

APRIL ACHIEVEMENTS



Dear Players, Parents, Guardians and Sponsors...

Welcome to the UXI Rugby Institutes Term 2! Can you believe that we are already in May? This year is flying by. The 1st term was an incredibly successful, growth-provoking and enlightening two and a half months; we have loved getting to know all of our new 1st years better, and we are incredibly impressed at the progress we have seen thus far. In the middle of this month, we celebrated the Easter weekend. In the midst of the Easter weekend, the country watched in sadness as deadly floods ripped through the beloved province of KwaZulu-Natal. Our thoughts and prayers go out to all of our UXI RI players, parents, guardians, sponsors and staff who are personally impacted, or who has loved ones who are impacted, by the devastating floods. However, it is in moments like these that we are reminded just how much we are to be grateful for, and how we cannot take moments in life for granted.

It is so easy to get caught up in the hustle, bustle and stresses of life, that often leave us feeling like we aren't entirely "happy". We often all get stuck in the notion of thinking: "I'll be happy when..." – as if our happiness all depends on achieving something in our future. "I'll be happy when I make the u/20 squad"; "I'll be happy when I finished my qualification"; "I'll be happy when I'm rich"; "I'll be happy when I'm stronger" – and so it goes on and on and on. This is not to say it's not good to set goals for yourself – it's excellent, and you should have goals for yourself, but your happiness cannot start and end with the attainment of something in your future. As cliché as it may sound, happiness is learning to enjoy the little things in life.

It sounds very easy, yet it is very powerful. A simple shift of the mindset can create some of the happiest moments in our lives. We just have to stop looking for all the bad in life and focus instead on the small things in life. A tiny flower on the pavement. A roof over your head. A friend keeping the door open for you. Sharing a warm hug with your parents/children. Food to eat and water to drink. Sharing a laugh with your friend. Having lungs that allow you to breathe. Legs that allow you to walk. A beautiful sunset. There are many of them: moments in life that make us smile. Don't just ignore them. Take a deep breath. Inhale the moment. Smile, with a visible smile on your face from one ear to another. And all of a sudden, your walk becomes lighter, your worries become less, your day seems more relaxed, and your mind is more focused.

Because of a simple smile about a small thing in life, you create happiness. We hope we can create a smile on your face when you read this newsletter. There are so many things in life that can bring a smile onto our face. And those things do count. They will make a difference. As you go into May and a new term at the Institutes, we remind our players to collect those moments; appreciate the little things, because they make a greater difference than what meets the eye.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



RISE!

There is nothing more beautiful as the promise of a sunrise!

It's a promise of a NEW DAY - to get up and say "**CARPE DIEM**"! **SIEZE THE DAY, SIEZE THE MOMENT!**

No matter how we are discouraged by bad news reports, or circumstances beyond our control, the truth is we will never be as young, strong, healthy and able as we are at this very moment.

To wake up every day is a blessing and a call to RISE-UP and to seize every moment of living and learning as an opportunity to become better versions of ourselves - no matter our past or present. The belief that nothing is impossible. That there is life after death, light after darkness, and laughter after tears.

As contradictory as this might sound, this is the story of life, to simply know that what goes down must go up again - and to know that this is a universal truth. And as contradictory as life might be, we need to simply move forward with all our might and faith that as the promise of a new day, there is HOPE in every step we take towards the next seconds of our lives.

As we enter the 1st winter month of 2022, we trust that May will be a month of resurrection and a "RISE-UP" to chase our dreams and visions, instead of hibernation and waiting for better days.

Make it HAPPEN - SEIZE THE DAY - CARPE DIEM!

"Nothing is worth more than this day."

"Your diet is not only what you eat. It is what you watch, what you listen to, what you read, the people you hang around...be mindful of the things you put into your body emotionally, spiritually and physically."

~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

Our players have returned refreshed and excited for term 2 after their short, but well-needed, holiday spending quality time with their loved ones. Our players have certainly grown in leaps and bounds since the start of the programme earlier this year, and we hope that our players' parents/guardians and sponsors have seen this progress as well!

Our players will officially be starting with the academic leg of their program as early the first week of May, we are looking forward to the next generations of equipped farmers, electricians, plumbers, conditioning coaches and business managers that will be coming through the ranks in the upcoming years. As we are gearing up for the start of their Academic programs, which will take place in our new Edu hub, players will have to cope with a full day with the HP rugby program in the mornings and classroom sessions in the afternoons. This will certainly be an adjustment for them, but with the excellent support from the education partners and UXI staff, there is no doubt that they will all excel.

