



NEWSLETTER

CIE | NOVEMBER 2022



Dear Players, Parents, Guardians and Sponsors...

The last newsletter of 2022... 😞 This signifies that another year has almost come to an end, and oh my...what a year it has been! When any year comes to a close, we are filled with a level of excitement in us that only seems to creep up around this time of year. It's the undeniable buzz and excitement of DECEMBER in South Africa – the most enthralling month of the year! Not only is it a time for relaxation, recuperation, fun adventures and quality time with our nearest and dearest, but there is also an increasing excitement and anticipation for the brand-new year that lies ahead.

Just around the corner is 12 brand new months ahead, housing strong intentions to make 2023 better than ever, with new goals and new targets to hit. Before we can even start thinking about the December festivities that lie ahead, we still have a SHOWDOWN to do! The 2022 eXperience Tour kicks off in just over a week in Cape Town! This is the first time that all of the Institutes get to square up and go up against each other; no doubt that this is the UXi rugby event of the year. We are itching to get out onto the battlefield for the final dance of 2022! With this, we will be able to crown the top UXi Rugby Institute of the Year – an accolade and bragging right that we know everyone is hungry for.

We wish all of our student-athletes all the best with the eXperience Tour and Showdown matches that kick-off next week. We have no you all make your teammates, your coaches, your family, your friends and YOURSELVES proud.

Charlie Chaplin once stated that "*We think too much and feel too little*". We think too much about what could lie ahead and forget to absorb those good and bad moments that made us who we are today. These little moments are in fact the exact lessons we can

reflect on. As coined by John Maxwell, "*reflection turns experience into insight*". Every experience, every moment we face is a lesson – some positive lessons, and some not-so-positive lessons.

So, I encourage you to take some time now to ponder the year that was. And while we can rely on social media for an algorithmic yearly wrap of everything that we were brave enough to post about, it is also important to reflect back on those moments that were not always shared publicly. In today's ever-changing world, the demand to adapt to whatever life throws our way has never been higher, and 2022 has been a year filled with adaptations and changes. Whether you experienced successes beyond your wildest dreams or became a stronger person for the hardships you endured: reflect on it all. Discover what you take away from 2022, and then use it to make 2023 even better.

I challenge you all to ask yourself the following questions:

- How did I grow in the past year?
- What was the single biggest challenge I overcame?
- Who needs to be acknowledged in my life?
- What were my most memorable, stand-out moments?
- Pick three words you would use to describe this year?
- What was the best thing I learned?
- What am I most grateful for?
- What was my single biggest time waster this year?
- Name a song that would be the soundtrack to 2022.
- Name the year. "2022 is the year of..."

As the end of 2022 and the beginning of 2023 is fast approaching, we are so grateful for every experience and opportunity that has come our way over this past year. We look ahead with enthusiasm and optimism for what the new year has in store for us. Working together with you all – student-athletes, parents, guardians and sponsors – this past year has been an absolute pleasure and we are so proud of all that each student-athletes has achieved.

From the UXi Sport family, we wish you all a blessed, relaxing and safe festive season. We can't wait to be back out on the field on the 9th of January 2023 to finish off the High Performance Rugby Program – but until then, enjoy the well-deserved time off!

~ The UXi Sport Team

From the Desk of the

UXi SPORT C.O.O.

Shine Like a **Diamond!**

We have been through the motions of anxiously watching a Springbok team delivering us two out of four international wins over the past few weeks!

What stands out for us is “**FLYING KURT-LEE ARENDSSE**” who never fails to disappoint when it comes to scoring those fast-footed tries. We watch this absolutely wonderful player that once wore a WESTERN PROVINCE RUGBY ACADEMY jersey, and we are so proud! Not only because of his exceptional achievements, but more importantly because Kurt-Lee rose to fame from a place of his belief in his DREAMS to play for the Springboks one day.

