



NEWSLETTER

CIE | SEPTEMBER 2022



Dear Players, Parents, Guardians and Sponsors...

"Memory looks back in order to move forward" ~ Marty Rubin

In today's fast-paced and high-achieving society, we breathlessly race ahead to the next challenge before the dust can even settle on the previous one. We are encouraged to push forward and to never look back. In our burning desire to move full steam ahead, we tend to associate the act of "looking back" a negative connotation.

Have we ever stopped to ask ourselves since when did "looking back" get such a bad reputation in the pursuit of moving forward? It's as if act of "looking back" is associated with a loss of momentum, a pause in progress, or simply a mundane past time that requires little thought. After all, the rear view seems less important and less exciting than the windshield when driving down the highway, now doesn't it? This doesn't mean that your rear view isn't absolutely vital for your future well-being - without it, you can have a major accident!

Winston Churchill believed that "the longer you can look back, the farther you can look forward." Churchill and Rubin both hit the nail on the head with their famous quotes; looking back on the past is the greatest catalyst to move forwards.

A year ago, you were possibly sitting down to study for your Matric finals, not ever imagining that you may be in a Junior Union team right now. At the beginning of the year, you perhaps felt apprehensive and nervous about your new Institute journey ahead, and now you're thriving with friends and new experiences. A few months ago, you were maybe only able to leg press 80kgs, and now 80kgs is your warm up Or this time a few years ago, you were possibly going through one of the toughest times in your life, that

you felt you'd never get through, but here you are today. I could go on about all the possibilities that time has created; nevertheless, at the end of the day when we look back at our past, no matter how long ago, different or difficult it was, we are able to reflect on how we have grown as individuals.

Now while you're reading this newsletter, I want you to pause and think. This is an exercise we're going to do together. Are you ready? I want you to think about who you were 3 years ago. How old were you? What did your daily life look like back then? What was your biggest worry or fear? What made you smile the happiest back then? What were you dreaming to achieve? Answer these questions for yourself.

Now, I want you to think about your life right **AT THIS VERY MOMENT** and compare the two. I have no doubt that almost everyone reading this newsletter right now has grown in one way or another in the past 3 years - and we need to celebrate this. YOU have come so far in your life, and we don't celebrate this enough. Whilst "looking back" may often be difficult, it is necessary to celebrate how far we've truly come.

As we move into the 4th term, may we look back on the year that's past with appreciation - appreciation for the growth we've experienced, the lessons we've learned and the memories which we will carry for a lifetime.

~ The UXi Sport Team



From the Desk of the

UXI SPORT C.O.O.



THE CHICKEN & THE EAGLE

Someone once told me that one has a choice in this world on whether you are a **chicken** or an **eagle**.

I wondered about this for a long time, until one day I watched the behaviour of a chicken head down, just completely focused on pecking around at what he sees down there in the dust, hoping to find something meaningful to feed himself. He goes on to do this for hours without looking up, just keeping on scratching with his feet and looking down on the ground in front of him.

Then my eyes turned to the eagle, and I saw him high up in the sky with a view above everything going down beneath him. Those eyes with a 360 degree view able to see his prey from miles away in places some would never see them!

And this made me realise that some people are like this too, some of us just focus on what is in front of us, scratching away at life's challenges in the dust, not able to look past it, whilst others soar high over and above them, and instead of seeing the negative, they see opportunities where no one else can see them, even though they have exactly the same challenges!

In South Africa today, we all face the same challenges of loadshedding, unemployment, poverty, crime, corruption and an ailing economy to mention but a few.

