to stand the tallest and be remembered. If ever there is anything on your mind and heart, please feel free to contact our Team we will be more than happy to assist in any way possible.

*~ Gerhard Olivier*



# From the **FIELD**

## Feedback From The Month

August has been a fantastic month at the UXi Cheetahs Institute of Excellence. Our student-athletes have been focused and have shown great perseverance during some cold mornings on the field and several tough matches. It has been great to see our student-athletes continuing to develop their on-field skills and understanding for the game. This month, we placed an emphasis on 7's rugby, as we took part in the Kovsies 7's Tournament where we competed against some very strong team. Throughout this tournament our student-athletes showed determination and competed exceptionally well. The student-athletes adapted quickly to the change from Rugby Union to 7's rugby; they embraced and enjoyed the opportunity. The student-athletes have been engaged in our review meetings and developing confidence to ask more questions to further their rugby understanding. We have been using the statistics from our games to better the players and identify how, as an individual and a team, we can improve.

## Positives to Take Away

The attitude of the student-athletes has been positive, and they have been engaged and focused on the field. The Kovsies 7's tournament motivated our players to learn, adapt and embrace the opportunity to play a different version of rugby. On the field, our focus has been understanding the various attack and defense systems used by teams; the student-athletes have enjoyed discussing and understanding the reason why teams attack and defend in certain ways. These discussions have developed the student-athletes' rugby IQ and provided them with clarity in the way in which we, as the Cheetahs Institute of Excellence, attack and defend. Furthermore, we have had multiple players representing the Griquas and Cheetahs u19 and u21 teams, I am proud of how these student-athletes have performed and the feedback from all the coaches has been positive.

## Challenges Faced

One of the major challenges we have faced is ensuring that the student-athletes that are not representing the different Union squads remain focused and motivated. We have shifted our focus onto developing the skills and understanding of the student-athletes to provide them with the best opportunity to excel in their rugby careers. These student-athletes are getting more direct coaching which, in the long term, will pay off. We continue to monitor the student-athletes' performances to ensure that they are ready to train. We have identified that many students, towards the end of the week, are struggling with fatigue; as coaches we have adapted our training schedules to assist the student-athletes and get the most out of them.

## What to Look Forward to Next Month

We have round two of 7's tournaments coming up in the first week of September; the student-athletes are excited to improve on their previous performances and eager to make a statement in the next round. We are monitoring our student-athletes' performances at the different Unions to be able assist them in becoming confident and holistic rugby players. We continue to focus on developing our student athletes to the best of our ability and create training sessions that stimulate and motivate each individual to become the best version of themselves.

~ Simon Askew

*From the* **FIELD**





# From the GYM

## Feedback From The Month

This month, it was great to be able to engage in 7's Rugby game play and conditioning. Due to the fact that 7's rugby is a faster form of rugby, we had to decrease the student-athletes' gym loads, and increase the field and fitness loads. Their "field fitness" has improved dramatically, and I am very excited to see the student-athletes perform at the upcoming 7's tournaments.

## Positives to Take Away

Most student-athletes' fitness levels are increasing gradually, and many of them are reaping the aesthetic rewards of this. We are also happy to report that those student-athletes of ours that were injured are all recovering extremely well, and will hopefully be back out on the field again soon. The individual/one-on-one sessions are going great; the student-athletes are slowly but surely reaching the goals that they set out for themselves.

## Challenges Faced

Moving from 15-man rugby to 7's rugby was certainly a challenge, and took some adaption. Nevertheless, the student-athletes rose to the occasion and showed great improvements in their stamina and cardiovascular levels. The other challenges faced was having to carefully manage the load for those student-athletes who are playing at other Unions – it is vital that these student-athletes do not over train.

## What to Look Forward to Next Month

I am looking forward to helping the student-athletes set up their own gym programs; this will empower them to learn how to set and monitor their own gym loads. This coming month we will be focusing on increasing the student-athletes' overall strength in the gym.

~ Liv Mudimeli



*From the*

# HEART



## Feedback From the Month

What a fantastic month of August we have had! The student-athletes are challenged with the last bit of dry field, before the new fresh Bloemfontein weather picks up - then we will certainly see some lovely sunny Spring days ahead.

