

NEW BEGINNINGS!



PRI NEWSLETTER | MARCH 2022

Dear Players, Parents, Guardians and Sponsors...

Welcome to our monthly newsletter! For some of you, this is the first time that you get to experience our colourful PDF filled with all the latest and greatest UXI news. We hope that you will enjoy reflecting on all the greatness that is inspired with us each month. It's hard to believe that we are almost at the end of our second month at the UXI Rugby Institutes! The wise say that life is lived in-between pauses – the one right after we exhale, and then before we inhale. Every ending is just another beginning; and there is no better time to “breathe” this in than every morning at the Institutes.

This is only the beginning, and that is something to celebrate – but also something to be mindful of. No matter how many quotations you read on Pinterest about the “magic of beginnings”, while yes, they are magical, the reality is that beginnings are notoriously tough. Beginnings take adjustment and can often be quite daunting or overwhelming – and that's okay. This just signifies that growth is already taking place. Beginnings are often the best time to understand what it is that you really want, and then you get the opportunity to go out and make it happen, one ‘pause’ at a time.

You as players are presented with incredible opportunities for growth, development and excellence each day. Is it easy? No. Is it possible? Absolutely – the opportunities are waiting for you to grab with both hands! However, you need to need to decide whether WANT IT bad enough; and that decision needs to be made in that ‘pause’ when you first wake up every morning. You need to continue making that decision to GO BEYOND in every ‘pause’, in every minute, every day. The biggest truth is that there is no better time than the moment you are in right now to choose the path you want to follow. We know you can do it; you just need to believe that you can. The UXI Rugby Institutes will create the best possible environment and programme for you to achieve your greatness; from there, the rest is all within you.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



As the end of March signals the 1st sign of Autumn, the Easter holidays and the first quarter break around the corner, we CELEBRATE the success of the first tough few weeks for our Players during Orientation; learning to adapt to new challenges and environments!

During our one-on-one interviews with the Players over the past month, I was so inspired by our young men's dreams for their futures to become, not only better PLAYERS, but to make a difference in the world we live in. I was greeted with bright smiles, determination, and the intense realisation that if we can harness these honest ambitions of our youth and continue to encourage and cheer them on, invest in their education and development, then South Africa has HOPE for a brighter future.

Collectively as parents, sponsors, loved ones, educators, and coaches we have a responsibility to keep our youth's flames burning with this desire to "be different", and "make a difference", as this is truly the purpose of our lives. We should never grow weary nor tired in our roles to achieve this!



The UXI Sport Team's purpose is to INSPIRE THEM TO GREATNESS in every way and through every activity of their daily programs. With the academic calendars starting in April in the new Edu-Hubs at every Institute, we trust that their minds will be inspired to learn and grow into exciting careers, just as they are inspired to grow in their sport!

As the year starts building momentum on the sports fields, gyms and classrooms, our team is ready make them even better, stronger and fitter than they were yesterday!

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.

~ Ralph Waldo Emerson

~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

During the first two months, the players responded well to their new environment, training techniques and the Mbombela sun – which can be a real killer! The players have really enjoyed the one-on-one work and feedback from all of our coaches, on- and off-field. So far, it has been a very positive and strong start to the year.

Positives to Take Away

The players have been fortunate enough to be able to interact with some of the professional Pumas players, as they share the same training field as them. The players are also allowed to watch the Professional team train; this has been a great learning opportunity for our Institute players, and we know that they have really enjoyed these opportunities. We are so proud that 15 (fifteen) of our Pumas Rugby Institute players, who have played in warm up games for the Pumas u/20 team. This is a phenomenal achievement in such a short space of time, and we wish them all the best in making the final Pumas u/20 squad.

Our own Pumas Rugby Institute player, Jason Taylor, had eXtraordinary opportunity to be part of the Pumas Senior team for 2 friendly games – WOW! Well done Jason, we are so proud of you.