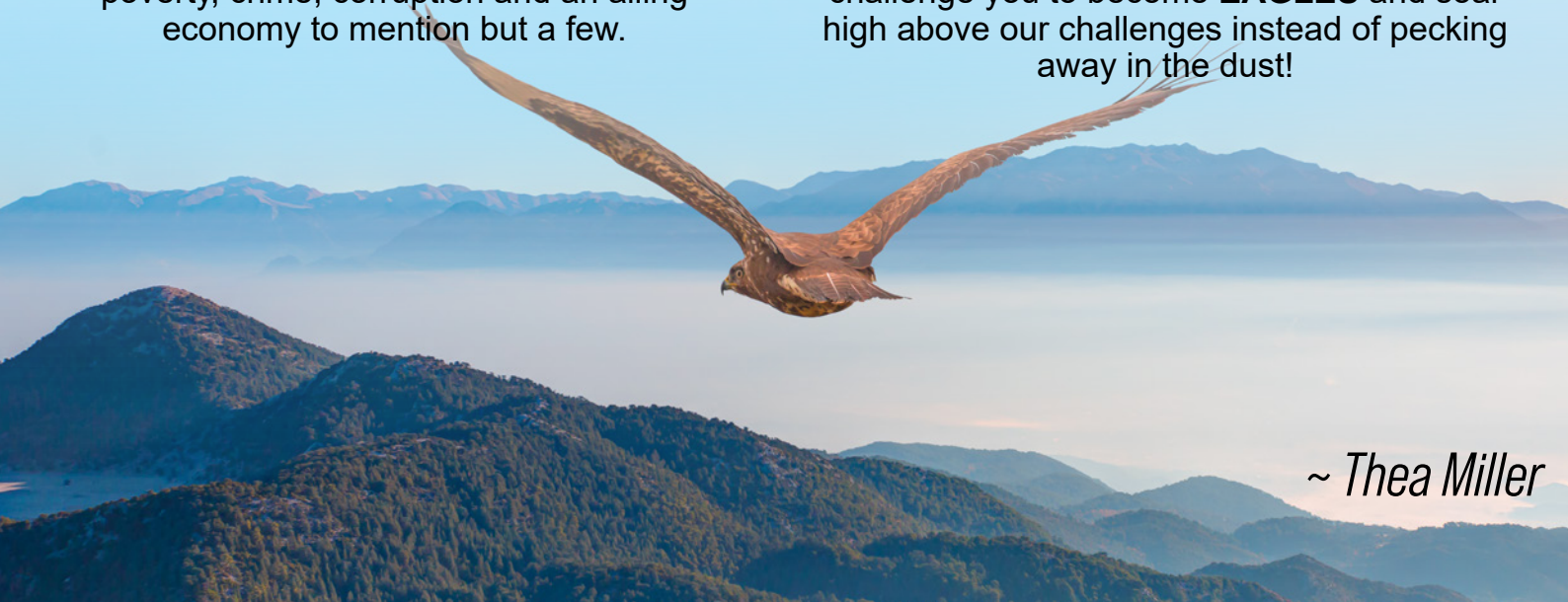
However, we have a choice on how we allow these things to affect us. Are we allowing ourselves to become too negative about the negativities that we can not look any further than what is in front of us, or do we ask ourselves how we can make a difference in our own lives or those around us? It's not easy I know, but only we can be the change we want to see in this world!

Even though we can do nothing about many of the obvious issues, we can lend a hand to someone who has less than us, improve our skills to become more employable, offer our time for free to obtain work experience, say NO to anything that is corrupt and stand up for what is right and true! Instead of sitting around complaining about the dirty sidewalks or beaches, why not initiate action to clean them up or buy food instead of unhealthy substances?

We are faced with many choices every day, but all these choices have a chain reaction in the events of our lives and the world we live in. Every difference made to change things in the smallest of actions send ripples of positiveness into the world. If every person in South Africa right now made one positive change, we can change the world we live in!

As we enter what is described by poets as the most beautiful month of the year, **OCTOBER**, I challenge you to become **EAGLES** and soar high above our challenges instead of pecking away in the dust!

~ Thea Miller





From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

"There is no time without motion/ change."

Aristotle is considered as one of the greatest philosophers the world has ever seen or heard of, and in the case of the CIE we can ask the question, "what can Aristotle teach us?"

It certainly felt like the past 12 weeks of Term 3 have passed extremely slow or, in the case of Aristotle, "with no time"; with no times does imply that nothing else has happened over the past 84 days. But yet, change and motion of every passing second here at the CIE, we have seen young boys put on their big pants in their pursuit to become men.

The student-athletes have had the opportunity to do the following over the past 169 344 hours:

- Referee Certificates for all who attended
- Played against the Cheetahs /21 team twice (3 CIE student-athletes in the main squad)
- Played trials for the /19 Free State team (3 student-athletes in the main squad)
- Trials for Griquas u/21 team (10 Student-athletes in the main squad)
- Played 7's over two weekends that were hosted by the UFS Kovsies
- Learnt the following Mindset Skills: Consistency, Perception, Will-power, Self-Talk, Trust, Patience, Acceptance, Courage, Discipline and Decisiveness

There is so much more change and motion that has happened over the past 12 weeks that will result in sore bodies from the physical demand that the student-athletes had to live up to, as well as tired minds from the pure focus and strength each player at the CIE had to rise to. Nonetheless, as Management, we are extremely proud of what each student-athlete has achieved, noteworthy or not. The proof is in the sore bodies and tired minds that was constantly pushed to be in motion.