From the on-field side of the programme, the players are extremely excited for the second term, as we will be focusing on much more technical and tactical detail as we prepare for various matches (these will be communicated to all closer to the time). One of our main focus areas is for our players to improve on their Individual Player Development (IPD) plans, to ensure that they continuously improve and evolve. Our players continue to excel on the field and continue to increase their levels of intensity with every new session that we throw their way. Not only are our players understanding exactly what it takes to be a professional player, but they are also "walking the walk" each day.

Thank you to all the players for all the hard work and dedication in term 1 and in the month of April – we are extremely proud of you all. Thank you to all the parents/guardians and sponsors for giving the players this incredible opportunity; and thank you to management and coaches for the hard work to make April a success.

~ Fernando Penschaw

From the **FIELD**





From the **GYM**

Feedback From The Month

The PRI Players worked extremely hard in the first two weeks of the month seeing that we had the end of term and the Easter holidays approaching. As the Strength and Conditioning Coach, I looked forward to a few end of term fitness tests, as it is always exciting to see if players have improved. I am super proud, as the results showed that all players IMPROVED either in strength or fitness! That is a great result and shows that we are on the right track! The new Term has started with a lot of enthusiasm, and I am looking forward to another great Term at the Institute!

Positives to Take Away

The players are all pumped and motivated to achieve even greater success this term, and now that they have gotten into the swing of things, they are in the prime position to really go full out towards their goals! We had a few injuries the previous two months, majority coming from Friendly. Nevertheless, the players are recovering really well, and their progress is still on target. It's shows that our Medical System and Protocols are paying off!

Challenges Faced

It was a challenge to work around the term break and all the Public Holidays ahead of us. Each Player did his best to continue training during the break and did what we expected of them in order to maintain the progress and momentum which we had created in Term 1. Fortunately, the Nelspruit weather is moving to the cooler side which helps when training on field; the heat has definitely been a prevalent challenge for the players.

A Message to the Parents

We are moving into our colder stage of the year, which brings around the flu and colds. We need to look after our players in that regard, especially their immune system. When training as much as they do it will take a toll on their immune system. To the parents/guardians, please try and provide extra fruit and liquids to your players in this regard. Immune Boosters will truly go a long way and I will provide inexpensive ways and tips to the players. Rest assured, the players are in excellent hands.

~ Jannie Ferreira



From the

HEART



Feedback From The Month

The UXI Life Programme is running smoothly and proving to be extremely effective amongst the players. I personally am having a great time with the players and have enjoyed getting to know them on a deeper level. It's great seeing how these players are feeding off of the professional Pumas side, led by Jimmy Stonehouse. The players get to see what it takes to play and train on that level – and that is a fantastic way to cultivate these professional habits.

Positives to Take Away

A huge positive moment for many of our PRI players was the opportunity to be included in the Pumas u/20 side, who recently played their first Currie Cup match against Limpopo Blue Bulls. From a UXI Life side, there has been a great increase in player interactions. The topics and weekly themes are extremely relevant to our players in their everyday life choices – this serves as fuel to the players' minds!

Challenges Faced

Luckily, we did not experience too many challenges this month in the UXI Life department. The only thing was actually keeping the players' head space in the right place, and not allowing them to get too distracted - but that was not too difficult, as the players are a great bunch of guys, who are fixated on their goals.

What to Look Forward to Next Month

Next month, we are looking forward to some exciting new activities and topics that we believe will really making a long-lasting impact on the players. We are moving into a whole new mind shift this month, and we are eager to see how this positively challenges the players.

~ Hennie Skorbinski



JERSEY HANDOVER CEREMONY

On the 8th of April, our PRI 1st year players received their UXI PRI Jerseys and the remainder of their UXI training kit. We know that this was a very exciting moment for all of our 1st years, as we know that the players worked so hard in the first term, and their hard work was finally rewarded.

Now you may ask us, “why do the players only get their jerseys at the end of the first term? Why don’t they get them at the beginning of the year?” The answer is simple: **MOTIVATION**.

For the 1st years, Term 1 is all about orientating themselves in their new environment and really learning what it means to be a High Performance Athlete. This means that our 1st years have the first two months of the year to prove to you, as parents/guardians/sponsors, to the coaches and to themselves that they really do want this. They want it enough to **EARN** it - to **EARN** their jersey. And this is the method to our madness!

If we just gave the 1st years their jerseys straight away, it probably wouldn’t mean as much to them as it does now, purely because they know that they put in the hard work - the early mornings, late nights, sore bodies, long training sessions. We couldn’t be more proud of our PRI players who **EARNED** their UXI PRI jerseys. They earned the Puma emblem on their chests.