Looking at the life and mental skills for this month, we have been busy with the concept “patience”, which has seen some great conversations arise around waiting for the perfect timing. Earlier in the month our theme of the week consisted of “Trust”, “Self-Talk” and “Focus Control” - all of these Mindset Themes are essential for our student-athletes to possess. Not only are these fundamental skills for on the rugby field, but the way in which the student-athletes conduct themselves when they are not on the rugby field is of the highest importance.

As a team, we have spent some time together around our new urn, which has given the student-athletes some lekker caffeine pleasure. This had increased our overall team and Student-Hub environment and has stirred up some great conversations amongst the student-athletes.

As always, please feel free to contact me with any issues there you or you student-athlete may be experiencing. Your conversations with your student-athlete are essential to help you support them in their journey – they are truly working hard to become a better version of themselves.

*~ Gerhard Olivier*

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

~ Heinrich Painczyk



This month we take a look at our top 10 performing players at our relevant UXI Rugby Institutes. This month however, we are comparing players with a time relevant performance indicator. What this means is we take the performance indicator, divide it by their time played and multiply it by 80 minutes. This in essence tells us how many times a player will execute something in a standard 80 minute fixture. These types of statistical indicators allow us to compare players who have played different amounts of fixtures. Here is a breakdown of the performance indicators:

**Top 10 Points per 80:** The average amount points a player scores in 80 minutes.

**Top 10 Carries per 80:** The average amount of carries a player makes in 80 minutes.

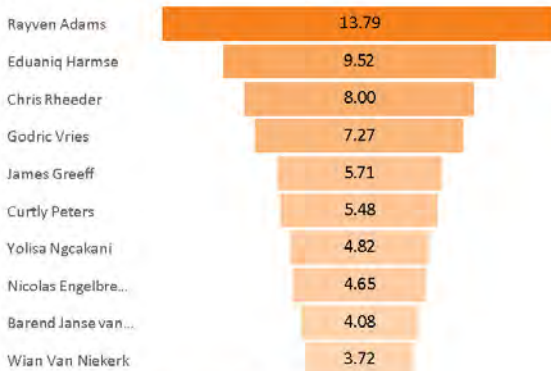
**Top 10 Tackles per 80:** The average amount of tackles a player makes in 80 minutes.

**Top 10 Attack BD Arrivals per 80:** The average amount of attacking rucks/breakdowns a player hits in 80 minutes.



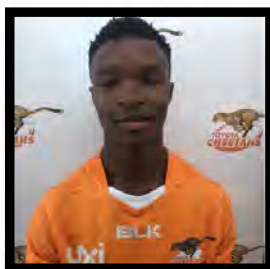
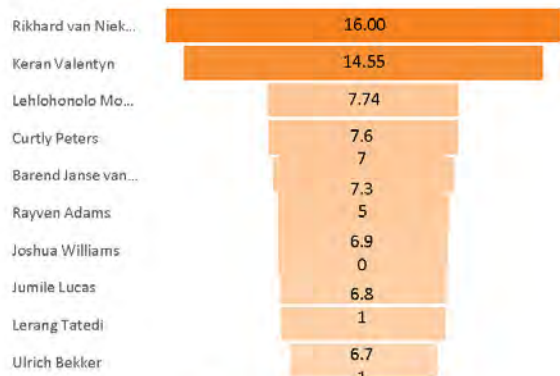
## TOP 10 - POINTS per 80 MIN

Rayven Adams	CIE
Player	Institute
13.79	2
Points per 80 minutes	Tries



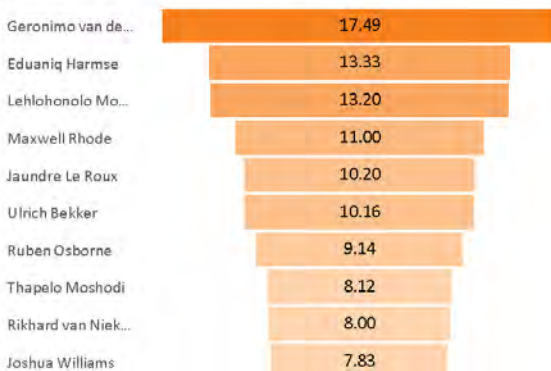
## TOP 10 - CARRIES per 80 MIN

Rikhard van Niekerk	CIE
Player	Institute
16.00	80%
Carries per 80 minutes	Effectiveness