Challenges Faced

Adaption has been our most noticeable challenge for the players. Many of our players have found the two training sessions and a classroom session a day quite challenging and tiring. Nevertheless, the players are adapting well and are now truly understanding what the requirements are to be a professional athlete.

What to Look Forward to Next Month

We will continue working hard in the month to come, and help the players adapt as efficiently as possible to the demands of the High Performance Programme. It will take some time, but all great things do! Everyone at the Pumas Rugby Institute is also extremely excited that our new student Edu-Hub and auditorium will be in operation soon. This will definitely help the players as they start their Academic qualifications soon.

~ Fernando Penschaw



Feedback From The Month

We started the year off with the micro skills and introduction phase of the core fundamental skills. Movement patterns and repetition form a big part of this phase, and the players responded well to the programme, though it has taken time to get the buy in.

Positives to Take Away

The players have been progressing and adapting very well with the skills programme. There have been notable improvements from majority of the players, and their commitment to improving their skills sets has been phenomenal.

Challenges Faced

Patience on skills repetition had been a big challenge for the players. Their ability to take responsibility for their own individual skills and their extra sessions has been the biggest challenge for them; nevertheless, we are working on this with them.

What to Look Forward to Next Month

We will be continuing with the micro skills and the core fundamental skills progressions with the players. The principles of attack and defense have been the focal areas through which the players are learning from, and we will continue to ensure that the players are able to effectively implement these principles in match-play.

From the **FIELD**





From the **GYM**

Feedback From The Month

As the new S&C Coach at the Pumas Rugby Institute, I had a big role to fill! I am very excited for the future of each and every one of the players at this institute. I see a lot of potential and there is no shortage of talent that is a fact! We did new baseline test in the month of March and already there are huge improvements from the previous tests.

Positives to Take Away

The players started Aerobic/Anaerobic field work, and I must say the guys are definitely keeping up to the pace that is expected from them and so much more, the endurance of this team's spirit is astounding.

Challenges Faced

The players had to adapt going through a change in coaching, which is never easy, and I am proud of them. Another challenge we've faced is the weather that always plays a role in training on field, the heat does become a challenge from time to time. I have seen that the squad we have are always up for any challenge! Hydrate, Hydrate, Hydrate! Nutrition challenges do still exist. We are working hard on educating and assisting the guys to get the best out of them on a daily basis.

A Message to the Parents

Injuries do happen, after all Rugby is an extreme contact sport, but we still love it! Please be assured that when injuries do occur your boys are in good hands from INJURY till RETURN TO PLAY. We ask that you PLEASE make sure all Emergency contact details and Medical Aid details are up to date and with the Institute.

~ Jannie Ferreira



From the

HEART



Feedback From The Month

We kicked off the year with our 2022 High Performance Programme, and what a blessing it was to open up the new Institute year with a legend like Jimmy Stonehouse, Pumas Head Coach. Jimmy had the opportunity to say a few words to the new 1st years, and boy was he motivating!

We then got out of the blocks and started with our 3-week Orientation programme, which was aimed at adapting the players to their new surroundings and ensuring that they would feel comfortable being in the High Performance Rugby Programme, which is very intense. They learnt about the Pumas and Mpumalanga culture, the PRI code of conduct and all that it means to be a UXI Pumas Rugby Institute player.

Positives to Take Away

We are really excited with the interaction that this group of Institute players are engaging in. They are in a good head space currently and are extremely focused on their goals. They also all possess a positive learning attitude, which is very beneficial in an environment which requires you to be learning all the time. In the UXI Life programme these last few weeks, we handled the topics of Ownership, Ego, Sacrifice and Perception – all which are vital in professional sport and life.

Challenges Faced

The only challenge that faced, from the UXI Life department, was getting the “I’m still in school” mentality out of a few players – however, this was not too difficult of a task. They quickly realized that this is life after school, and that they need to start taking ownership.