Kurt-Lee did not get his great moment from schoolboy rugby, when so many other players got awarded their junior contracts and bursaries. He decided to further his development as a player at the WPRA and worked, worked, worked and sacrificed under a lot of pressure with a program, mentors and coaches. He did not give up when things got too tough and earned a bursary at UWC by the end of 2018, which boosted his rugby career to Varsity Cup. From there the Blue Bulls offered Kurt-Lee his first senior contract, and the rest is beautiful history that we get to enjoy every time Kurt-Lee gets his hands on a ball.

It reminds me of how DIAMONDS are formed.

“Simply put, diamond formation occurs when carbon deposits deep within the earth are subject to high temperature and pressure”.

There is the magic words “high temperature” and “pressure”. These words both spell uncomfortable and difficult. Is this not what it truly means to achieve something meaningful in life? Nothing worthwhile comes easy, a lot of pressure, a lot of discomfort brings the biggest growth imaginable! But sometimes we give up too easy to get back into comfort zones, because we don’t like confronting the pain or discomfort that comes from making sacrifices and holding on when you feel like you simply can’t anymore! We get discouraged when not selected or when other’s words tell us we are “not good enough”!

Can anyone be a diamond? Most diamonds are found 90 to 125 miles below the surface. That is very deep. And in this I find the answer, it depends on how deep and far you are willing to go to endure the pressure and temperatures that will ultimately form you into that DIAMOND you were born to be.

This might not translate into every player becoming a Springbok, but DIAMONDS are also our future coaches, business leaders, fathers, and community leaders. ENDURE, HANG-IN, DON’T GIVE UP and BREAK THROUGH THE PAIN are my challenges to every player in our UXi Rugby Institute group.

DARE YOURSELF TO SHINE LIKE A DIAMOND! Because you CAN if you just keep on going!



~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

“Love does not begin and end the way we seem to think it does. Love is a battle; love is a war; love is a growing up.”

~ James Baldwin

The month of November brought the student-athletes back to what they love about rugby; the trainings have been hard and purposeful underneath the warm Bloemfontein sun. In moments of being extremely tired from the time they have put in, each student-athlete asks himself...”why am I doing this?”

That is when the love of rugby becomes a battle and a war with choosing to keep working hard instead of choosing the easy comfort road. This is what has happened over the month of November with the final preparations for the UXi eXperience Tour and Showdowns in throughout the tour to showcase their growth over the past year.

Some student-athletes, who currently study with HFPA and ASV, have been doing exceptionally well with their studies, as well as the student-athletes redoing some of their matric subjects to improve their results. We are proud of our students who are putting in the hard work on and off the field.

We cannot wait to kick off our Cape Town journey next week – excitement levels are at an all-time high! If there are any questions regarding the eXperience Tour or the rest of the year, please feel free to contact me.

~ Gerhard Olivier



From the **FIELD**

Feedback From The Month

November has been a “goal driven” month as the student-athletes have been focused on preparing themselves for the UXi Showdown taking place in December. We have seen a change in attitude as the student-athletes are working towards the common goal of achieving greatness in the three games being played in Cape Town. It has been fantastic to see how the student-athletes have been engaged and focused on improving themselves, but also creating a positive team culture and comradery amongst themselves. As the weekly countdown continues, it's evident that the student-athletes are committed to refining their skills, but also improving their rugby knowledge and understanding in our attack and defense systems. The team environment is alive and filled with an eagerness to represent themselves to the best of their ability.

Positives to Take Away

Our team has taken shape nicely, with a tough three week build up the student-athletes were pushed to their limits on the field. The fitness, conditioning and physical expectations were high as the student-athletes have three games to play in a short period of time in just over a weeks' time. The student-athletes were positive in these sessions and showed true grit and determination when the sessions became tough. We have had fewer injuries this month as they student-athletes load have been closely monitored, therefore improving our field sessions with more numbers on the field creating a competitive environment for student-athletes to express themselves. It was fantastic to see the student-athletes discussing our game plan, training sessions and being so involved in the decision-making process of the style in which we want to play.

