



OCTOBER OPPORTUNITIES

PUMAS RUGBY INSTITUTE NEWSLETTER | OCTOBER 2021

Dear Parents, Guardians and Sponsors,

Happy October! It's crazy to believe that we are only two months away from the end of the 2021. They say that time flies when you're having fun, right? This is true, but time also flies when you're committing yourself to intentional growth and development – which is exactly what our players have been doing.

Every month, you receive our Institute newsletter, and we get to show you all of the fun, development and success that the players are experiencing. This is so important to us, because we want you all to see the benefits and outcomes of the players' hard work. However, something we can never accurately depict in a newsletter, is the sheer sacrifice, toughness, ownership, accountability, and adaptability that the players have had to adopt. We always say, "if being a high-performance athlete was easy, everyone would be one", and this is certainly not the case. The players in the UXI Rugby Institutes are some of the few who have the opportunity to turn their sporting passion into a successful life for themselves. This, however, does not happen overnight. This is built on early mornings, tough gym and field sessions, nutrition management, analytical play thinking, teamwork – just to name a few. This is not easy, but nothing in life worth having ever is.

Opportunities don't just fall into our laps, asking us simply to pick them up and run with them. Roman philosopher, Seneca, stated that "luck is when preparation meets opportunity". So, how can you be ready when opportunity knocks on your door? Sometimes during our journeys in life, we may feel "stuck" in our development and progression, or wonder why others seem to move forward faster than we do. It's normal to feel frustrated, however the truth is that opportunities don't just fall into our laps. Rather, the key lies in our ability to take advantage of any and every opportunity that presents itself to us - whenever, wherever and however they arise. And that, as Seneca wisely said, requires the art of preparation.

Be ready. Be proactive. Be committed.

~ The PRI Team

UXI Sport C.O.O., Thea Visagie, shares seven important "rules to life" which everyone should take note of. Always remember, that small steps in the right direction can turn out to be the BIGGEST steps of your life...

Seven Rules to Life:

- 1. Know that your only competition is who you were yesterday.**
- 2. Avoid negative people - life is too short.**
- 3. If you don't go after what you want, you'll never get it.**
- 4. See failure as a beginning - not an end.**
- 5. If you do not step forward, you will always be in the same place.**
- 6. No one is in charge of your happiness, EXCEPT YOU.**
- 7. You have the choice over who and what you become - no matter where you are from - so don't give up!**

FROM THE HEAD OF INSTITUTE

~ HENNIE SKORBINSKI



OCTOBER OVERVIEW

October was a fantastic month of hard work and preparation for the upcoming tournaments we had, and still have in store. We focused a lot on self-development and self-discipline skills with our players. We are pushing the players hard to realize what it takes to make it as a professional player, and in life. We are pleased with how the players have grown so far this year, and we look forward to the future success to come.

SPECIFIC CHALLENGES FACED

Unfortunately, some of our player faced a few injuries and unnecessary niggles, this meant that not all of our players were able to train. Nevertheless, we made our training sessions work regardless of the challenging numbers.

SIGNIFICANT POSITIVES EXPERIENCED

A great positive for us this month was having the fantastic opportunity to train with the professional Pumas side. Our players were able to engage in Strength and Conditioning training in the professional Pumas gym, alongside them. It was an awesome experience for our Institute players, and it really made them 'level up'. The Institute team also made it to the finals in the 10's tournament in Whiteriver, on the weekend of the 23rd of October. We walked away with second place overall, and we are extremely proud of our players!

WHAT CAN BE EXPECTED IN NOVEMBER

We are looking forward to another 10's tournament this month, and a possible trip to Bloemfontein for a tournament against Cheetahs. There is a great deal to look forward to between now and the end of the year, and we simply cannot wait!

FROM THE FIELD

~ CHUMANI BOOI (PRI)

OCTOBER OVERVIEW

As we come towards the end of 2021, the excitement and energy of the players has been phenomenal. Playing in the 10's tournament, that was held in Whiteriver was certainly the highlight of the month! The players thoroughly enjoyed it, and it brought good cohesion and team spirit in the group. It was an opportunity for the players to test their skills and all the hard work they have put in - and they excelled at it by going all the way the final, and finishing in second place!