Congratulations to all our players. We wish them all many happy and successful moments in their new jerseys!

[CLICK HERE](#) to watch the Jersey Handover Ceremony on YouTube!



STUDENT COACH

DONOVAN RICHARDS



Pumas Rugby Institute student, Donovan Richards, is passionate about rugby and loves the game. He already knows that he wants to become the next best rugby coach that the sport has ever seen - so now is the time to pursue that dream!

Donovan is enrolled at the Pumas Rugby Institute as a STUDENT COACH, where he gets to learn how to be a High Performance Rugby Coach, within a semi-professional and professional set-up. We are extremely proud of Donovan and all that he has achieved so far. We are so excited for Donovan and his future as a world-class coach. Keep up the awesome work, Donovan!

The UXI Rugby Institutes equips our students with the tools and opportunities to pursue their sporting career dreams - be it as a player, coach, video and game analyst, referee, strength and conditioning coach, programme manager - the possibilities are endless!



NEW HEAD COACH

Gerhard du Toit

We are so excited to announce the newly appointed PUMAS RUGBY INSTITUTE HEAD COACH...***Gerhard du Toit!***

Gerhard comes with a wide variety of coaching experience! He has coached three Provincial teams: VerreNoord, Limpopo u/18 and Mpumalanga Cravenweek u/17. He was the first team Rugby coach for Prestige College, Lowveld High and Hoërskool Rob Ferreira. He also coached various A-teams at the following High Schools: Hoërskool Merensky, VerreNoord, Hoërskool Middelburg, Lowveld High School and Hoërskool Rob Ferreira. Gerhard has also coached various 7's teams at first team and Junior team level.

Some of Gerhard's other experiences include:

- 🏉 Pumas Coordinator and Appraiser of u/16 Rugby, Coordinator of u/15 National Sevens (Cravenweek), and team selector for various age groups
- 🏉 Hoërskool Rob Ferreira Rugby Organizer, Winter Sport Organizer, Gym Manager, and 1Rugby, Sevens and Athletics Coach
- 🏉 Lowveld High School Director of Rugby, and Rugby, Sevens and Athletics Coach
- 🏉 Hoërskool Middelburg Director of Rugby, Sports Organizer, and Rugby, Sevens and Athletics Coach
- 🏉 Hoërskool Merensky Head of Sport, Sports Organizer, and Rugby, Sevens and Athletics Coach
- 🏉 Prestige College Sports Organizer, Coach (Rugby, Sevens and Athletics) and Sports Marketer
- 🏉 ProActventures Chief Facilitator



WELCOME GERHARD!

MONTHLY HIGHLIGHTS

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

RE-BOOT Gym Fun with Coach Jannie



Backline Session with Pumas Currie Cup Assistant Coach, Riaan Lamely

28 April





VIDEO & GAME ANALYSIS

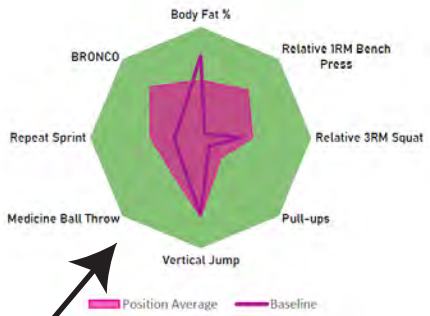
At the end of the term, our players received their 2022 Term 1 UXI High Performance Report. This detailed report depicts a player's termly performance, based on their recorded measurable on-field and gym data. Players also receive individual comments from their mentor coach, as well as from their SGC coach. Further, players also receive feedback from their progress in the UXI Life Programme, in the form of module scoring across the quarter (poor, adequate or excellent).