Challenges Faced

We set high expectations for our student-athletes and the demand after returning from their break was more than what they expected. They understood that to be effective on the field, we needed to be willing to put in longer sessions with more intensity. Subsequently the student-athletes needed to ensure that their recovery and nutrition was a priority so that every training session they pushed themselves to perform to the best of their ability. We had a few student-athletes struggling with long term injuries that has hindered their time on field. Their programming is focused to increase their cardio so that when they return to the field, they are able to slot straight back into training. This has been difficult for some student-athletes as they feel they are missing out and eager to return to training. Injuries are closely monitored by our physio to ensure that our student-athletes are fit and ready to get back onto the field as soon as possible, without the risk of the injury occurring again.

What to Look Forward to

All the student-athletes and management are excited to travel to Cape Town and play together and represent the Cheetahs Institute of Excellence. For many of our student-athletes a trip of this nature is not a regular occurrence and therefore we are excited to make it as memorable as possible. We have a week in December to complete our final preparations before heading down to the Cape; the focus will be clarity and detail in the way in which we want to play as well as team comradery. We can't wait to put the hard work and effort to the test at the UXi Showdown.

~ *Simon Askew*

From the **FIELD**





From the

GYM

Feedback From The Month

November was another fantastic month here at the Institute. The student-athletes are going through a pre-season phase in order to prepare for the upcoming tour. Due to other competitions and rugby commitments, some student-athletes are currently going through a recovery phase. This was a challenging month for our student-athletes, as they have all been working extremely hard, day in and day out, to prepare for the eXperience Tour that is kicking off next week. We look forward to seeing how the CIE perform in the tour!

Positives to Take Away

We have loved seeing how the student-athletes have been physically and mentally developing in the gym. The student-athletes are showing a great improvement on their body mass, endurance, and strength. This in turn has had a significant impact on their self-confidence and motivation levels. Most of those student-athletes who had picked up recent injuries have recovered well and are back in the gym; we still have a few student-athletes who are nearing the end of their recovery programs and will be rejoining us in the gym soon!

Challenges Faced

This term the student-athletes have been challenges with their gym and field loads – they have been increased quite a lot, and we are really pushing the guys to their personal limits in order to prepare for the Tour. At the eXperience Tour, we will be playing back-to-back matches, so it is important to condition the student-athletes accordingly. Some setbacks that we faced this month was an increase in rain, which affected some of our planned sessions. We also saw some of our student-athletes picking up small injuries, which has shortened their Tour preparation time.

What to Look Forward to

We are looking forward to heading down to Cape Town next week for the UXi eXperience Tour! Last year's tour was truly one to remember, and we have no doubt that this year's will be even better. We look forward to seeing how the CIE perform in their 3 matches; it will be great to see how all of their hard work pays off.

~ Liv Mudimeli



From the

HEART



Feedback From The Month

UXi Sport prides itself on hosting a great life and mindset program for the student-athletes. Our student-athletes have spent time learning from the following topics:

Desire, Vision, Knack & Initiative.

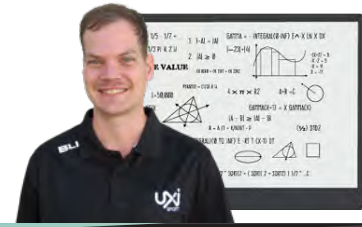
This related well to their own personal desires and visions, and how they can use their unique abilities (knack) and take the initiative to take charge of their lives. This was also a good month to look at their life-skills development, and I am very satisfied with their internal growth over the past year.

The student-athletes are extremely excited to go down to Cape Town for their end-of-the-year tour. As always, please contact me if there are any issues.

Have a blessed Christmas time and festive season!

~ Gerhard Olivier

DATA SCIENTIST



Wellness Awards

“At the UXi Rugby Institutes, we understand the holistic demands that a student-athlete requires, in order to perform at an optimal level. It is nearly impossible to be a High Performance athlete, if you do not live a high performance lifestyle. Our UXi National Data Scientist, Dr Steve den Hollander, meticulously tracks our players’ wellness levels through daily

wellness reports. The players need to honestly report on how they are feeling OFF of the field, to ensure that they can play optimally ON the field. Awards are based on ‘Daily Wellness Reports’, which are completed by the athletes themselves.”

