



**JUNE IS ALREADY OVER?
JULYING.**

GRIQUAS RUGBY INSTITUTE NEWSLETTER | JUNE 2021

Dear Parents, Guardians and Sponsors,

"I think it is possible for an ordinary person to choose to be extraordinary." ~ Elon Musk

There may be times in life when difficulties and obstacles creep up and try to derail your dreams and attempt to dim your light. Some of these things are, unfortunately, out of our control. However, the one thing we are ALWAYS in control of are our **ATTITUDES** and **MINDSETS**. It is an active choice, every day, to either be an ordinary or an extraordinary human being. This is entirely our choice; and we always have the power to elevate ourselves and our minds, even in the most difficult of times.

Elon Musk reminds us that he is just an ordinary person, who has simply chosen to be extraordinary and lives his life everyday with this mindset and attitude. You can do the same - you should do the same.

It is no secret that Covid-19 is still very much a part of our daily lives. As we move back into Level 4 Lockdown for two weeks, we have pushed our Term 2 holidays forward in order to align with these sudden restrictions. While this is may be disheartening for our players, there is no need to be despondent, as our staff and coaches are well-prepared for any and all obstacles that come our way.

As we move into July, we are more fired up than ever before to inspire GREATNESS and HOPE to our players; and we are eager to see how our they further grow and develop during the next four weeks. We will never allow any setbacks to set us back - every setback is a set up for greatness. We thank all of our parents, guardians and sponsors for their continuous and unwavering support of their player's dreams and future success.

~ The GRI Team



INSPIRING GREATNESS

Through sport to life

We celebrate the success and GREATNESS so many players have achieved in all areas of their training and development results during the 2nd Quarter of 2021! Many of our Players have progressed to training with the Union under 20 teams, and this is nothing but a true testimony of the quality of the program and opportunities it presents to all.

Every Player's individual growth is continuously monitored, and it truly inspires us to watch players progress quarter on quarter, for some the progress is slower than others, but as long as we keep on moving forward, there is progress! Thank you to all our parents and sponsors, family and friends, for your continuous support, motivation and belief in his dreams, and vision for his life.

As we face a new storm, with the 3rd wave of C19 in all aspects of our lives, there are so many challenges and uncertainties it brings, unlike anything many of us have experienced in our lifetime.

There are generations alive today, who can speak of previous pandemics, war and unthinkable personal sufferings that mankind has endured in history, C19 is one such an event, that will undoubtedly leave its mark in our lifetime. Our thoughts, prayers, and deepest empathy accompany this newsletter to EVERY Player- and Staff member's family and households across South Africa, who have experienced loss of loved ones, as well as other unbearable suffering, because of it.

Amidst the continuous lockdown restrictions and uncertain times fired on by the media, news channels and especially social media channels, it is becoming more and more important to feed our thoughts and minds with POSITIVENESS and ignite HOPE in one another!

I encourage you to focus on the blessings still evident in our daily lives, and instead of spending this well-deserved break on endless negative news feeds, I share with you my packing list to survival and staying en-route to your destinations in LIFE:

- 1 Invest in good reading,
- 2 Watch inspirational videos and movies,
- 3 Research new ideas and topics,
- 4 Stick to a routine of daily exercise given by coaches,
- 5 Stay in touch with your TEAM members and coaches,
- 6 Participate in our fun holiday challenges,
- 7 Breathe, and remind yourself every day that you have come a long way already!
- 8 REMEMBER that you are special, and wonderfully made - your life has purpose!
- 9 Catch-up on your studies if required to do so,
- 10 Do good to those around you, and spread a light of HOPE and encouragement everyday

Wrap it all up in continuous prayers and remember - " He holds the whole world in HIS hands"!

We also pray for your safe keeping and journeys home. We look forward to welcoming everyone back to the Institutes with renewed energies and strength!

Just keep-on moving forward and don't give up!

~ **Thea Visagie** | UXI Sport C.O.O.

FROM THE HEAD OF INSTITUTE

~ MPHONG MATSAUNG



HOW DID JUNE GO?

- 🏉 Players have adjusted well to the HP Rugby Programme thus far.
- 🏉 It is great to have constant communication with the UXI Sport Head Office, regarding the support and guidance offered to the Griquas Rugby Institute, through the challenges faced (specifically with those players who tested positive for Covid-19).
- 🏉 Through their involvement in the provincial trials, our players were able to engage in some much-desired game time.
- 🏉 We were also thrilled to welcome a new player to the Institute.