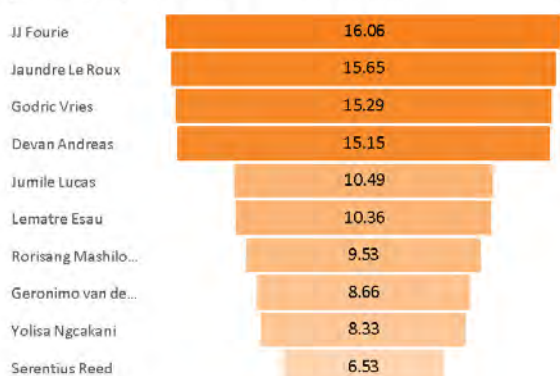
## TOP 10 - TACKLES per 80 MIN

Geronimo van der Merwe	CIE
Player	Institute
17.49	79%
Tackles per 80 minutes	Tackle Completion



## TOP 10 - ATTACK BD ARRIVAL per 80 MIN

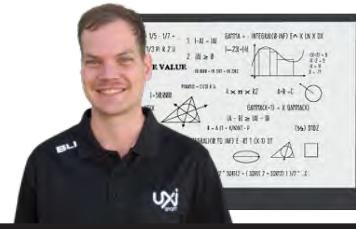
JJ Fourie	CIE
Player	Institute
16.06	48%
Attacking BD per 80 minutes	BD Effectiveness





# From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



## UXi Sport Collaborates with UCT for a new PhD Study in Rugby

### ***“Developing a Field-Based Tackle Capacity Test for Tacklers and Ball-carriers”***

UXi Sport is passionate about sport and education, as we believe that it is vital to mould holistic individuals that are prepared for a life in and after sport. To echo the words of the late Nelson Mandela, “education is the most powerful weapon which you can use to change the world”, education truly has the power to change the world around us. We love when we can bring our two passions together: sport and education. Through UXi Sport’s recent collaboration with the renowned institution, University of Cape Town (UCT), we have been invited to be a part of an exciting PhD rugby-focused study. Our participation in this study involves several of our UXi Western Province Rugby Academy student-athletes undergoing various tests for data collection. The study, conducted by PhD Exercises Science Candidate Demi Davidow, is titled *“Developing a field-based tackle capacity test for tacklers and ball-carriers.”* Dr Sharief Hendricks is the supervisor for this study.

The tackle in rugby union is a physically demanding contact event with a high injury burden. Players require high levels of physical conditioning and technical proficiency to participate. However, interventions to training tackle safety and efficiency are limited to national education programmes and studies on how and why injuries occur. Using previous research and results obtained using the UCT contact simulator, The UCT Rugby Research unit aims to develop and test new and original studies that can have a potential impact on tackle and contact performance and injury risk. Working with the UXi Sport/Western Province Rugby Academy will improve the unit’s ability to test studies in the “real world” training and match settings. One such study that has been designed and is currently undergoing testing is the field-based tackle capacity test for tacklers and ball-carriers.

The study requires players to consistently run and back pedal between two tackle shields performing either a tackle or ball-carry on alternating shoulders. This is done to simulate “real world” training or match situations. The test can be terminated when the player decided they can no longer perform tackles due to fatigue, the investigator decided (Based on established tackler and ball-carrier tackle technique the player can no longer perform tackles safely and or the player does not meet test parameters. The main aim of the study is to test the feasibility of a tackle capacity test for both the tackler and ball-carrier. Through participation, the study will help players physically and technically condition for tackling in rugby. Furthermore, we will provide individual and team feedback on the outcomes of the study. This feedback will help players develop their contact skills.