SPECIFIC CHALLENGES FACED

After a tough and brutal 10's tournament, we experienced a few bumps and bruises, coupled with injuries mounting up which resulted in less players participating in training. Managing the training load of the players is proving to be a challenge. This is due to the fact that we are approaching the end of the year, and we need to avoid over-training and fatigue.

SIGNIFICANT POSITIVE EXPERIENCED

With another 10's tournament coming up, we will be focusing a lot on the 10's game format and structure. A continuous reviewing and video analysis of the training and the 10's tournament we have played will be continued, to help us prepare better for the upcoming one. Playing in the 10's tournament and reaching the final was the big highlight for us. There has been good energy brought by the players to training and the tournament we participated in. Seeing how the players have grown holistically over the course of the year is something to be celebrated.

MESSAGE TO THE PARENTS

The mindset to finish the year off on a high is going to be key, and the parents have shown great support to the players. Our request to the parents is if they can please continue encouraging the players in applying themselves and staying committed to the programme.

FROM THE FIELD





FROM THE GYM



~ PIERRE BONTHUYS



OCTOBER OVERVIEW

All the Pumas Rugby Institute players progressed very well in the month of October. Everyone was very excited to see each other after the holidays, and it also kept on building week in and week out towards the 10's Tournament, which was played in Whiteriver. The players really worked hard during our gym sessions, and kept good focus during our on-field training sessions.

SPECIFIC CHALLENGES FACED

The hardest challenge faced during this month was to adapt to the extremely hot weather in Nelspruit. During our gym, and especially during our on-field conditioning sessions, the players were sweating like crazy. Nevertheless, they still showed extraordinary fighting spirits throughout our sessions.

SIGNIFICANT POSITIVE EXPERIENCED

The players are showing exceptional form in the gym and I, as the conditioning coach of the UXI Pumas Rugby Institute, am very satisfied with the progress showed by each player thus far. It is an absolute pleasure to work with each of these players and we are very privileged to work with such a special group.

MESSAGE TO THE PARENTS

We are currently playing short format games, such as 10's and 7's, which is more intense than the regular 15-a-side game. Therefore, it is very important that our players consume enough carbohydrates, proteins, fats and liquids in their diets to sustain optimal energy levels.

FROM THE GYM





FROM THE HEART

~ JACQUES GOOSEN



AN OVERVIEW OF OCTOBER

October has not just been about a change in weather but a change in boys increasingly becoming young men of stature. Part of the self-leadership focus of this term included focusing on the “you” that can you be, develop your inner voice and how you lead yourself to greatness, but also to learn from and having heroes. The coaches are really working hard in investing in the young men to not only admire heroes, but to become heroes themselves to their families and communities!

POSITIVES EXPERIENCED

It is encouraging to see players become stronger individuals in the choices they make to commit, not just to the program, but to their personal growth. This had a very positive influence on their interaction with one another, especially in playing games - they became more connected as a team. The team did especially well in coming back from a loss in the opening game, to a place in the final of the 10's tournament! They made us extremely proud in their character and grit to fight to the end.

CHALLENGES FACED

Apart from the “normal” challenges of injury and a chaotic world, we are all challenged by comfort – getting comfortable in routine and settling for the ordinary. We keep reminding the players that they can be extraordinary – and had to challenge and motivate some to continue to grow in themselves, deal with disappointment, and rise to the great opportunity they have. Students had to really commit to explore their mindset and belief system for themselves and grow beyond their own comfort and inconsistency.

A MESSAGE TO THE PARENTS

We are in a phase of addressing “self-leadership” and will continue into this new month. We are instilling principles that will develop individual to “lead’ themselves well before they can lead others, making mature decisions, being accountable to self, and appreciating the life you have and can have. As parents, you are crucial in affirming the potential and help develop the mindset and belief of your champions! Please continue to challenge them, appreciate them for who they can be, and just love them!

REEF 10'S TOURNAMENT

Silver Winners!



We loved every second of the REEF 10's Tournament - and even more thrilled to have walked away with 2nd place! What an absolutely fantastic tournament! Well done and congratulations to the Pumas Rugby Institute players and coaches, who came 2nd overall at the REEF 10's Tournament. This is a brilliant achievement and we are so proud of you all.