SPECIFIC CHALLENGES FACED OVER THE LAST MONTH

- 🏉 Unfortunately, the Institute as a whole was affected by the few positive Covid-19 cases that occurred, as everyone had to go into isolation.
- 🏉 Due to Covid-19 protocols, we had to move away from the Stadium. Thereby having to find new venue for the Institute to use for gym and off-field training sessions.
- 🏉 Due to Covid-19, the Kimberley Regional League has been postponed.

SIGNIFICANT POSITIVES EXPERIENCED OVER THE LAST MONTH

- 🏉 We are very grateful to Virgin Active, K-Fit, Northern Cape High School and Diamantveld High School's assistance with availability of fields and gyms for our Institute training sessions.
- 🏉 A huge thank you to the Griquas Rugby Union for their support throughout the challenges faced due to Covid-19.
- 🏉 The Institute players were involved in two Griquas Rugby Union U20 trials (Provincial team) at Tafel Lager Park - this gave the players some game time for the month.

WHAT CAN BE EXPECTED IN JULY FROM THE INSTITUTE

- 🏉 Many of the Griquas Rugby Institute players will start training with Griquas U20 Provincial team, as they are part of the final selected squad. This also means that Institute players will be involved with Griquas U20 Provincial team friendly matches
- 🏉 Stricter measures, management and protocols will be implemented and NEED to be adhered to by all players and staff, so we don't have any more Covid-19 positive cases at the Institute.

~ BRENDELL BRANDT



HOW DID JUNE GO?

Overall, it has been a good month. We have added game shape & game management into the programme. The players' game intelligence has improved a lot. We've also moved towards engaging with instant reviewing on the field, which has help a lot with rectifying mistakes instantly. We have also stepped up the game tempo by playing "against the clock", which involves shortening the call times and thinking under fatigue.

SPECIFIC CHALLENGES FACED OVER THE LAST MONTH

As per usual, Covid-19 has been a major challenge for us. Thinking outside the box and adapting has become a big part of programme. Regardless of these challenges, the players have still hit the targets set for them.

SIGNIFICANT POSITIVES EXPERIENCED OVER THE LAST MONTH

The support received from the Senior Griquas coaches has been massive! The Institute players that trained with the Seniors this month were: Andrew Matiwane, Connor Clark and Randy Fillies. In total, the Institute has had 5 boys (Andrew Matiwane, Connor Clark, Randy Fillies, Cullen Plaatjies, Gerhard van der Merwe) invited to train with the Senior squad - this is a fantastic achievement!

A MESSAGE TO THE PARENTS

Game focus will be the order of the day with the U20 tournament less than 3 month away. The best advice I can give to parents, would be to push your players to always work harder and to be students of the game.





~ MATTHEW DU PLESSIS



HOW DID JUNE GO?

The month of June has been good; we are really happy with the way the players are handling the intensity of practice. The players are starting to get used to the routine of practice, recovery and attending class. The players testing results have improved, which has boosted their confidence significantly.

SPECIFIC CHALLENGES FACED OVER THE LAST MONTH

With the Currie Cup starting for the Senior Provincial team this month, we have had to adjust our schedule slightly. This means that sometimes we have had to come in earlier and stay later. Some of the players have shown a bit of fatigue because of the extra hours, but it was nothing that they couldn't handle.

SIGNIFICANT POSITIVES EXPERIENCED OVER THE LAST MONTH

The additional conditioning classes at K-Fit and Virgin Active have really boosted the players' confidence and have helped them reduce their risk of injuries. A few players have mentioned how good they feel, because of how fit they are. Some players have also managed to put in extra training sessions in their spare time.

A MESSAGE TO THE PARENTS

During holiday periods disallow binge drinking and encourage the young athlete to keep on training. Also ensure decent eating habits at home. Emphasize the importance of developing good sleeping patterns.



FROM THE HEART

~ WENDAL WEHR



CHALLENGES FACED

The specific challenges that we faced as coaches and players, was handling Covid-19 cases and adjusting our program. Due to Covid-19 regulations, we needed to move away from the stadium, and therefore had to train at different venues, such as K-Fit and Northern Cape High School. The players responded well to these changes, but we continuously had to remind them about their movements, to be aware of their interactions and to be responsible. Another challenge was also to keep the players motivated and positive in the midst of these challenging and frustrating times.