Studies such as this and future studies done with the UXi Sport/Western Province Rugby Academy will help with developing tackle research on topics such as training interventions designed for the player level to improve performance and decrease injury risks. This is hopefully the first of many studies and University/College collaborations to follow! We hope that this first step in the Western Cape can aid in opening many more Academic doors with local Institutions such as UFS, CUT, UMP and many more!



**UNDER21  
SHIELD**

# Griquas u/21 Game Time!

In last month's newsletter, we shared the eXciting news of the many 2022 UXi Cheetahs Institute of Excellence players who were selected for the Griquas u/21 squad. Over the past two weeks, the first two rounds of matches for the SA Rugby u/21 Shield Competition has already been played.

We invite you to join us in congratulating those UXi Cheetahs Institute of Excellence players, who have already represented the Griquas u/21 in these prestigious matches!

Match 1 | 20 August | Windhoek Draught Park, Kimberley



22 - 50



Keran Valentyn

James Greeff

Nicolas Engelbrecht

Wian van Niekerk (1 try; 2 conversions; 1 penalty conversion)

Match 2 | 27 August | Hoërskool Middelburg, Mpumalanga



27 - 18



Keran Valentyn

James Greeff

Nicolas Engelbrecht

Wian van Niekerk (3 conversions; 2 penalty conversions)

Geronimo van der Merwe

# Sevens Showcase

Nothing quite compares to the running and skills that prevail when it comes to Sevens Rugby! Sevens Rugby is claimed to be one of the fastest growing sports in world, and boasts several opportunities for all rugby athletes to get involved. In short, Sevens Rugby is a seven-a-side variant of rugby union. The game is played on the standard rugby pitch, but with only 7 players instead of the usual 15 players. Sevens rugby is a free-flowing game based on pace and power over the course of its short matches.

Our UXi Cheetahs Institute of Excellence student-athletes took part in the Kovsie Internal Rugby Sevens Tournament, which took place on the 20th of August. The weeks leading up to the competition saw our CIE student-athletes really dive into the skills, fitness and tactics needed for the game of Sevens Rugby. We are extremely proud of how hard each player worked during these training session; Sevens Rugby is not as simple as some may believe, so the effort put in by the squad is commendable.

On Competition day, our UXi Cheetahs Institute of Excellence student-athletes played 3 matches.

Match 1: CIE 5 - Heimat 10  
Match 2: CIE 10 - UFS1 29  
Match 3: CIE 0 - UFS2 39

It was a tough and physical day out on the rugby field, and our UXi CIE student-athletes enjoyed every second. It may not have been the results that we had hoped for, but we couldn't be any prouder by the grit and heart shown throughout this Sevens Competition.



## ***Union u/19 Team Selection***

Congratulations to the following 2022 UXI Cheetahs Institute of Excellence players, who has been selected for the **Cheetahs u/19** team:



### ***Cheetahs u/19***

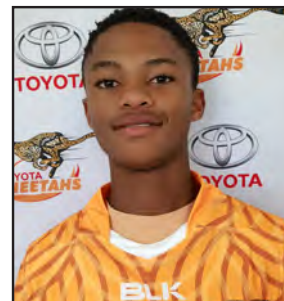
***Devan ANDREAS***  
***Jaundre LE ROUX***  
***Sihle MATINISE***



Devan **Andreas**



Jaundre **Le Roux**



Sihle **Matinise**

# Thapelo's Road to Recovery



The UXi and Cheetahs Institute of Excellence family wishes CIE student-athlete, Thapelo "TP" Moshodi, a safe and speedy recovery after a very bad injury sustained. Thapelo, who plays hooker, terrifyingly broke his neck in a training match between the Toyota Cheetahs u/21's and Cheetahs Institute of Excellence on Friday, the 29th of July. Thapelo was recently selected for the Toyota Cheetahs u/21 squad, and was playing for the Cheetahs u/21 when the injury occurred.