Player Stats	
Age	18
Position	Inside Back

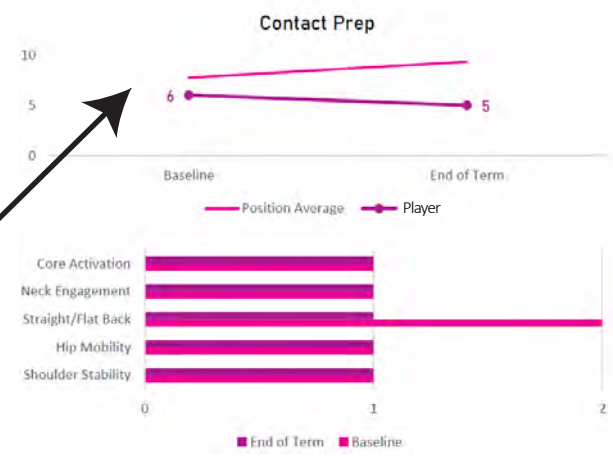
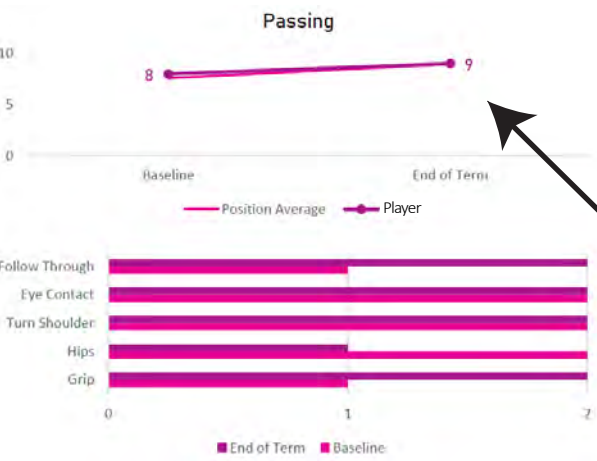
Follow This Link For an Explanatory Video of this Report
<https://youtu.be/anFijJPDa2I>

Attendance	Days Attended	Total Days/Sessions	Percentage
Days @ Training	31	40	78%
Gym Sessions	21	28	75%
Field Sessions	17	23	74%
Days Sick	5	40	71%
Days Injured	0	40	0%

Fitness Testing	Baseline Result	Position Average	SA U20 Standard
Body Composition			
Height	184 cm	173 cm	Not Applicable
Weight	83.5 kg	75.9 kg	Not Applicable
Body Fat %	15%	17%	12%
Strength			
Relative 1RM Bench Press	0.7	1.1	1.3
Relative 3RM Squat	1.3	1.5	2.4
Pull-Ups	9	9	18
Power			
Adjusted Vertical Jump	54 cm	56 cm	60 cm
Medicine Ball	3.8 m	4.3 m	6.7 m
Endurance/Fitness			
Repeat Sprint	625 m	668 m	780 m
BRONCO	06:21	05:34	04:50



The graph above is a display of the information in the table to the right. It is showing the players score (orange) relevant to the average for his position. Bronco is a test where a fixed distance is completed and timed, so a lower score is better. Repeated sprint is a fixed time, and the distance is measured so here a higher score is better. Vertical jump is a measure of lower body power, medicine ball throw is a measure of upper body power, bench press is a measure of upper body strength and squats is a measure of lower body strength. Pull ups is a measure of upper body strength endurance.



The 4 skills (Passing, Contact Prep, Tackle Technique, Carry into Contact) each have 2 graphs. Although these are the only skills we are reporting on for this term, they are not the only skills the players focused on, these skills, as per our curriculum, were the fundamental focus areas for this term.



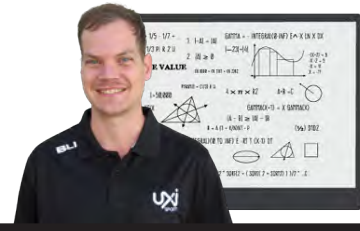
The first graph has an orange line and a black line, each with 2 data points, the orange line shows the players score for that skill at the start of the term and end of the term. The black line shows the position average score at the start and end of the term.

The second graph shows the coaching points for that particular and how the player scored for each coaching point at the beginning of the term (black) and end of the term (orange). In these graphs each coaching point has been evaluated out of 2.

0 = Not competent
 1 = Somewhat competent
 2 = Competent

From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



TERM 1 TOP PERFORMERS

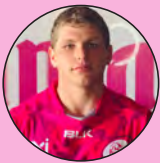
We recognize those extraordinary students, who have worked incredibly hard to land themselves in our Uxi Top Categories: Top Skills, Top 5 Athleticism and Top 5 Overall.

The **Skills Category** consists of testing in the following on-field components: handling, contact prep, tackle technique, and ball carry into contact. These results are aligned with our term 1 outcomes.

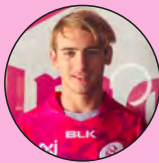
The **Athleticism Category** consists of all Strength & Conditioning physical tests that the Players completed in-gym, as well as on-field fitness. Players needed to complete all physical tests to be eligible for a Top 5 ranking.

Overall is a combination of both Skill and Athleticism.