What to Look Forward to Next Month

I am looking forward to getting into deeper personal relationships with each and every player. We want to get to know all their challenges, their dreams and goals, and what makes them the happiest. In the new few months, we want to bring a few of the Professional Pumas Players to our UXI Life Sessions to come and share their stories, because everyone has a story to tell. We have a few new exciting themes in the programme coming up, so we hope that the players are as excited as we are!

~ Hennie Skorbinski

2022 ORIENTATION DAY

On the 15th of February, we welcomed our new 1st years to the Pumas Rugby Institute. The day was filled with a “Welcome Presentation”, Meet-and-Greet and Q&A with the coaches and staff, as well as giving the new PRI players an opportunity to all meet and get to know each other.

Our PRI players and parents were also treated to inspirational speeches from our two Pumas guests of honour, who know ALL about what it takes to become a Professional Rugby Player:

Jimmy Stonehouse | Pumas Head Coach
Francois Kleinhans | Professional Pumas Flanker

We loved meeting and mingling with our new players, and their parents. A huge shout out to our PRI and UXI staff members for making this Orientation Day a huge success!

We are so excited for the eXtraordinary year that lies ahead of us. Here's to going ABOVE and BEYOND in 2022 with the UXI Rugby Institutes!





We are so excited to introduce you all to our newly appointed ***STRENGTH & CONDITIONING COACH*** for the Pumas Rugby Institute...

Jannie Ferreira

Jannie's past experiences in the fitness, health and rehabilitation world makes him a fantastic addition to the PRI team! Some of Jannie's experiences include:

*Shareholder of RE-BOOT Health and Fitness
Personal Trainer at RE-BOOT Health and Fitness
Virgin Active Fitness Instructor
Virgin Active Personal Fitness Trainer
Master Personal Fitness Trainer*

There is not a shadow of a doubt that the UXI Pumas Rugby Institute students are in excellent hands!



Welcome to the team, Jannie!

Pumas u/20 : Institute Representatives

Talk about **PUMAS POWER!** We are so proud of the following 2022 Pumas Rugby Institute players, who were selected for the Pumas u/20 squad who have been playing a series of friendly matches for the last few weeks

Ettiene BATES (1 try)

Ethan BILJOEN

Udo CILLIERS

Robert EVERSON (1 try)

Ethan FUSSELL

Thato GOLOLO

Divan JANSE VAN RENSBURG (1 try)

Siphosethu KACHELENGA

Heinerich KEIR (3 tries)

Samuel KLINKERT

Hugo MEIRING

Liyabona NGIXKI

Jean ROBINSON

Jason TAYLOR

Jacques VAN AARDT

It was incredible to watch you guys run out onto the field over the past few weeks, representing the Pumas Union - and this is ***just the beginning!*** We have no doubt that 2022 is going to be the most eXtraordinary year yet. Here's to going ***ABOVE and BEYOND*** through the UXI Rugby Institutes!



Ettiene **Bates**



Ethan **Biljoen**



Udo **Cilliers**



Robert **Everson**



Ethan **Fussell**



Thato **Gololo**



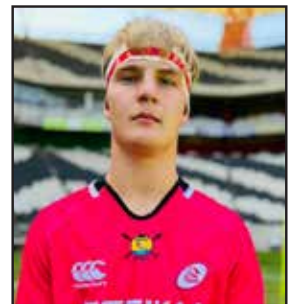
Divan **Janse van Rensburg**



Siphosethu **Kachelenga**



Heinerich **Keir**



Samuel **Kinkert**



Hugo **Meiring**



Liyabona **Ngixki**



Jean **Robinson**



Jason **Taylor**



Jacques **van Aardt**



SENIOR PUMAS SELECTION

A huge congratulations goes out to Pumas Rugby Institute player, **JASON TAYLOR**, who has been selected to be a part of Senior Pumas Squad for their friendly match against the Harlequins on the 25th of March.

The Pumas claimed a 41-14 victory against the Harlequins.

We are so proud of Jason and his incredible achievement! Jason has just started his second year at the UXI Pumas Rugby Institute and he's already being selected for the professional Senior squad - wow! Well done, Jason!