POSITIVES EXPERIENCED

This quarter, we worked through SELF ADAPTATION. There is so much relevance in this topic, especially in light of the current situation that the world finds itself. This topic was emphasized greatly, and students were encouraged to be intentional about their own self-adaptation. Some of the key pointers and takes outs of this topic were:

- Develop mental positive image
- Seeing opportunities instead of obstacles
- Positive affirmations own rule for your life
- Build a routine
- Implement a routine
- Adapt to change
- Act yourself into a new way of thinking
- Habits are everything

A MESSAGE TO THE PARENTS

To the parents, your help, assistance and guidance is needed more than ever, during these challenging times. Let's continue to walk closely with our players. Let's team up to motivate and support our players in every aspect of their lives, whether it is emotionally, spiritually, physically or mentally. Remember, together we are stronger indeed.

GRI OLYMPICS



Introducing the GRIQUAS RUGBY INSTITUTE OLYMPICS teams:

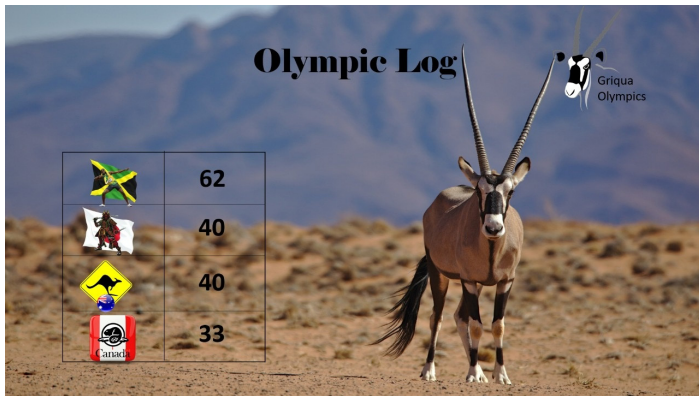
Team Japan

Team Australia

Team Canada

Team Jamaica

In the coming weeks, our students will be taking part in multiple events across elements of the High Performance programme, in their respective Olympic Teams! Their performance in these events will accumulate as points - let's see which team can finish TOP OF THE LOG!



Team Jamaica currently in the lead

IT HELPS TO HELP

IT IS SO COLD OUT IN PAARL TODAY!!!!
I'VE JST WITNESSED THE YOUNG MAN..GOING OPPOSITE THE ROAD...GIVING HIS JACKET TO A COMPLETE STRANGER..WOW!!!!U DONT GET THIS ANY MORE!!!!IM SO AMAZED..LEIGHTON FROM WELLINGTON..YOUR MAMA RAISED YOU WELL!!WE NEED MORE OF YOU IN THIS WORLD....YOU JST MADE A GREAT INPACK IN THIS MAN'S LIFE!!!



This is truly heartwarming to read! A previous Griquas Rugby Institute student, Alderick Present, gave the jersey off of his back to a stranger who needed it so much more. Wow! We are so proud to hear of Alderick's incredible act of kindness.

Alderick unfortunately had to drop out of the programme due to financial difficulties. However, due to this incredible act of kindness, Alderick has been awarded a full sponsorship to attend the Western Province Rugby Academy!

God bless you, Alderick!