The PRI's road to the finals were as followed:

- PRI vs Old Boys
- PRI vs Matsulu
- PRI vs Belfast (Quarter Finals)
- PRI vs Old Boys (Semi Finals)
- PRI vs Jigsaws (Finals)



Unfortunately, the PRI lost 7-21 in finals against the Jigsaws. Nevertheless, it was awesome to play against 6 ex-Pumas professional players in that final. Thank you to the REEF 10's organization team for such a great competition. Thank you to the Pumas Rugby Institute coaches and management team for their leadership and support during the tournament, and throughout the 2021 year!

We look forward to many more tournaments and victories in the near future!





PRACTICING WITH THE PROs!

WHAT. AN. EXPERIENCE.

The Pumas Rugby Institute players were given the amazing opportunity of being able to gym with the Senior Pumas squad!
Wow, what a privilege!

Both the forwards and backs had specialized training session with Coach Pierre, Coach Louis (Senior Pumas) and the Senior Pumas Squad. Training alongside some of the best in the country was an awesome motivator for our players, and really made them “level up”, and the show the Seniors what they’re made of.

We hope that this combined training session is the first of many - and we hope that it helped give our Institute players a taste of what the professional lifestyle entails.

A huge thank you to Coach Jimmy Stonehouse and the Senior Pumas squad for welcoming in our guys with such open arms, and for such an explosive session!



Road trippin' with Lambert & Jimmy



What better way to hear how PIVOTAL the Pumas Rugby Institute is for a professional rugby pathway, than from the Pumas Head Coach himself - Mr Jimmy Stonehouse!

Jimmy Stonehouse (Pumas Head Coach) and Lambert Groenewald (PRI Player Recruitment Consultant) went on a road trip to many schools in Gauteng, to chat to them about all things PUMAS RUGBY!

Jimmy and Lambert discussed the incredible experience you get at the Pumas Rugby Institute, both on and off of the field. You train like a professional, alongside the professionals, to possibly move up into the professional squads! From school, to the Institute, to possibly a semi-professional/professional squad.

What are you waiting for?

APPLY NOW FOR THE PRI 2022 YEAR!



FROM THE DESKS OF THE VIDEO & DATA ANALYSTS



Our analysts have been hard at work over the last few months to get our data capturing systems ready to go. After playing six very tough and physical matches, we are thrilled to share some of the EXTRAORDINARY post-match statistics that our players have received from our analysis department! A big 'thank you' goes out to our awesome analysts, who have spent many hours coding all of our fixtures!

Total Matches Played: 6

Stats based on the 6 matches played.

ATTACK

Total Points

119

Total Tries

18

Total Carries

388

Carries/Game

64.67

Gainline Success

51%

Line Breaks

23

DEFENSE

Points Conceded

203

Tries Conceded

33

Total Tackles

468

Tackles/Game

78.00

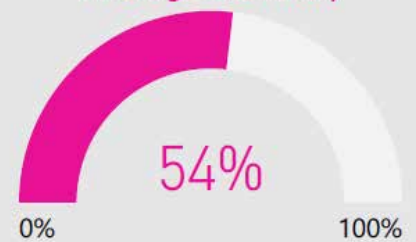
Gainline Defense

33%

Defense Breaks

25

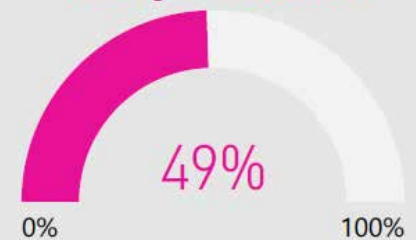
Average Territory



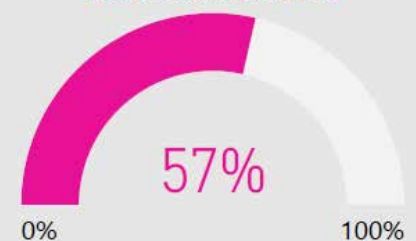
Scrum Success



Average Possession



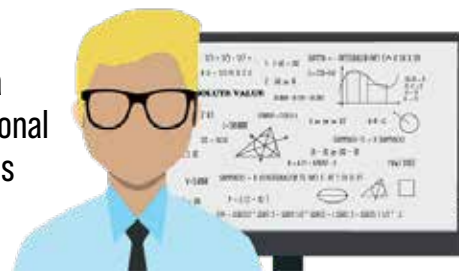
Lineout Success



Thank you Coach Goba for filming and coding all of the PRI matches!