PUMAS PROMOTION!



Congratulations to Pumas Rugby Institute Head Coach, Chumani Booie, who has been appointed in the following Pumas Rugby Union Position:

Pumas Rugby Development Coordinator

We are so proud of you, Chumani! We will miss you dearly here at the Institute, but we know that you are going to thrive in your new position!

MONTHLY HIGHLIGHTS

Check out some of the FUN our PRI students have gotten up to over the past month!

Orientation Stadium Training: Fun With Tyres!

22 February



Visit from Mpumalanga Rugby Referees Manager, Oubaas Coetzer

25 February



Training Session with South African gymnast, Kaylee Maslen

2 March



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



As we start our first fixtures in new formalized leagues since Covid-19 landed on our shores, we thought we would share what the analysis process looks like. Many people have a vague and unclear understanding of what it is exactly that we as analyst do, so here is what our process checklist looks like.

- 1 Pre-Match:**
- 1) Equipment check.
 - a. Charging all camera batteries.
 - b. Charging all referee audio equipment.
 - 2) Prepare match recording sheet for team manager which contains team list, substitution times and point scorers (to be completed during match).
 - 3) Before Kick-Off analyst locates best vantage point for filming.
 - 4) Analysts are set up 15 minutes prior to kick-off and do final video and sound checks.

- 2 Post-Match:**
- 1) Analysts collect and pack all equipment to ensure safety of equipment.
 - 2) Analysts collect the Match Recording sheet from the team manager.
 - 3) Analyst leaves field as soon as possible to start his/her match coding.

- 3 Post-Match Analysis:**
- 1) Analysts arrive back at the office and start to code all macro events for the Team code
 - a. These macro events include but are not limited to; points scored, rucks, set-piece, line breaks, gain line carries, possession, territory, etc.
 - 2) After completion of the team code, Analyst codes the game again and tags all micro events in the individual code
 - a. These micro events and individual tags include but are not limited to; attack involvements (carries, passes, offloads, kicks, etc.), defense involvements (tackles made and missed, steals, turnovers, etc), ruck involvements (arrivals, effectiveness, etc.), set piece involvements (lineout throws, lineout jumps, turnovers, etc.)

- 4 Post-Match Feedback:**
- 1) Upon completion of codes, analyst submits coding to National Manager of Video and Game Analysis who spot checks the coding and prepares the stats sheet.
 - 2) While this is being prepared analysts upload the match footage along with the coding timelines of the macro and micro events onto Coach Logic, our online sharing platform.
 - 3) Analysis of statistical output and video footage allows for a comprehensive evaluation of the performance by coaches and analysts.

- 5 Player Feedback:**
- 1) Coaches and analysts feedback stats to the players which are also made available via the App on their mobile devices.
 - 2) Players and coaches at this point can start engaging online (on Coach Logic) by commenting on video clips and playlists from the game to maximize learning time.
 - 3) Coaches and analysts present video session to players covering all concern areas and areas of strength to give the players more detail surrounding their performance as they prepare for their next fixture. Our feedback sessions are very efficient as the players have all seen the clips already and started discussions on the Coach Logic platform. This means that the boardroom session is simply a clarity session.

And that is what the day-to-day match day and feedback process looks like from an analyst's point of view. We hope you enjoyed this and looking forward to populating some amazing highlights videos of our athletes as we start to play some competitive fixtures.

~ Heinrich Painczyk



From my side, I believe that the players are really adapting well to our monitoring system. They are filling in their daily forms, however there are a few players who need a friendly reminder every now and then to complete their forms. The players' attendance has been great up to this point, and the effort they are putting in their sessions is outstanding. It has been great to film the practices, as the players are really leaving it all out on the field, whether it is a game, or a practice.

I am really looking forward to more matches, as that will allow me to code more. The more I code, the more efficient I get at it. My main goal, when it comes to coding, is to get all the codes correct, in a good turnaround time to provide the players and the coaches with match stats to reflect on.