ER24's crew were on standby at the field, where they stabilised him according to the procedure. Afterwards, he was taken to a nearby facility to be stabilised; he was then transferred by ER24 to Mediclinic Bloemfontein for further treatment. On Saturday evening, Thapelo underwent a neck operation, which was successful. Thapelo was showered with lots of support, well wishes, hospital visits and love. Many of our coaches, staff and CIE players made sure to visit Thapelo in the hospital to show their support and concern. Toyota Cheetahs prop, Schalk Ferreira, also visited Thapelo at MediClinic Bloemfontein to encourage him by sharing his experiences as he broke his neck twice.

In a statement released by Cheetahs Rugby, they were happy to share the start of Thapelo's remarkable recovery journey. Thapelo is back on his feet and taking the rehabilitation process in his stride. Cheetahs Rugby confirmed that Thapelo's rehabilitation process is "all thanks to the fantastic efforts of CityMed Rehabilitation Hospital's Jana Britz, Anna Swanepoel Physiotherapists, Dr Gina Jacobs and of course, the dedicated Toyota Cheetahs physios Erick Colyn and Far Nagia for making his road to recovery possible."



We are so happy and relieved to know that Thapelo is physically getting stronger and stronger each day. On top of his physical recovery, Thapelo is back with his UXi Cheetahs Institute of Excellence family, and continuing with his High Performance and Academic Program. Thapelo may not be able to run around during the on-field training sessions, but he is more than excited to get back into his Rugby Education Classes, UXi Life Sessions and continue his tertiary education studies in the HFWA Coaching Science qualification. If anything, Thapelo's injury is just another reminder of how important it is to study a tertiary education in conjunction with your sporting careers. The reality is injuries can happen, even when you least expect them. It is vital to be prepared for your life and career IN and AFTER rugby. Thapelo, we are so proud of you for doing just that. We are here for you every step of the way, and we have no doubt that you will be back out on the field again soon! Wishing you a speedy recovery, TP!



# Mbombela Magic

## The Springboks Spectacle of the Year!



Close your eyes, take a deep breath and let your mind paint a picture: the sun setting over the African sky; a sold-out Mbombela Stadium; chanting rugby fans; electrifying fireworks and smoke machines exploding with excitement; a hair-raising rendition of the “Nkosi Sikelel' iAfrika”; 30 pairs of professional rugby togs bolting up, down and across the field. This is the enthralling scene for the much-anticipated United Rugby Championship Test Match: Springboks vs All Blacks. The first meeting of two matches, kicking off at Mbombela Stadium and Ellis Park respectively.

It's not everyday that you get to sit and watch one of the greatest all-time rivalries in World Rugby - in fact, it is nothing less than a privilege. The historic rivalry between the South African and New Zealand sides has stood the test of time; a rivalry which has mainly been dominated by the New Zealanders. Nevertheless, this Mbombela magical showdown served as the 102nd match between these two sporting powerhouses.

The one thing to remember about South Africa is that, as a nation, WE LOVE RUGBY. No composition of words that can quite accurately describe the electricity felt in the air when a rugby match kicks off, whether it's a school match, club match or National Championship! Every South African can remember the 2019 Rugby World Cup final - the undeniable sense of hope and adrenaline that was felt all around us. Regardless if they were die-hard rugby supporters or not, on RWC Finals day everyone whipped out their Springbok jerseys (or any green shirt that they could find), and UNITED as ONE NATION for 80 minutes.

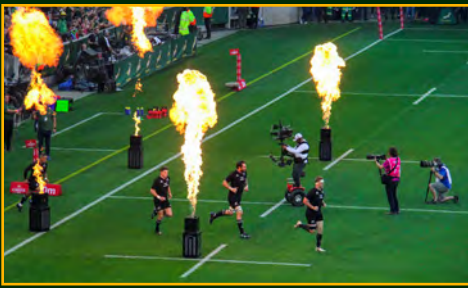
UXi Sport and its national Rugby Institutes are no stranger to the love and excitement felt towards rugby. It was an honour for us, as UXi Sport, to host over 40 rugby, sporting and corporate VIPs to our UXi Sport Suite in Mbombela Stadium, to witness the Springbok-All Blacks clash. Filled with food, drinks and an atmosphere like no other, the UXi Sport Suite was the place to be on Saturday the 6th of August. On a day-to-day basis, this VIP Suite is actually home to the UXi Pumas Rugby Institute, and is their official Student and Education Hub. With the most enchanting view of the field and stadium, it's easy to see why the UXi Pumas Rugby Institute students never want to leave “campus”!