TIED 1st



Nathan McLaren
Loose Forward



Divan Janse Van Rensburg
Inside Back



Ethan Biljoen
Loose Forward

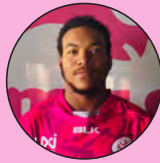


Robert Everson
Lock

TIED 2nd



Heinerich Keir
Center



Jean Robinson
Prop



Ruben Behrens
Lock



Samuel Klinkert
Loose Forward

SKILLS

ATHLETICISM



1st
Nathan McLaren
Loose Forward



2nd
Heinerich Keir
Center



3rd
Divan Janse Van Rensburg
Inside Back



4th
Jean Robinson
Prop



5th
Nkosi Mathe
Loose Forward



1st
Nathan McLaren
Loose Forward



2nd
Divan Janse Van Rensburg
Inside Back



3rd
Heinerich Keir
Center



4th
Jean Robinson
Prop



5th
Nkosi Mathe
Loose Forward

OVERALL

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

APRIL

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Rorisang Moshilewane



JJ Fourie



Yolisa Ngcakani

Pumas Rugby Institute



Jacques van Aardt



Nathan McLaren



Udo Cilliers

Western Province Rugby Academy



Jayden Norman



Jarrod Brown



Kieran Naidoo

ATHLETIC ABILITIES WITH ALI



The **Negative Effects** Of Alcohol On Training Progress Of An Athlete.

We are well aware that our student-athletes are young adults, who enjoy going out with their mates and having a few drinks. After all, you only live once hey? But they also say that you don't always need alcohol to have fun - and this is true once you realize the effect that alcohol can have on your athletic progress.

There some key elements that athletes needs to consider when consuming alcohol, and HOW these elements could hinder the progress of their athletic development and athletic performance - specifically muscle development and recovery. This can rob you of all the hard work you put in during training. With this information in mind, athletes must remember to DRINK RESPONSIBLY, and be mindful of the effects it will have on their training.

IMPAIRS MUSCLE GROWTH

Long-term alcohol use diminishes protein synthesis, resulting in a decrease in muscle growth. Even short-term alcohol use can affect your muscles.



SLOW REACTION TIMES

Alcohol can result in a slowed reaction time and decreased hand-eye coordination. Not only can this impair performance, but a slowed reaction time can increase your risk for injury.



ALCOHOL



DEHYDRATES YOUR BODY

As an athlete you want to perform at an optimal level at all times and to do so you would want your body to recover as fast as possible. Alcohol has been shown to slow this process because it is a powerful diuretic, which can cause dehydration and electrolyte imbalances. And when dehydrated, an athlete is at a greater risk for cramps, muscle pulls, and muscle strains.



PREVENTS MUSCLE RECOVERY

Getting enough rest is essential to building bigger and stronger muscles. However, because drinking alcohol negatively affects your sleep patterns, your body is robbed of a chemical called human growth hormone (HGH) when you drink. HGH plays an integral role in building and repairing muscles! Drinking can also lead to a decrease in testosterone, which is associated with decreases in lean muscle mass and muscle recovery, which can impair performance.





Rugby Recipes Rock!



High Protein Spaghetti Bolognese

Serves: 6
Time: 30 min

NUTRITIONALS:
Per Single Serving

KCAL 441 | PROTEIN 34G | CARBS 29G | FAT 18G

INGREDIENTS:

For Mince:

- 600g ground beef
- 1 Tbsp olive oil
- 1 onion (80 g)
- 1 large carrot (300 g)
- 1 celery stalk
- 1 clove garlic
- 1 beef stock cube
- 5 tomatoes (450 g)
- 1 Tbsp oregano
- 1 Tbsp basil
- 1 tsp pepper
- Salt to taste

For the pasta:

- 10 cups water
- 250g raw spaghetti
- 2 Tbsps olive oil
- 1 Tbsp cheddar per serving

METHOD:

1. Peel the onion and cut it into small pieces; peel the carrot and cut into cubes; peel the tomatoes cut them in quarters; cut the celery into thin slices; peel and crush the garlic clove.
2. In a medium pot on HIGH heat, add the olive oil, when the oil is very hot add the crushed garlic and onion. Stir them for about 4 minutes.
3. In a bowl mix your beef stock cube with boiling water, as specifically directed by the stock instructions. Place the carrot, tomatoes, and stock mixture in a blender and blend until you have a thick consistency paste.
4. To the pot, add in your mince and celery; stir and mix the mince. Continue cooking until the meat browns.
5. Add the tomato paste and the spices (oregano, basil, and pepper); mix well.
6. Cook the mince mixture over medium heat for 10-15 minutes.
7. In a separate pot on HIGH heat, add the water and salt to taste. When the water is boiling, add the pasta and cook it until it is soft.
8. Remove the pot from the heat and strain the pasta.
9. Serve a bowl of pasta, accompanied by a serving of mince. Sprinkle with some fresh cheddar cheese on top and enjoy!

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!