JUNE HIGHLIGHTS

RUGBY REVIEW SESSION

24 JUNE



FINAL ROUND OF GRIQUAS U/20 TRIALS

26 JUNE



JUNE HIGHLIGHTS

K-FIT GYM SESSION

2 JUNE



K-FIT GYM SESSION

9 JUNE



INSTANT ON-FIELD REVIEW SESSION

10 JUNE



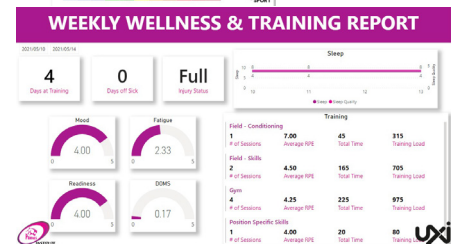
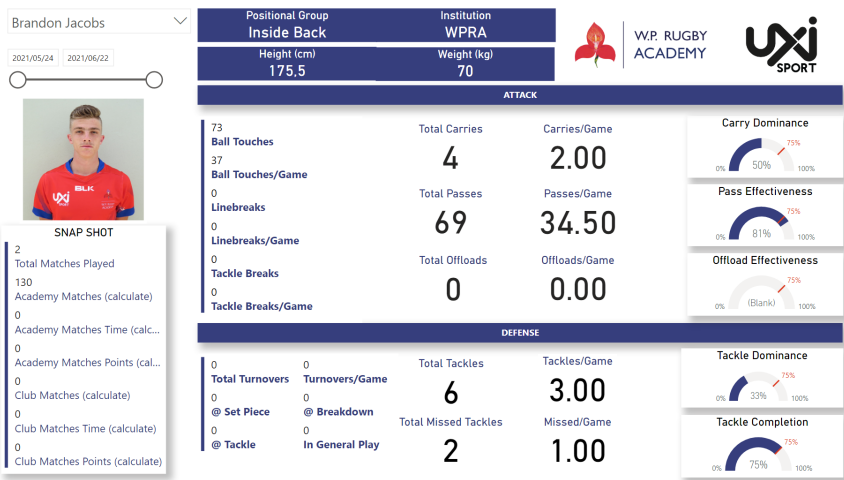
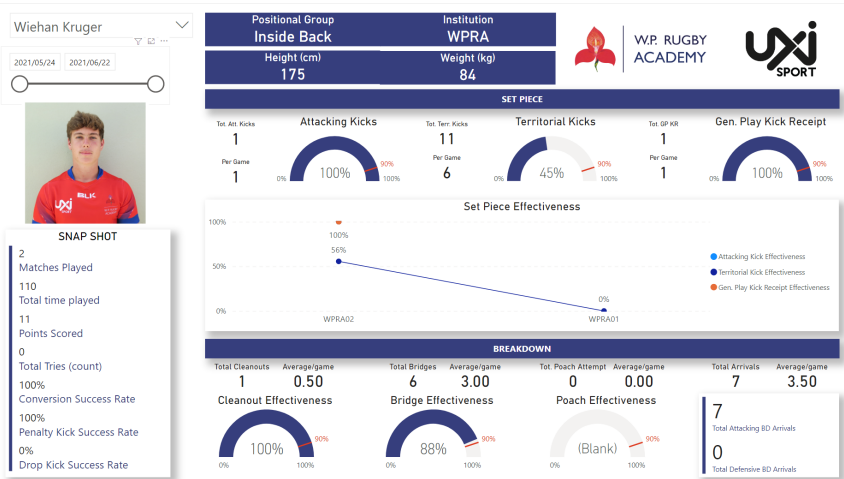
FROM THE DESKS OF THE VIDEO & DATA ANALYSTS



Our Video and Data Analysts have been hard at work and returned to learning. Dr Steve den Hollander and Heinrich Painczyk have been learning how to use the powerful data presentation platform, Power BI. Power BI allows the user to access a database in many different formats and from that develop interactive and informative dashboards for data analysis.

The Data Analysis department has developed a "Weekly Wellness and Training Load" dashboard, as depicted below. This report will be sent to every player and shows that players particular data for the week. This data includes, attendance and injury status, their quality of sleep throughout the week, their subjective levels of fatigue and their mood, their level of DOMS (delayed onset of muscle soreness) as well as there training loads and training durations. Training load is calculated by multiplying RPE (rate of perceived exertion – a subjective score of how tiring a session was) and session duration. With this players can visually see how much training they did and how it affected their body and their fatigue levels, this allows players self-assess their recovery protocols and sleep.

The Video Analysis department has developed player match reports which will be sent out towards the end of the year. In these reports players, parents/guardians and sponsors can see the match stats of the player for all the matches they have played. This report covers all the performance indicators measured from game to game and also includes a positional comparison. Players can see here exactly how many games they played and how many minutes, what their effectiveness and dominance percentages are, across multiple performance indicators.



TOP 3 PERFORMERS



We recognize those extraordinary students, who have gone #beyondlimitsknown, and worked incredibly hard to land themselves in our UXI Top 3 Overall, Top 3 Most Improved across institutes, and the Top Athlete (Athleticism and Skill) at each Institute. Players needed to complete all components of testing to qualify.