Until then, keep up the great work - and remember to fill in your daily monitoring forms!

~ Goba Dube (PRI Analysis Intern)

From the Desk of the National DATA SCIENTIST

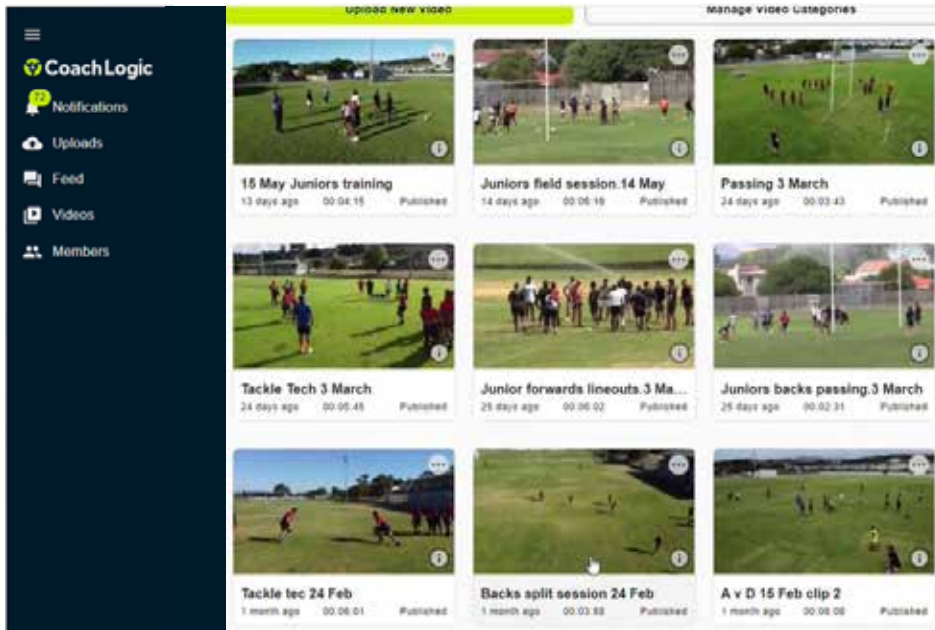


At the UXI Rugby Institutes, we believe in assessing our players development throughout the term, while we train, rather than assessing our players at the beginning and end of every term. Assessing throughout the term allows our coaches to identify strengths and weaknesses sooner, and intervene where necessary.

Our training sessions are filmed and uploaded onto **Coach Logic**, our video sharing platform. Our coaches review each player's development in training, and assess their progression through a specific training block.

This allows our coaches to identify each player's strengths and weaknesses, and highlight areas where additional individual training sessions are required. Our coaches also provide each player with an individualised **Player Development Plan**, highlighting short and long term targets, the requirements to reach those targets, and a realistic date to work towards. You can find these PDP plans in your Google Drive folder. Please speak to your program or unit manager if you are unsure how to access your Google Drive folder.

DEVELOPMENT



Coach Logic Eg.

PLAYER DEVELOPMENT PLAN

COMMENTS | [REDACTED]

[REDACTED] has been a joy to work with, his energy and enthusiasm is contagious both on and off the field. I have also noticed [REDACTED] has shown great signs of maturity in his decision-making regarding social events.

*Player
Development
Plan Eg.*

SHORT TERM TARGETS	REQUIREMENTS	TARGET DATE
Bench Press	1 extra gym session a week: focus on 5x5 Squat & bench	Weekly
Bronco	X2 90 seconds after every field session	Daily
LO Jumping	1 per week focus on triple extension and jumping	Weekly

From the Desk of the National DATA SCIENTIST



MONITORING

DATE
22/03/2022
DAY
Tuesday

Attendance	Injuries	Sick	Sleep	Sleep	Mood	Stress	Fatigue	UB DOMS	LB DOMS	Readiness
92%	0%	4%	8 Hrs	68%	65%	53%	43%	2%	5%	83%