PRI

WPRA

CIE



Most Consistent



Etienne Bates



Tinashe Gowere



Serentius Reed



Best Sleep



Hugo Meiring



Johannes Verdoes



Francois Booysen



Best Mood



Ulrich Helling



Johannes Verdoes



Francois Booysen



Least Stressed



Ulrich Helling



Breyton Rossouw



Francois Booysen



Least Fatigued



Ulrich Helling



Johannes Verdoes



Barend Janse van Rensburg



Most Ready To Train



Ulrich Helling



Deacon Ruiters



Barend Janse van Rensburg



“eXperience Tour Players to Watch”

“The eXperience tour is around the corner, for some of you, you may find yourself at the game watching your son represent their institute and for some you may be watching online through our live stream. Whichever way you are able to watch the game, we thought it may be useful to highlight some the standout players from each institute. In the graphics below we have reported the top performing player from each institute under 4 different categories, namely, points scored, carries per 80 min, tackle per 80 min, and breakdown arrivals per 80 min. The reason we use a per 80 minutes rating is so that we can compare players

stats from different games irrespective of how many minutes they played. For example, if Player X, played 40 minutes, we can compare his per 80 score to Player Y, who played 60 minutes. If you had to use total carries for example, it would favor players with more game time.”


There are 4 categories of players to watch:

1. **Top Point Scorers to Watch**
2. **Top Ball Carriers to Watch**
3. **Top Tacklers to Watch**
4. **Top Breakdown Players to Watch**


Top Points Scorers to watch



Rayven Adams
CIE Institute **2** Tries
12.70
 Points per 80min



Ethan Bester
WPRA Institute **0** Tries
11.20
 Points per 80min



Thato Gololo
PRI Institute **5** Tries
9.66
 Points per 80min


Top Ball Carriers to watch



Keran Valentyn
CIE Institute **81%** Effectiveness
12.70
 Carries per 80min



Johannes Verdoes
WPRA Institute **92%** Effectiveness
11.84
 Points per 80min



Samuel Klinkert
PRI Institute **63%** Effectiveness
5.59
 Points per 80min


Top Tacklers to watch



G. van der Merwe
CIE Institute **75%** Tackle Completion
14.99
 Tackles per 80min



Lutho Nkangana
WPRA Institute **75%** Tackle Completion
14.05
 Tackles per 80min




Udo Cilliers
PRI Institute **80%** Tackle Completion
8.16
 Points per 80min


Top Breakdown Players to watch



Chad Hare
WPRA Institute **90%** BD Effectiveness
19.05
 Attacking BD per 80min



JJ Fourie
CIE Institute **48%** BD Effectiveness
16.06
 Attacking BD per 80min



Jacques van Aardt
PRI Institute **87%** BD Effectiveness
8.16
 Attacking BD per 80min

It's time for the

eXperience

of the Year!

UXI-EXPERIENCE TOUR

2022

9-13th December



W.P. RUGBY
ACADEMY



TOYOTA
CHEETAHS
INSTITUTE
OF EXCELLENCE



PUMAS
INSTITUTE

SHOWDOWNS

Mark it in your calendars - it's almost time for the annual UXi eXperience Tour Cape Town 2022! Time is flying by, and in less than a week's time from now the UXi Western Province Rugby Academy (WPRA) will welcome the UXi Cheetahs Institute of Excellence (CIE) and the UXi Pumas Rugby Institute (PRI) to sunny Cape Town, where these 3 powerhouses will be going head-to-head...to-head...in an epic series of SHOWDOWNS across 3 match days.

The UXi Western Province Rugby Academy will welcome the UXi Cheetahs Institute of Excellence and the UXi Pumas Rugby Institute to the mother city: sunny Cape Town. Here, these 3 powerhouses will be going head-to-head...to-head...in an epic series of SHOWDOWNS across 3 match days.

The tour will involve a combination of matches, training and recreational activities. For many players, this will be the first time that they swim in the ocean or see the mountains - so this is certainly going to be an eXciting opportunity!