We hope the next few days of rest and recovery will help the student-athletes restore their energy sources to put the last bit of work in for 2022. Term 4 will see us challenge the teams of UXi Sport down in Stellenbosch to claim ultimate bragging rights. Like always please feel free to contact us with any concerns.

Stay in motion.

~ Gerhard Olivier



From the **FIELD**

Feedback From The Month

At the Cheetahs Institute of Excellence, the student-athletes have enhanced their skills and rugby knowledge throughout another successful month. Between weekly training sessions the student-athletes participated in an internal 7's competition that was highly successful. Throughout the month we focused on predominantly developing the student-athletes 7's skillset and giving them opportunities to lead their own team with the assistant coaches. Furthermore, the student-athletes were engaged and motivated to work hard and persevere with limited fixtures against teams in Bloemfontein. We are extremely proud of our provincial representatives, who are currently participating in the u/21 Competitions around South Africa. Their hard work, perseverance and positive attitude has added valuable experience to their rugby careers.

Positives to Take Away

It was an exciting month as the student-athletes shifted into a growth mindset of developing their skills on the field. The student athletes spent time reviewing their games and asking questions, to the coaches, who assisted them in their rugby development. As a coaching team we place a large emphasis on personal growth and reflection, at times it was challenging for the student-athletes, as the UXi program offers a high-performance program that expects the student-athletes, mentally and physically, to be engaged in every session. It has been a positive month and the student athletes are excited to return after their short break refreshed and eager to tackle and challenges that come their way.

Challenges Faced

As summer begins to draw near the training times on the field needed to be adjusted, it was challenging for some student-athletes to change their routine to earlier morning sessions and punctuality was a major concern at the start of new weeks. With multiple student-athletes representing the various Rugby Unions, it was challenging for the student-athletes who were not selected to remain positive and at times lacked motivation; as coaches we remained focused on developing these student-athletes and providing them with the best opportunities to improve their skillset.

What to Look Forward to Next Month

In October we look forward to preparing for the UXi Showdown at the end of the year in Stellenbosch. The student-athletes will be pushed to their limits and tested, physically and mentally, as we prepare for the for a few local fixtures. We have a Naval Hill running challenge as soon as the student-athletes return, as well as two fixtures against the Free State u/19 team. We are excited to welcome back all our student-athletes who represented various unions and begin to re-establish CIE culture!

~ *Simon Askew*

From the **FIELD**





From the

GYM

Feedback From The Month

The month of September was a tough month for the student-athletes. Not only did they have to all finish competing in the various 7s tournaments, but they also had to engage in their term-end testing batteries, to see if they have improved since the 2nd term. It was great to see how the student-athletes' fitness levels had all significantly improved, due to the various 7s training and tournaments throughout the 3rd term.

Positives to Take Away

Looking at the results of our Term 3 testing, most of our student-athletes' fitness levels increased gradually – which we are very happy about. Our student-athletes are also reaping the aesthetic rewards of their hard work in the gym, as many of them say that they've never felt or looked better! Not only are the student-athletes physically performing well, but they are also truly understanding the science behind fitness and conditioning; we have picked this up in their individual sessions, and they manner in which they can read and interpret advanced gym programs.

Challenges Faced

Due to the increased amount of match time, even though it was mainly in a 7's setup, we experienced a number of injuries. Naturally as the intensity and frequency of play increased, injuries become more apparent. It was also quite challenging for the student-athletes to engage in their term-end testing, whilst still being involved in a 7's tournament, as they were all quite fatigued when it was time to test.

What to Look Forward to Next Month

Next term we are eager to get back into 15's conditioning, as we prepare for the upcoming UXi Showdown in Stellenbosch at the end of the year. An emphasis will be placed on increasing the student-athletes' muscle mass, and ensure that they are in the best shape for the competitions ahead!

~ Liv Mudimeli



VIDEO & GAME ANALYSIS

This term the rugby curriculum has been focused specifically on match play and as a result its time for us to evaluate the players performance within the fixtures they were involved in. Below we will be taking you through the process of capturing match stats as well as what it all means. At each institute we have an intern who is responsible for the recording and coding the match to generate the relevant match stats. These interns have a definition sheet explains each performance indicator in detail. During our explanation of the stats below we will briefly summarize each of these indicators. All our different performance indicators also have a “per game” score. It is calculated by taking the players contributions for that performance indicator, dividing it by their time played, and multiplying it by 80 minutes. This gives a relative amount per 80 minutes (one full game).

These scores allow us to directly compare players with other players in the same positional group or allow you to compare the same player to himself in different games or seasons.