The match itself was a spectacle on its own, which made for quality entertainment; there is no denying that both teams put it all out on the line during this contest. Despite Ian Foster's increase in pressure and an All Black squad spice-up, the Springboks were ready to rise to the physical challenge - no matter what it took. It is impossible to forget Faf de Klerk's brutal knockout by Caleb Clarke within the first few seconds, Handre Pollard's flawless kicking boot, and Jaden Hendrikse, Damian Willemse and Willie Le Roux leaping into the arms of adoring fans. No one can deny that the Springboks were on top form. Even though the All Blacks were able to squeak in some points, thanks to the likes of Jordie Barrett and Shannon Frizell, the "full package" Springbok side (as described by All Blacks captain, Sam Cane) were too good for the New Zealanders, and claimed a 26-10 victory.

To make this match even more iconic, one of our own Institute successes, Kurt-Lee Arendse (UXi Western Province Rugby Academy 2016), was in the starting Springbok line-up. Despite his horrific aerial collision with Beauden Barrett, Kurt-Lee had a tremendous game; giving the students in the UXi Sport Rugby Institutes an increased sense of hope. They know that they are on the right path, and they too can follow in the same footsteps as Kurt-Lee. The UXi Rugby Institutes give hope to those young boys who maybe didn't get selection for the SA Schools Teams, or didn't get that Union contract straight out of school. Kurt-Lee didn't, and now he is playing at the highest level of rugby possible, using the UXi Western Province Rugby Academy as his first step. Further, eight of our UXi Pumas Rugby Institute students were given the opportunity to be the official Test Match ball boys - this was truly a life-changing experience. Can you imagine how indescribable it must be as a 20 year old aspirant-rugby professional to share an International Rugby field with two of the greatest teams in the history of the sport? Standing alongside Malcolm Marx as he cleans the ball before he takes a lineout - it is a moment that these students will remember forever.

Echoing the words of the late President Nelson Mandela, sport has "the power to unite people in a way that little else does." Sport has this incredible ability to break barriers between people, and bring a country together. Sport emphasizes the opportunities that are available in the world, and provide a pillar of hope to the youth of our nation. Sport unites; sport inspires; sport **CHANGES THE WORLD.**







# Wellness *with Ali*



## *From EXcelling on the Field to EXcelling in the Classrooms*

From excelling in the classroom to on the field, being a student-athlete is no small achievement. It takes a great deal of time, effort, and stamina. Knowing how to adapt and manoeuvre through challenges that arise is crucial to do well in your academic program and to grow as an athlete. The UXi Rugby Institutes has student-athletes that are studying through a variety of our educational partners, namely: IMM Graduate School, ASV (Africa Skills Village) and HFPA (Health and Fitness Professionals Academy). At these various Institutions, our student-athletes are studying one of the following qualifications:



Graduate School

- Higher Certificate in Marketing



- Mixed Farming
- Animal Production
- Plant Production
- Project Management
- Welding
- Electrical
- Plumbing



- National Certificate in Fitness
- National Certificate in Coaching Science
- National Certificate in Sport Management