The dates are set. The accommodation is ready. The buses are revving their engines. The live stream channels are ready to roll. The pitches are mowed. The staff are eager, and the players are HUNGRY for this FANTASTIC RUGBY OPPORTUNITY! Last years' eXperience Tour was exhilarating and electrifying – we have no doubt that this year will be even better.

ORDER OF PLAY

DAY 1: 9th December	DAY 2: 11th December	DAY 3: 13th December
09h30 CIE vs WPRA 2	09h00 WPRA 1 vs WPRA 2	09h30 PRI vs WPRA 2
11h15 PRI vs WPRA 1	10h45 CIE vs PRI	11h15 CIE vs WPRA 1

All matches will be taking place at Stellenbosch High School / Hoërskool Stellenbosch

PHOTOSHOOT

All students, playing and non-playing, will be required to attend a photoshoot on Monday the 12th of December, whereby professional player photos will be taken. These photos will be used in the player CVs and reports. It is vital that all students attend their designated timeslot and wear the required attire.

Attire: Institute training jerseys, Institute black training shorts, rugby togs

Training Jerseys - WPRA: blue stripes - CIE: full orange swirl - PRI: pink splatter

09h00 – 10h00 WP Rugby Academy (Aaron A. – Joshua A.)
10h00 – 11h00 WP Rugby Academy (Kian V.V. – Xavier D.B.)
11h00 – 12h00 Cheetahs Institute of Excellence
12h00 – 13h00 Pumas Rugby Institute

We encourage supporters to attend the match days, but if you are unable to attend, all matches will be live streamed to ensure that you don't miss a single second of the action. Tour details, travel plans and packing lists have already been communicated with all students, parents, guardians and sponsors. However, if you still have any further questions or concerns, please feel free to contact us.

We look forward to welcoming you all to sunny Stellenbosch – we have no doubt that these 5 days will create lifelong memories! It is finally time for the...UXi Rugby Institutes Showdowns through the **UXi eXperience tour – Cape Town 2022!**

Rumble Rugby Rhythms



There's no better way to kick off a new month than by learning a new skill! At the start of the month, our CIE student-athletes and coaches spent some time learning and perfecting a new (non-rugby related) skill – DRUMMING!

Jaco Spies from '*Drumability*' spent the morning with the CIE and taught them how to use various drums, instruments and items to make awesome beats. Apart from learning how to hit a drum, our student-athlete and coaches were taught that even though sounds and beats may be different, when they are brought together like a team, a beautiful symphony can be created.

A huge thank you to Drumability for this awesome rumble of rhythms!



Jaundre's Cheetahs Clashes

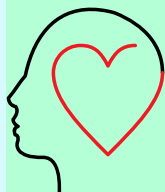


CIE 1st year student-athlete, **Jaundre Le Roux**, has been extremely busy getting some Union-game time under his belt! Jaundre was selected for the Toyota Cheetahs u/19 squad earlier in the year.

Jaundre, who is a talented prop, was selected to be a part of the 23-man squad for the last two SA Rugby u/19 Cup matches. The first match Jaundre played was against the Vodacom Bulls u/19, and the second against the DHL Western Province u/19.

Well done Jaundre - you have worked so hard this year at the Institute, and it is all paying off. You have truly gone ABOVE and BEYOND. Keep up the eXtraordinary work!





Wellness *with Ali*



6 Ways Athletes Mentally Prepare For Competition

Focus is important. Without it, it will be challenging to remember what you've practiced during physical workouts. Learning to manage stress properly can help improve your mental game when it's time to compete.

1. Focus On Technique

If you become consumed thinking about winning or losing, you'll get distracted from the actions you need to perform physically. It's important to learn to ignore the factors that you don't have control over and focus on the controllables.

2. Understand How Stress Can Benefit You

Heading into competition, you may feel stressed. Recognize stress as something that can work for you or against you. A small amount of stress can help benefit your performance by energizing you and giving you a rush of adrenaline.

3. Visualize Your Performance

Many talented athletes practice visualization before a competition. They envision potential scenarios that they could potentially encounter and determine how they will respond.

4. Pick The Right Pre-Event Environment

Some people like to get pumped up by listening to loud, fast-paced music. Others feed off of encouragement from their fans. Some choose to find a quiet space and listen to calming music, or meditate. Find out which method works best for you.