ATTACK

BALL TOUCHES | This is the sum of every ball carry and pass, offloads are not included because a carry would have been logged in the case of an offload.

LINE BREAKS | Line breaks are when players get in beyond the primary line of defense, either around the last defender or between 2 defenders.

TACKLE BREAKS | Tackle breaks are given to players when defenders make contact to complete a tackle and miss the tackle, ball carriers need to remain on their feet to be awarded a tackle break.

CARRY DOMINANCE | A carry is deemed to be dominant when the hips of the ball carrier cross the imaginary vertical line at the first point of contact towards the oppositions goal line.

PASS EFFECTIVENESS | A pass is deemed to be effective when the pass is slightly in front of the receiving players chest, allowing for easy collection and continued forward momentum.

OFFLOAD EFFECTIVENESS | An offload is deemed to be effective when the pass is slightly in front of the receiving players chest, allowing for easy collection and continued forward momentum.

DEFENSE

TURNOVERS | A turnover is awarded to players when they are responsible for the gain of possession (turnover) during the match. These are separated into different areas: set piece (lineouts, scrums, and restarts), breakdown, tackle and in general play.

TACKLE DOMINANCE | A tackle is deemed to be dominant when the hips of the tackler cross the imaginary vertical line at the first point of contact towards the oppositions goal line.

TACKLE COMPLETION | Tackle completion is calculated by dividing completed tackles by missed tackles. A tackle is deemed to be missed when a player makes contact in an attempt to impede the ball carrier, but the ball carrier penetrates the contact and continues to advance.

BREAKDOWNS

CLEANOUT EFFECTIVENESS | An effective cleanout is the arrival of a player at a ruck where the player attempts to clean out a defending player at the ruck and is successful.

BRIDGE EFFECTIVENESS | An effective bridge is the arrival of a player at a ruck where the player attempts to bridge at the ruck to secure the ball and is successful.

POACH EFFECTIVENESS | An effective poach is the arrival of a player at the oppositions ruck where the player actively attempts to steal the oppositions ball and is successful.

TOTAL ARRIVALS | Calculated by adding all cleanouts and bridges to give a total of all ruck/breakdown arrivals.

REPORT EXAMPLE:

[Name]

Inside Back

12
Total Matches Played

12
Institute: Matches Played

662
Institute: Time Played (mins)

29
Institute: Points Scored
(Blank)

Union: Matches Played
(Blank)

Union: Time Played (mins)
(Blank)

Union: Points Scored

ATTACK

135 Ball Touches	11.25 Ball Touches/Game	0 Linebreaks	0.00 Linebreaks/Game	3 Tackle Breaks	0.25 Tackle Breaks/Game
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Total Carries 47 Carries/Game 3.92 Carry Dominance 	Total Passes 88 Passes/Game 7.33 Pass Effectiveness 	Total Offloads 12 Offloads/Game 1.00 Offload Effectiveness
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DEFENSE

6 Total Turnovers 0.50 Turnovers/Game 0 @ Set Piece @ Breakdown 0 @ Tackle 1 In General Play	Total Tackles 37 Tackles/Game 3.08 Tackle Dominance 	Total Missed Tackles 19 Missed/Game 1.58 Tackle Completion
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BREAKDOWN

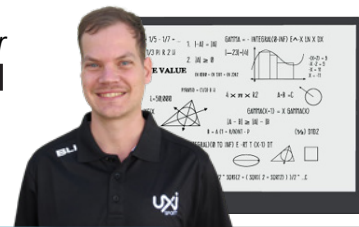
23 Total Cleanouts	1.92 Average/game	15 Total Bridges	1.25 Average/game	8 Tot. Poach Attempt	0.67 Average/game	47 Total Arrivals	3.92 Average/game
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Cleanout Effectiveness 	Bridge Effectiveness 	Poach Effectiveness
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30
Total Attacking BD Arrivals

17
Total Defensive BD Arrivals

DATA SCIENTIST



TERM 3 TOP PERFORMERS

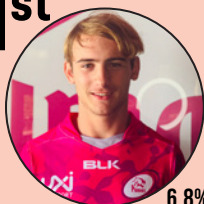
Our UXi RI players were hard at work during Term 3, and their testing results have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXi Top Performers Categories, for various athleticism categories, across all UXi Rugby Institutes.