ATHLETICISM

TOP 3 OVERALL



Kobus du Plessis
Cheetahs Institute of Excellence



Gideon Serfontein
Pumas Rugby Institute



Jan-Barend van der Merwe
Griquas Rugby Institute

TOP ATHLETICISM AT WPRA/BRI



Itumeleng Masinga
Western Province Rugby Academy

MOST IMPROVED PER INSTITUTE



Ulrich Bekker
Cheetahs Institute of Excellence



Lewellyn Ventura
Griquas Rugby Institute

TOP 3 IMPROVED



Keyan Lolwane
Western Province Rugby Academy



Luyolo Ndlamafa
Western Province Rugby Academy



Loyiso Mkhalihi
Pumas Rugby Institute

TOP 3 OVERALL



Keron Valentyn
Griquas Rugby Institute



Janrico Malan
Cheetahs Institute of Excellence



Milan Combrink
Pumas Rugby Institute

TOP SKILL AT WPRA/BRI



Waldimar Gelderbloem
Boland Rugby Institute

TOP 3 IMPROVED



Graeme Cilliers
Western Province Rugby Academy



Kieron Naidoo
Western Province Rugby Academy



Zade Wilton
Western Province Rugby Academy



Kobus Du Plessis
Cheetahs Institute of Excellence



Devon Pretorius
Griquas Rugby Institute



Milan Combrink
Pumas Rugby Institute

SKILLS

JONO'S JUNE JOY

It makes us so incredibly happy to be able to share stories like these! UXI Sport came to learn of a young boy's story, whose dream is to eat, sleep and breathe RUGBY. Jonathan "Jono" Moloto is an 19 year old boy from Namakgale in Phalaborow. Jono comes from a very underprivileged background and very challenging circumstances.



Despite his circumstances, Jono has not lost hope or given up on his rugby dreams - and neither have we. UXI Sport is blessed to be able to assist Jono along his rugby development pathway. We are thrilled to have gotten Jono setup with some new training kit, training shoes, rugby and shadow balls, resistance bands. Jono will also be assisted by Coach Brendell and the team from the Griquas Rugby Institute with a home skills training programme.

This is what UXI Sport is all about - giving HOPE and INSPIRING GREATNESS, no matter what your circumstances are!



KIT UP!

WITH UXI SPORT & BLK

SHORTS R170.00

T-SHIRTS R230.00

SUPPORTERS TEES R230.00

SHORTS

Institute-specific branded training shorts

T-SHIRTS

Institute-coloured specific branded training T-shirts

"THE WOMEN BEHIND OUR MEN" SUPPORTERS TEES

Pink UXI Sport branded supporters T-shirts (Ladies cut)

ORDERS & ENQUIRIES

AlexiaR@sport.uxi.edu.za



Rugby *that* Recipes Rock!



1-Pan English Breakfast

Serves: 4
Prep: 5 minutes

NUTRITIONALS:
1 Serving: 1 wedge

KCAL 349 | PROTEIN 25G | CARBS 4G | FAT 26G

INGREDIENTS:

- 4 Pork Sausages
- 4 Rashers Back Bacon
- 140g Button Mushroom
- 6 Eggs, Beaten
- 8 Cherry Tomatoes, Halved
- Handful Grated Cheddar
- 1 Tbsp Snipped Chives

METHOD:

1. Switch on the stove to high.
2. Heat a medium non-stick frying pan, add the sausages and fry for 3 minutes.
3. Add the bacon, turning occasionally, until it starts to crisp, for about 5 minutes.
4. Add in the mushrooms and continue to cook for a further 3-5 minutes. Drain any excess fat and move the ingredients so they are evenly spread out.
5. Beat and season the eggs, then add to the pan, swirling to fill the spaces. Gently move with a fork for 2 minutes over a low-medium heat until beginning to set.
6. Scatter over the tomatoes, cheese, and chives, then let it cook for 2 mins until set.
7. Cut into four wedges and serve with your favourite sauces.



DO YOU HAVE YOUNG SIBLINGS, NIECES, NEPHEWS, COUSINS, OR KNOW OF ANY YOUNGSTER EAGER TO GET INTO RUGBY?



Join the Rugby Skills and Development (RSD) Program!

Why join the RSD program? RSD is a rugby skills development and life skills program for children from the age of 3 years, that offers the child early exposure to correct rugby skills and techniques, sportsmanship and social skills development. A fun program for the whole family to enjoy!

For more information visit: www.rsdrugby.co.za

THE UXI-RSD PATHWAY

*"Today's Kids,
Tomorrow's Future"*

The objective of the UXI-RSD PATHWAY is to develop the love for sport in all communities, races and cultures. We strive to develop motor-skills, safety techniques as well as life skills, which form the base for all sport men and woman. Our primary goal is the comprehensive development of the student within the sport milieu. We encourage camaraderie amongst the players as this is one of the most influential and significant assets of team sport and particularly rugby.



SHARE YOUR **X** OVER STORY

Resurrection and Transformation brings new life, and life is hope. UXI Life is about encouraging journeys that bring us to the cross roads of change.

Change is hard, uncomfortable and often painful experiences, but they bring forth growth when it hurts most. The UXI Life program facilitates this **cross-over experience** to become the best version of you that you possibly can.