5. Practice Positive Self Talk

The narrative in your head before competition should be mindful and purposeful. Set yourself up for success by talking through the event in a positive way.

6. Self Awareness

It's good to be in touch with yourself. Understand how you typically respond to certain stress triggers and create a plan for dealing with them.

In conclusion, Preparation can make all the difference when it comes time to compete.

GOOD LUCK FOR
THE SHOWDOWN!



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

NOVEMBER

RUGBY SKILLS Player of the Month

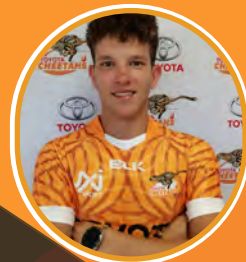
S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Barend Janse van Rensburg



Johann Strydom



Tylor May

Pumas Rugby Institute



Ruben Behrens



Samuel Klinkert



Robert Masamba

Western Province Rugby Academy



John-Will Swarts



Owen Hawanga



Ruben Verdoes



Rugby Recipes Rock!



Chocolate Peanut Butter Baked Oats

Serves: 1
Time: 20 min

NUTRITIONALS:
Per Single Serving (excluding *additional PB)

KCAL 428 | PROTEIN 37G | CARBS 37G | FAT 15G

INGREDIENTS:

- ¼ cup Oats
- 30g Chocolate Protein Powder
- 1 Tbsp Flour
- ½ tsp Baking Powder
- ½ Banana (mashed)
- 1 Egg
- 1 tsp Almond Milk
- 1 Tbsp Peanut Butter
- Small handful of dark choc chips
- *Extra Peanut Butter for topping

METHOD:

1. Preheat your oven to 180°C.
2. Start by blending the oats in a blender to form a flour.
3. To the blender, add the chocolate protein powder, plain flour, baking powder, banana, egg, almond milk and peanut butter. Blend until smooth.
**Note: you can also do this in a bowl and stir to combine.*
4. Stir through the choc chips, leaving a few to put on top.
5. Spray an **oven proof** small ramekin/bowl with spray and cook, and transfer the mixture into the dish and top with the remaining choc chips.
6. Bake for 12-15 minutes or until completely cooked through.
7. To serve, drizzle some more peanut butter on top & enjoy!

BLK 2nd & 3rd Year KIT ORDERS!

Are you going into your 2nd or 3rd year at the UXi Rugby Institutes, and want to order **ADDITIONAL** Institute 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 now via UXi Sport!

To place your order, please download the **ORDER FORM** below and follow the following process:

— Complete the **ORDER FORM** by filling in your item quantities and sizes

— Your order **TOTAL** will appear at the bottom of your order form - pay this amount to the account details on the bottom of the form

— Send your **PROOF OF PAYMENT** and **ORDER FORM** to AlastairT@sport.uxi.edu.za

— Your order is now **PLACED!**

CLICK HERE here to download the 2nd and 3rd Year BLK Kit Order Form!



HAPPY HOLIDAYS!

DURING THIS SEASON, OUR WISH FOR YOU IS:

**MAY YOUR HOME BE FILLED WITH TOGETHERNESS,
YOUR HEART BE FILLED WITH LOVE,
AND YOUR SOUL BE FILLED WITH SONG.**

**MAY YOU CELEBRATE THE BEAUTY
THAT LIES WITHIN YOU
AND SURROUNDS YOU.**

**MAY YOU SEE GREAT POSSIBILITY
THROUGH EVERY DOORWAY,
AND EVERY SMILE.**

**MAY YOUR MEMORIES SPARK THOUGHTS
OF HAPPY TIMES
AND LESSONS LEARNED.**

**MAY YOU APPRECIATE LIFE
FOR ALL THAT IT HAS GIVEN YOU
AND ALL THAT IT HAS IN STORE FOR YOUR FUTURE.**

FROM:

**UXI SPORT & CHEETAHS INSTITUTE OF EXCELLENCE
MANAGEMENT, COACHES AND STAFF!**