Our UXi **TOP PERFORMERS** Categories are:

1. Lowest Body Fat %
2. Rel 1RM Bench Press
3. Rel 3RM Squat
4. Pull ups
5. Vertical Jump
6. Medicine Ball Throw
7. Repeated Sprint
8. Bronco
9. TOTAL ATHLETICISM SCORE

BODY FAT %

1st



6.8%

Divan Janse Van Rensburg
Pumas Rugby Institute

2nd



8.3%

Thato Gololo
Pumas Rugby Institute

3rd



10.6%

Hanru Smith
Western Province Rugby Academy

REL. 1RM BENCH

1st



1.8

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

TIED 2nd



1.7

Brandon Botha
Western Province Rugby Academy



1.7

Jarrod Brown
Western Province Rugby Academy

REL. 3RM SQUAT

1st



2.7

Ruben Behrens
Pumas Rugby Institute

2nd



2.6

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

3rd



2.4

Jarrod Brown
Western Province Rugby Academy

PULL UPS

1st



24

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

2nd



23

Itumeleng Masinga
Western Province Rugby Academy

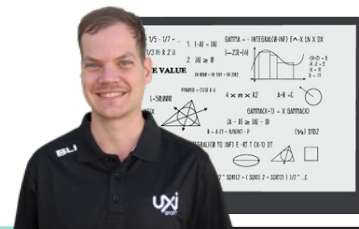
3rd



21

Divan Janse Van Rensburg
Pumas Rugby Institute

DATA SCIENTIST



VERTICAL JUMP

1st



72cm

Itumeleng Masinga
Western Province Rugby Academy

TIED 2nd



71cm

Owen Hawanga
Western Province Rugby Academy



71cm

Jan-Daniel Cilliers
Western Province Rugby Academy

MEDICINE BALL THROW

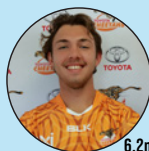
1st



6.3m

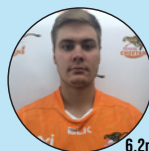
Barend Janse van Rensburg
Cheetahs Institute of Excellence

TIED 2nd



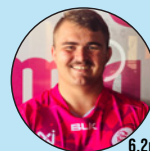
6.2m

James Greeff
Cheetahs Institute of Excellence



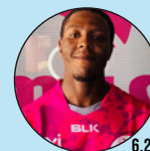
6.2m

Ruben Osborne
Cheetahs Institute of Excellence



6.2m

Delarey Swart
Pumas Rugby Institute



6.2m

Paseka Kgohloane
Pumas Rugby Institute



6.2m

Morne van Jaarsveld
Pumas Rugby Institute

REPEATED SPRINT

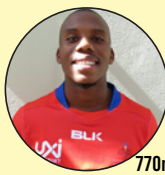
1st



775m

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

TIED 2nd



770m

Itumeleng Masinga
Western Province Rugby Academy



770m

Ruben Behrens
Pumas Rugby Institute



770m

Geronimo van der Merwe
Cheetahs Institute of Excellence

BRONCO

1st



04:39

Itumeleng Masinga
Western Province Rugby Academy

2nd



04:40

Nicolas Engelbrecht
Cheetahs Institute of Excellence

3rd



04:45

Ruben Behrens
Pumas Rugby Institute

TERM 3 TOP ATHLETICISM

TOP

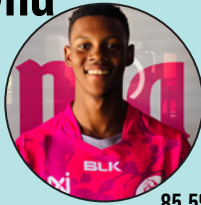
1st



93.4%

Ruben Behrens
Pumas Rugby Institute

2nd



85.5%

Thato Gololo
Pumas Rugby Institute

3rd



85.1%

Itumeleng Masinga
Western Province Rugby Academy

SEPTEMBER – THE MONTH OF 7'S RUGBY



The month of September was all about 7's Rugby – a fast, ever-changing and exciting variant of rugby. Our student-athletes focused on 7s-specific training throughout the month and were provided many different game opportunities in order for them to put their skills to the test. Two of these opportunities included partaking in the annual "Kovsies 7's Tournament", and the was in the form of an inter-Institute 7's Competition, whereby the Institute split into two teams and went head-to-head on the 15th of September!



Kovsies 7's Tournament:

The Kovsies 7's Tournament was a round-robin tournament that took place on Saturday the 3rd of September. What started as an early and chilly Saturday morning, turned into a fiery day of side-stepping and try scoring! Our CIE team competed in 3 matches against various local teams.

The games' results were as follows:

- Match 1: Heimat 12 - CIE 7
- Match 2: UFS 48 - CIE 0
- Match 3: Legatum 5 - CIE 29

Unfortunately, we did not progress into the finals, but nevertheless we were exceptionally proud of how well each student-athlete competed on the day. This tournament was the first real taste of how fast, fierce and fun 7's rugby is!