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.



WELLNESS AWARDS

**Rankings based on 'Daily Wellness Reports', which are completed by the athletes themselves*



BEST SLEEPER



BEST MOOD



MOST READY TO TRAIN

WESTERN PROVINCE RUGBY ACADEMY/BOLAND RUGBY INSTITUTE

1.	Edmilson Fredericks	Edmilson Fredericks	Edmilson Fredericks & Xola Skhathele
2.	Xola Skhathele	Xola Skhathele	Gerald Ghambi
3.	Gerald Ghambi	Gerald Ghambi	JP Steynberg

CHEETAHS INSTITUTE OF EXCELLENCE

1.	Francois Booysen	Marko du Plooy	Marko du Plooy & Ruben Osborne
2.	Marko du Plooy	Francois Booysen	Lerang Tatedi
3.	Oliver Read	Oliver Read	Francois Booysen

GRIQUAS RUGBY INSTITUTE

1.	Fransjohan Theart	Gerhard van der Merwe	JJ Wiggins
2.	Deain van Schalkwyk	Deain van Schalkwyk	Gerhard van der Merwe
3.	JJ Wiggins	JJ Wiggins	Connor Clark

PUMAS RUGBY INSTITUTE

1.	Ruben Behrens	Albert Strecker	Albert Strecker
2.	Juandre Odendaal	Ruben Behrens	Ruben Behrens
3.	Gideon Serfontein	Hanno Appelgryn	Juandre Odendaal

How much sleep do athletes need? Our High Performance athletes need to aim for **7-9 hours of sleep a night** to avoid the effects of chronic sleep deprivation. Sleep is essential to good health—it helps your brain work properly, improves learning, helps you pay attention, regulates hormones, affects your body's reaction to insulin, and helps repair your heart and blood vessels. Being regularly sleep-deprived makes you irritable, weakens your immune system, and lessens your ability to focus and remember things. Check out "Athletic Abilities with Ali" for great tips of how to improve your sleep schedule!

HIGHLIGHTS

RAINY TRAINING SESSION 28 OCTOBER



COACH LAMBERT VISITS TWO SCHOOL EXPOS: HOËRSKOOL NELSPRUIT & HOËRSKOOL ROB FERREIRA 1 OCTOBER





The importance of sleep for PERFORMANCE and RECOVERY

Sleep is one of the most important parts of human performance, yet people often give it up for other priorities. The quality and quantity of sleep affects everything from physical and mental performance to general health and well-being. When it comes to physical performance, sleep is a major contributor to recovery and muscle regeneration. As you fall into the deeper stages of sleep, your muscles will see an increase in blood flow, which brings along oxygen and nutrients that help recover and repair muscles and regenerate cells.

Scientific research has identified multiple changes in performance for athletes who don't get enough sleep or who have broken sleep, this includes:

- ***Decreased jump power***
- ***Reduction in exercise capacity***
- ***Reductions in ability to adapt to training stimulus***
- ***Decreased ability to build muscle and cardiovascular fitness.***
- ***Decreased ability to develop skills***
- ***Reductions in reaction time and decision making***
- ***Slowed recovery from injury***
- ***Reductions in academic performance***



It is simple a lack of quality sleep reduces recovery, physical and mental performance. When you go to sleep, it's important to practice good sleep hygiene. Here are some Sleep Hygiene tips for athletes to help you get more quality sleep.

Common components include:

Creating an appropriate sleep environment.

Your sleeping space should be dark and cool with little to no noise.

Have a wind-down routine.

Activities such as reading, taking a shower, or meditating can help you relax and get ready for sleep.

Avoid alcohol and caffeine before bedtime.

These beverages can interrupt sleep or lead to more disturbed sleep.

Get out of bed if you can't fall asleep.

If you can't fall asleep after 20 min, go do a quiet activity in another space until you feel sleepy.

Stay away from electronics in the hours before bedtime.

This includes TVs, cell phones, and computers.

Reduce stressors.