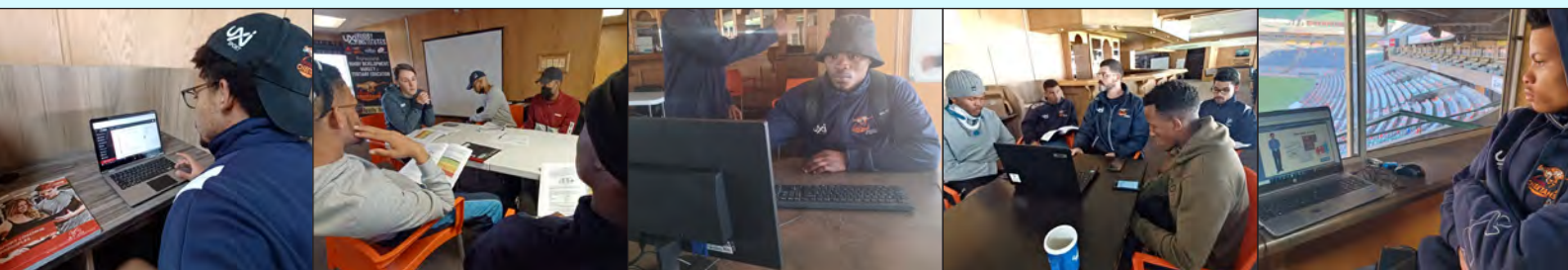
The UXi student-athletes have all had to adapt since starting their studies, and the feedback with results from our educational partners has been great. They are all very impressed with how well each student-athlete is balance their sport and their studies. This is a testimony to the hard work and determination of our student-athletes.

To develop the necessary traits needed to be a full-time student-athlete takes a great deal of willingness and planning in order to achieve your goals daily, weekly, monthly, and yearly. Daily planning and scheduling play an instrumental role in keeping the balance right between sport and academics. This, combined with the UXi Life Program that our student-athletes engage in, empowers them for life – in and beyond sport.

To our student-athletes, keep up the great effort and work that you have all been putting in thus far. You will only reap the full benefits of this at the end of your journey. With various exams, assignments, lectures and practicals on-going, it is easy to feel overwhelmed. Take a step back, take a deep breath and remember the five pointers of our first newsletter article this year, titled “Good Study Habit for a Student-athlete”:

***Find Your Balance  
Stay Fit  
Stay Hydrated  
Manage your Stress***

Being able to find effective balance in your day is one of the most crucial factors to becoming a successful and happy High Performance individual, in all aspects of your life. We are proud of how far you have all come – your hard work is certainly not going unnoticed.  
Keep pushing, you will not regret it!





# 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

## AUGUST

### RUGBY SKILLS Player of the Month

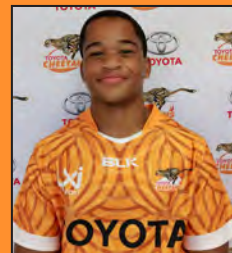
### S&C / GYM Player of the Month

### ABOVE & BEYOND Player of the Month

## Cheetahs Institute of Excellence



Eduaniq Harmse



Serentius Reed



Serentius Reed

## Pumas Rugby Institute



Nkosi Mathe



Loyiso Mkhaphi



Ettienne Bates

## Western Province Rugby Academy



Linden Jacobs



Kwakho Sampo



Dian Basson



# Rugby Recipes Rock!



## Creamy Cheesy Potato Bake

Serves: 10  
Time: 90 min

**NUTRITIONALS:**  
1 Serving = 198g

KCAL 360 | PROTEIN 12G | CARBS 30G | FAT 22G

### INGREDIENTS:

- 1.25kg potatoes
- 2/3 cup (160 ml) milk
- 3/4 cup (185 ml) heavy cream
- 1/3 cup mayonnaise
- 1 1/2 tsp fresh thyme leaves
- 2 large garlic cloves, minced
- 3/4 tsp salt
- Black pepper
- 2 cups (200g) shredded cheddar cheese
- 1 cup (100g) shredded mozzarella cheese

*Feel free to add any additional protein source to your bake, such as bacon or chicken!*

### METHOD:

1. Pre-heat oven to 180°C.
2. Peel and cut the potatoes into small cubes and place in a large bowl.
3. Add all remaining ingredients except the mozzarella and mix.
4. Pour the potato mixture into a large over-proof baking dish.
5. Cover with the baking dish with tinfoil. Place in the oven and bake for 60 minutes, or until the potatoes are tender.
6. Remove the tinfoil, sprinkle over the mozzarella cheese, and bake for an additional 25 minutes or until the cheese is golden.
7. Remove the bake from the oven and allow it to rest for 5 - 10 minutes before serving.

## 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!**