Inter-CIE 7's Competition:

The 7's Competition was a best-of-3-matches battle between our two teams: the first team was "Wen-Spaan", who was led by Coach Tebogo, Coach Tylor and Coach Albert. The second team was "Spartan", who was led by Coach Livhuwani, Coach Thapelo and Coach Simon. In the end, it was "Wen-Spaan" who walked away with the bragging rights and won the Competition, 2 to 1. "Spartan" put up a good fight, as they fought back in the last seconds of the final game; they narrowly missing a drop goal, which could have seen them walk away with the victory. Our ref for the series was our very own Coach Ben Crouse.

The games' results were as follows:

- Game 1: Spartan 7 - Wen-Spaan 26
- Game 2: Spartan 19 - Wen-Spaan 14
- Game 3: Spartan 10 - Wen-Spaan 12

Well done and thank you to all of the UXi CIE players, coaches and management staff who made these two 7's Competitions such a success!



**UNDER21
SHIELD**

Griquas u/21 Game Time!

In last month's newsletter, we shared the eXciting results of the first 2 matches of the Griquas u/21 squad in the SA Rugby u/21 Shield Competition. 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 3 | 10 September | Windhoek Draught Park, Kimberley



0 - 41



Francois Booysen
Ulrich Bekker
Wian van Niekerk
Geronimo van der Merwe
James Greeff
Nicolas Engelbrecht

Match 4 | 24 September | Hoërskool Middelburg, Mpumalanga



15 - 26



Keran Valentyn
James Greeff
Nicolas Engelbrecht
Wian van Niekerk
Geronimo van der Merwe

BAREND IS ON A ROLL!

UXi Cheetahs Institute of Excellence student-athlete, Barend Janse van Rensburg is on a rugby roll! Not only did Barend compete in the **City Cup Finals** for Bloemfontein Collegians RFC on the 4th of September, when they went up against Bloemfontein Police RFC, but he was also recently selected for the **Free State Amateur Side**.

Barend earned himself a place in the final 25-man Free State Amateur Side and has already earned his first and second cap for the team. In their first match, the Free State Amateur Side took on the Griffons, and narrowly lost, 14-15.

Well done on this incredible achievement Barend! We wish you all the best with the season ahead.



CHRIS' CHEETAHS CAP!

CIE student-athlete, Chris Rheeder, took a trip to Cape Town earlier in the month to represent the Toyota Cheetahs u/21 as they went up against the DHL Western Province u/21 squad. This was Chris' first Toyota Cheetahs u/21 cap for this year's SA Rugby u/21 Cup.

Unfortunately, the Toyota Cheetahs u/21 went down 53 points to 12, to the DHL Western Province u/21.

DID YOU KNOW? Our very own CIE Coaches are the Toyota Cheetahs u/21 Assistant Coaches! CIE Head Skills Coach, Simon Askew, is the Cheetahs u/21 Defense Coach, and CIE Specialist Skills Coach, Albert Keuris, is the Cheetahs u/21 Attack Coach.

It is always such a privilege to know that our Institute student-athletes are provided the same professional coaching levels as the Union's contracted players. Your Rugby Dreams have never been more attainable!



Simon Askew

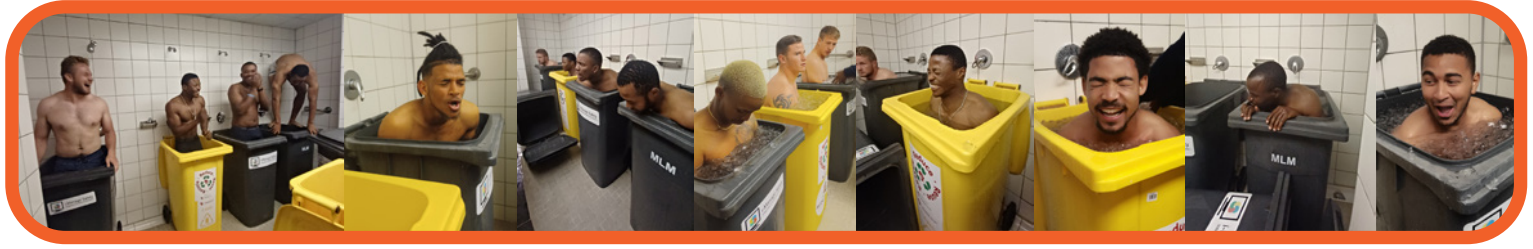


Chris Rheeder



Albert Keuris

RECOVERY WEDNESDAYS



“Recovery Wednesday” – our student-athletes either LOVE or HATE (most often this option) the day. So, what does “Recovery Wednesday” entail, and why do we do it?