Not only do mental stressors affect sleep quality, but they also impact performance overall.

Good, quality sleep is one of the most effective ways to recover and recharge after training and exercise. Sleeping enough and soundly will not only improve your physical performance, but it will help improve your mental and emotional performance as well.

SAVE THE DATE



NATIONAL RUGBY INSTITUTE

GRADUATION

CLASS OF 2021

21 JANUARY 2022





Rugby Recipes Rock!



Chicken & Broccoli Casserole

Serves: 8
Time: 35 min

NUTRITIONALS:
Per Single Serving (1 cup)

KCAL 353 | PROTEIN 25G | CARBS 31G | FAT 13G

INGREDIENTS:

- 1 tbsp canola oil
- 1 onion
- 450g boneless, skinless chicken breasts, trimmed
- 1/3 cup all-purpose flour
- 4 cups reduced-fat milk
- 250g precooked brown rice
- 3 cups broccoli florets
- 1 ½ cups shredded reduced-fat cheddar cheese
- ½ tsp salt
- ½ tsp ground pepper

METHOD:

1. Pre heat oven to 180 degrees.
2. Heat oil in a large oven-proof skillet/deep pan over high heat. Chop onion and fry until golden brown.
3. Add chicken and cook until well browned, about 4 minutes per side. Transfer to a clean cutting board and let stand for 5 minutes. Cut into small cubes.
4. Whisk flour and 2/3 cup milk in a small bowl. Add the remaining 3 1/3 cups milk to the pan; bring to a boil over medium-high heat. Gradually whisk in the flour-milk mixture. Return to a boil and cook, stirring often, until thickened, 2 to 3 minutes.
5. Stir in rice and broccoli; return to a boil and cook until the broccoli is tender, about 2 minutes.
6. Stir in the chicken, cheese, salt and pepper.
7. Transfer the pan to the oven. Bake until the casserole is browned and bubbling, 10 to 12 minutes.
8. Let cool for 5 minutes before serving.

2022 APPLICATIONS



Another EXTRAORDINARY year of growth, development & fun is on its way!

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

Contact Us!

LAMBERT GROENEWALD

Lambert@pumasri.uxi.edu.za





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.

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

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.

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.

SEAN'S STORY

My name is Nyasha Sean Munemo, and I was born in Zimbabwe Harare. My family and I migrated to Cape Town in 2010 when our country was going through the turmoil of economic crisis. When we first arrived in Cape Town, we used to live in a small Township called Vrygrond. Things were tough for my parents, who were trying to settle down again in a new country, to find employment and the pressure of trying to give their children the absolute best.



I attended MHS on an academic bursary; I didn't play rugby, but I was very much an athlete and enjoyed basketball and running. Rugby was really a breakthrough for me – as it has given so many opportunities and connected me with people from all walks of life. I remember Mr Barandse clearly; he was our head coach in the rugby department. He pushed me to train and play hard. I will never forget his words: "you are going to play this sport in its elite competition like professional." I looked at him at laughed, because there were so many great players around me, and I was just average, but with a relentless work ethic.

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

After High School, I was given an opportunity to do an internship program in London, and then joined Ealing Trailfinders. I was quickly added in the starting line-up and ended playing 35 caps for Ealing and scooping up some prestigious awards in my time with them. While in the UK, I was invited to try out at Saracens Rugby Club which hosted 'First Point USA', which is a scholarship program that helps students from the UK, that meet their academics and sports requirements. In 2020 August I was supposed to have left SA to the USA, however Covid-19 happened and there was so much turmoil regarding my future in the USA. Luckily, I was blessed enough to spend some time at the WPRA, and I learnt so much! And the coaches at the WPRA motivated me and believed in my potential and my future opportunities – because of them, I still had so much faith in pursuing my American dream.

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!

Right now, I'm studying Engineering Technology and playing rugby for my college (Wayne State College) in Nebraska, USA. Of course, the level of competition is not the same as SA, but there's a great future for the game in this country, and I look forward to being a part of its journey. I am forever grateful for the coaches at WPRA and all the staff for being part of my journey and always believing in me.

WWW.UXISPORT.CO.ZA

~ SEAN MUNEMO (WPRA 2020)

THE CROSSING OVER JOURNEYS...



U *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!**

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