It **encourages, facilitates, supports** and bring life's playbook to ensure you are **equipped** for all the challenges and **opportunities** that life brings.

U X (CROSSING OVER) TO BECOME THE BEST VERSION OF i

Share your story and join us on this **JOURNEY** where we **INSPIRE** and **IGNITE** change.

HENRIQUE'S STORY

Becoming a coach was always a passion that I wanted to pursue. It was what drove me throughout high school. I was usually in leadership roles throughout my rugby playing career in school. I was always able to motivate people to perform and do better.

Western Province Rugby Academy has given me the opportunity to realize my dream and finally step into my rugby coaching role, as opposed to being a player. In 2020, I was able to successfully do my World Rugby Level 1 in coaching. I finally had a glimpse of what was waiting for me in the future - I was so excited! I also was able to complete the World Rugby level 2 at the WPRA in 2020.

As of 2021, I started coaching at different schools, with the help of RSD, to build confidence as a coach. The first time I was able to coach was my most memorable moment ever, as I was able to see the improvement and the happiness in the players faces. That was when I knew that I was on the right track. I have been coaching rugby at Curro Hermanus for a few months, with the same group of players, and it was an amazing experience and inspiring to see the improvements over time. I hope to fulfill my goals and become a Provincial Coach or an International Coach, with the help of the WPRA.

I have crossed over to this new journey in my life: from a being a player to a coach, and am now pursuing my true passion. Thank you very much WPRA for the opportunity!



We want you to share your story and join us on this journey where we inspire and ignite change.

Visit our website and submit your story on the UXI LIFE page and stand a chance to win a BLK BRANDED PUFFER JACKET/ RAINCOAT and be featured in our newsletters!

WWW.UXISPORT.CO.ZA

~ HENRIQUE COETZEE (WPRA ~~PLAYER~~ LEARNING COACH)

THE CROSSING OVER JOURNEYS...



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CROSSING OVER

X

**TO BECOME THE
BEST VERSION OF**

i

Share your story on our
website and stand a
chance to win a
BLK BRANDED PUFFER
JACKET/RAINCOAT!

WWW.UXISPORT.co.za



DID YOU HEAR? GRIQUAS RI 2022 APPLICATIONS ARE OPEN!



SPACES ARE LIMITED
SO BE SURE TO SECURE
YOUR PLACE SOON!

CHRISTO TIGER

ChristoT@GriquaRI.uxi.edu.za

JACO DAMES

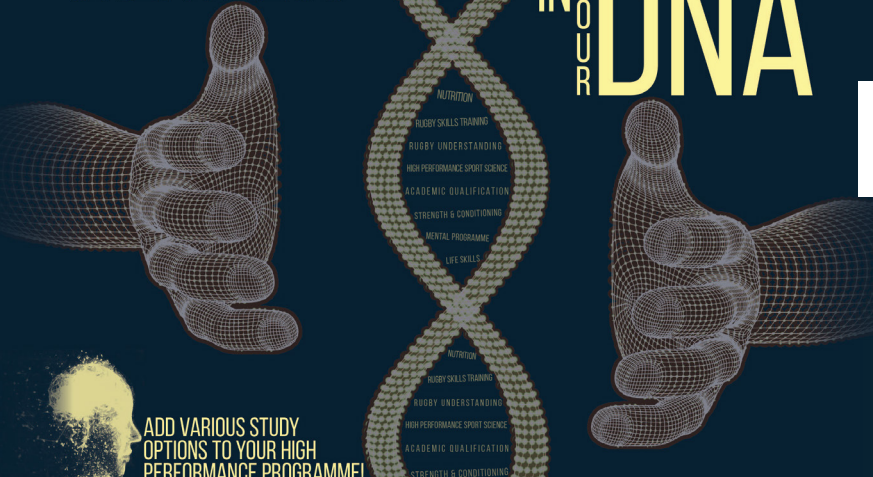
JacuD@GriquaRI.uxi.edu.za

UXI RUGBY
SPORT INSTITUTES
THE ULTIMATE HIGH PERFORMANCE EXPERIENCE

*Inspiring Greatness,
Through Sport
To Life.*

INSPIRING THE
GREATNESS

IN YOUR
DNA



ADD VARIOUS STUDY
OPTIONS TO YOUR HIGH
PERFORMANCE PROGRAMME!



IT'S NOT JUST RUGBY,
IT'S A DESTINATION!

APPLY TODAY!

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Check us out
in this month's
edition of

SARUGBYMAG