If you couldn't tell by their facial expressions, our CIE student-athletes sit with their bodies completely immersed in ice cold water. This is known as an “ice bath”; an ice bath is exactly what it sounds like: a very, very cold bath. But unlike the long, relaxing baths you might take for self-care purposes, ice baths are quick, therapeutic dips in cold water filled with ice cubes. Brrr! But there is a method for the madess, as ice baths provides the body with many phenomenal physiological benefits!

So what are the benefits of ice baths?

- Eases sore muscles and decreases muscle inflammation - the cold water constricts your blood vessels, which slows blood flow and relieves some of that swelling and soreness you feel in your muscles after a long run or a hard-fought game.
- Reduces your core body temp - when your body is all fired up from a workout, that cold water brings your core temperature back down in a flash.
- Can help your central nervous system - this may allow you to focus and sleep better

It's also great to see that Coach Liv can also "walk the walk" - he even joined in on one of the “Recovery Wednesday” sessions!

ORANGE CELEBRATIONS

It was a sea of Orange in the UXi CIE Student-Hub this month, and what a bright sight it was! At the beginning of September, our CIE student-athletes received their new UXi Cheetahs Institute of Excellence playing jerseys – these are new numbered jerseys that will be used solely for match-play. Fun Fact: Our student-athletes actually helped to design these new playing jerseys! How cool? A huge thank you to BLK for making their dream jerseys a reality.



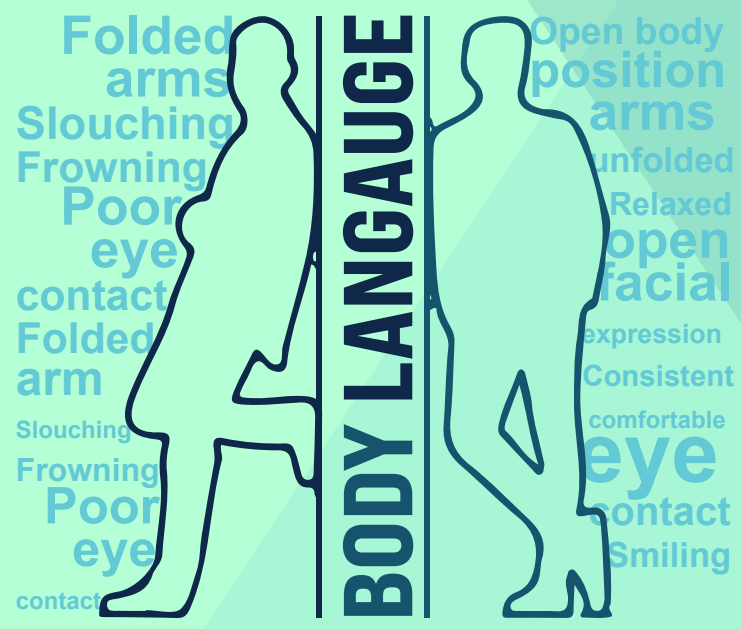
To our student-athletes, we hope that you guys love your new jerseys - never forget the responsibility and commitment that comes with wearing your jersey.

To top it off, our student-athletes also received their World Rugby Referee Course Certificates – this means that they are official rugby referees. A huge thank you to our own Coach Ben Crouse, who helped, mentored and guided our student-athletes throughout this tough course.

HOW BODY LANGUAGE COULD AFFECT PERFORMANCE

Body language is a form of communication that speaks volumes about how you really think and feel. You have 20 seconds to make an impression on those around you, and the fact of the matter is that impression is not often made through what you say but through your body language. People often see you before they'll hear anything that comes out of your mouth. If in the first 20 seconds, someone sees poor or negative body language, including a facial expression, that is the impression you've set, and rarely can you change that impression.

During competition, you can use body language to your advantage. Reading competitors body language can give you a competitive advantage. Showing up to competition with positive body language can also give you a competitive advantage not only because of how others interpret it but for how it makes you feel.



Negative versus Positive body language

Negative non-verbals include:

- Folded arms
- Slouching
- Frowning
- Poor eye contact

Positive non-verbals include:

- Open body position
- Arms unfolded
- Relaxed and open facial expression
- Consistent, comfortable eye contact
- Smiling

SOME TIPS FOR ON THE FIELD

“Body language doesn’t talk; it screams.”

Our body language can dictate our thoughts and our feelings. Simply put, mental toughness requires good body language.

“Fake it until you make it.”

We’ve all been there—it is downright painful when we don’t play well. The last thing we want to do is pretend that we’re not frustrated. When you are not doing well in a game, try to show the same body language you have when you are playing well.