Name	Playing Position	Present	Injury Status	Health Status	Sleep (Hrs)	Sleep Quality	Mood	Stress	Fatigue	UB DOMS	LB DOMS	Ready to Train
Danie Jacobs	Inside Back	Present	OK	OK	9	5	3	3	3	0	0	3
Delarey Swart	Prop	Present	OK	OK	7	4	5	2	2	0	0	5
Divan Janse Van Rensburg	Inside Back	Present	OK	OK	7	4	3	3	3	0	0	3
Donovan Richards	Coach	Present	OK	OK	8	3	4	2	4	0	0	3
Ethan Biljoen	Loose Forward	Present	OK	OK	8	3	3	3	3	1	1	4
Ethan Fussell	Lock	Present	OK	OK	8	4	4	2	2	2	1	4
Ettienne Bates	Prop	Present	OK	OK	8	4	4	2	2	2	1	4
Francois Blignaut	Inside Back	Present	OK	OK	8	4	4	2	2	0	0	3

Every morning our players complete a wellness form. This provides us with data regarding their recovery, mood, and readiness to train. We report this information to our coaching team every day, to provide them with an overview of how each player is doing, and to provide them with the information they need to assist our players in their development.

Our players also fill in an RPE form after every session. RPE is a measure of how physically challenging a player finds a training session. Our S&C coaches carefully plan training sessions to ensure that the players train at an optimal intensity for development, without the risk of injury. The data from the RPE forms give our S&C coaches feedback that the intensity they are prescribing for a session aligns to the players experience of it.

Each week we create a report of each player's wellness, training loads, and attendance. You can find these reports in your google drive folder. Please speak to your program or unit manager if you are unsure how to access your google drive folder. Remember to fill in your forms everyday so that we can optimally monitor and manage your wellness and development.

WEEKLY WELLNESS & TRAINING REPORT

4

Days Present

0

Days Sick

FULL

Injury Status



Mood

3.00

Sleep Quality

4

Readiness

3

Stress

3

Fatigue

3

DOMS

0.13

Training				
Institute Session	Field Type	3 # of Sessions	4.33 Avg RPE	270 Duration
Institute Session	Gym Type	3 # of Sessions	4.67 Avg RPE	270 Duration

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

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Geronimo van der Merwe



James Greeff



Ruben Osborne

Pumas Rugby Institute



Thato Gololo



Delarey Swart



Jason Taylor

Western Province Rugby Academy



Jarrod Brown



Brandan Botha



Kieran Naidoo

ATHLETIC ABILITIES **WITH ALI**



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.



Rugby Recipes Rock!



High Protein Lentil & Rice One-Pot

Serves: 4
Time: 55 min

NUTRITIONALS:
Per Single Serving

KCAL 379 | PROTEIN 17G | CARBS 74G | FAT 2G

INGREDIENTS:

- 1 large onion, chopped
- 1 cup brown basmati rice
- 1 cup dried lentils
- 1 cup frozen vegetables
- 4 cups water
- 1 chicken stock cube
- Spray & Cook
- 1 Tbsp garlic powder
- Salt & Pepper
- Parsley (garnishing)

METHOD:

1. Spray a large pot with spray & cook, and place it on the stove at medium heat.
2. Add the chopped onions and sauté for 2-3 minutes or until the onions are soft and begin to just turn brown.
3. Add the rice, lentils, water, frozen vegetables, stock cube and spices.
4. Increase to high heat, to bring everything to a boil
5. Once boiling, turn the heat back down to medium, cover the pot with a lid, and allow to simmer.
6. Cook for 45 minutes or until the rice and lentils are tender and the liquid has been absorbed.
7. Remove from the heat and let sit for 10 minutes before serving. Add parsley as desired.

Are you a 2nd 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 PRI kit to order by going to:

“Partners” tab

“UXI Sport Academies”

“Pumas Rugby Institute”

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!