- Keep your head up
- Encourage others
- Clap, cheer or congratulate teammates
- Hustle
- Keep eye contact

“Act the part and you will become the part.” — William James

Confident athletes have a presence, and their body language shows it. When we get nervous or lack confidence, we should instantly focus on our body language. Again, the mind-body relationship exists, and positive body language will essentially tell our mind that we are confident.

Happy Holidays

Rest well and remember your body language is a form of communication!

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

SEPTEMBER

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Yolisa Ngcakani

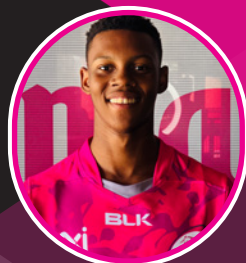


Johann Strydom



Serentius Reed

Pumas Rugby Institute



Thato Gololo



Ettienne Bates



Ettienne Bates

Western Province Rugby Academy



Tinashe Gowere



Itumeleng Masinga



Ayon Adams



INTERNATIONAL SCHOOL OF RUGBY PROGRAM

in partnership with



UXi Sport and its Rugby Institutes are proud to announce its partnership with Alma Mater International School and ESCA Wanderers to formally launch the UXi Sport “International School of Rugby Program”, commencing in 2023. UXi Sport has partnered with these two renowned Schools to provide an elite structured sporting pathway for High School student-athletes.

This sporting program offers young, talented sportspeople a structured plan and pathway to balance their sporting and education programs. Alma Mater and ESCA Wanderers have partnered up with us, and together we are now able to offer student-athletes an outstanding international education with personalised full-time rugby training programs at High School level.

This Elite Sports Rugby program is a 5-year athletic development journey, starting from Grade 8, which progresses each individual player through various key physical and rugby-specific skill sets. Opportunities are then provided to players in their final year to enroll in the “Total Rugby Program”, at one of the UXi Rugby Institutes across South Africa. This program prepares a student-athlete for a Semi-Professional career in rugby and equips the athlete for a life IN and AFTER rugby.

“Inspiring and Igniting Greatness in **YOUth** *through sport!*”





Rugby Recipes Rock!



Sizzling Shepard's Pie

Serves: 10
Time: 90 min

NUTRITIONALS: KCAL 439 | PROTEIN 24G | CARBS 37G | FAT 23G

INGREDIENTS:

- 900g potatoes
- 1 ½ cups whole milk, heated to a simmer
- 4 Tbsp unsalted butter
- 3 Tbsp olive oil
- 3 tsp salt
- 700g ground beef mince
- 4 cups mushrooms
- 1 tsp fresh thyme leaves
- 1 medium onion, finely chopped
- 2 sticks celery, finely chopped
- 2 cloves garlic, finely chopped
- 3 Tbsp tomato paste
- 1 cup chicken/vegetable stock
- 2 medium carrots, chopped
- 2 ¾ cup frozen peas
- 1 Tbsp Worcestershire sauce

METHOD:

1. Pre-heat oven to 180°C.
2. Cover potatoes with cold water in a large pot. Bring to a boil, reduce to a simmer and cook until tender when pierced with a fork, 20 to 25 minutes.
3. Drain and return to pot. Add warm milk and butter; mash until creamy. Season with 1½ tsps of the salt and several grinds pepper.
4. Heat 1 Tbsp of the oil in a large pot over medium-high. Add beef and cook undisturbed, until browned on bottom, for about 4 minutes.
5. Add ½ tsp of salt and continue cooking, breaking up pieces with a wooden spoon, until browned all over, for about 5 minutes. Transfer the beef to a bowl.
6. Using same pot, heat 1 Tbsp of oil over medium-high. The add mushrooms and ½ tsp salt; cook undisturbed until golden, for about 3 minutes.
7. Add thyme and continue to cook, stirring occasionally, until golden all over, about 2 minutes. Transfer to the bowl with beef.
8. Using same pot, heat the 1 Tbsp oil over medium heat; add onion, celery, and garlic; cook until golden, stirring occasionally, for 5 to 6 minutes.
9. Return meat and mushroom mixture to pot and add tomato paste; cook, stirring constantly, for about 1 minute.
10. Add stock and ½ tsp salt; simmer until slightly thickened, for 7 to 8 minutes.
11. Stir in carrots, peas, and Worcestershire; cook until peas are crisp-tender, for 3 to 4 minutes.
12. Transfer mixture to a baking dish then gently spread mashed potatoes on top.
13. Bake until filling is bubbling and top is golden in spots, for 20 minutes. Let stand 15 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!