

# Can You Feel The MAYgic?



## Dear Players, Parents, Guardians and Sponsors...

Another month is done and dusted; can you believe it? As we sit at the end of May, we are filled with so much pride and excitement for our players. It has been an incredibly busy year so far, and it really is NOT easy to be a student-athlete. The early morning wakeups, the long hours in the gym and on the field, the focus and concentration exerted towards their studies – it is NOT easy. Keeping this difficult lifestyle in mind, what our players are achieving, both on and off the field is indescribable – some may even say MA(y)GICAL! 😊

Many people love to be busy – to truly get stuck into their craft and devote their time, effort and energy into something that makes them feel alive. For our students, this is rugby, coaching or video and game analysis. However, it is human nature to sometimes get overwhelmed and tired. This can have you questioning if this is really what you want. We can often find ourselves simply surviving from one moment to the next, all the while forgetting that the magic of life ever existed. So, how do we snap ourselves out of this rut; how do we LIVE, and not merely just exist? While there may not be a silver bullet, a special formula, or a one-size-fits all approach to creating ‘the perfect happy life’, there is always magic to be unlocked within life.

The best way to unlock the magic is to BE PRESENT – simple, yet often the trickiest thing to do. Have you ever watched a young child who is so immersed in their current activity that they have no sense of past or future? When you see something like that, it’s almost as if the light shining from their very soul as they bring all of their awareness into the present moment. Something about it seems magical. As adults, we tend to split our attention by worrying about the past or the future while completely missing the magic of the moment! Sometimes it’s as simple as pressing the pause button of your life, reconnect with the present moment, and take in the amazing experiences right in front of you. How do we reconnect to the moment, especially when it feels like the earth is moving a kilometer a second around us? Try this: pause, take a deep breathe, and reflect on your life as a whole. What makes you HAPPY? What are you GRATEFUL for? What can’t you LIVE WITHOUT? Is what you’re stressing about right now MATTER in 10 years from now? If today was your last day on earth, WHAT would you do? Once we stop and remind ourselves that life is short, and that we need to live for the present moment, magic starts to become easier to find – because magic exists in every little moment of the day.

As we move into the last month of the second term, we task you all to be present in every moment of everyday. Life is filled with difficult and demotivating times, but it is also filled with so much MAGIC – and once you unlock that magic from within, you will truly be unstoppable.

~ The UXI Sport Team



*From the Desk of the*

# UXI SPORT C.O.O.



## May-Day

Celebrated for different reasons in history, May the 1st has announced festivities over the Northern and Southern hemispheres for different reasons.

In the Northern hemispheres it announces the first day of Spring and along with-it other celebrations known in history as Labour Day. For South Africans it truly is a wonderful public holiday and the sign that Winter has arrived. Throughout this time whether cold, rain and also hot winter days we have watched our players work hard in the program and embrace every moment of learning new skills and embracing the tough training sessions and Club competitions they have been exposed to.

May was also the first academic month with the Education hubs in full operation, and its heart warming to see our players spent dedicated time in the Education hubs, completing assignments and research activities. We were also pleased to welcome our new head skills coaches in the UXI family and the arrival of more international players eager to learn from one of the best rugby countries in the world.

One of the highlights of the year is the opening of the new UXI High performance centre in Stellenbosch that we believe will offer employment opportunities to many of our players currently studying towards their Personal Training and or Fitness Instruction qualifications in the future. Our mission is to ensure the employability and career development of every player in our UXI Rugby Institute system. There are a range of study options that suit every budget to access through the EDUCATION HUBS and we encourage you to make use of these opportunities, broaden general skills and knowledge and work towards a brighter future beyond rugby.

To early mornings on field and or the gym- we are very proud of the character shown by our players to **SHOW UP** and make the best of every opportunity in their day! You are inspiring us to **GREATNESS AND BEYOND!**



*~ Thea Miller*





*From the Desk of the*

# PROGRAMME MANAGER

## Feedback From The Month

And just like that the month of May has come to an end! The PRI has been buzzing with excitement, as all our non-Pumas u/20 players have started playing rugby at their clubs of choice. For most of the players, this is their first time playing club rugby and they are really getting stuck into and enjoying the club rugby culture.

## Positives to Take Away

The students are enjoying their academic and rugby-education classes in the new Edu-Hub; it is great to see how committed they are to investing in their futures. I have received a lot of positive feedback from club coaches and administrators, who say that our players have impressed them in the way they conduct themselves, both on and off of the field. We are really proud of the students for this; we encourage them to keep up the great work.

## Challenges Faced

A prominent challenge that we faced was recovery. Players need to take ownership of their own recovery sessions on Sundays after their club rugby games, as without this recovery session, they can set themselves up for injuries. Fortunately, the players soon realized the importance of these recovery sessions, and understand the importance of REST and RECOVERY.

## What to Look Forward to Next Month

We look forward to watching these young players push themselves and showcase their skills on the rugby field at their clubs! We will continue to im and develop their generic, primary and positional skills; we know the results will speak for themselves at the end of the term.

*~ Fernando Penschaw*



From the **FIELD**

## Feedback From The Month

The month of May was an exciting one. I only started at the UXI Pumas Rugby Institute at the beginning of the month, so the students got introduced to a brand-new coaching style, which is often quite exciting.

One would expect that adapting to change must take time. However, within the first session with the students, there was immediate acceptance and mutual respect. I believe that all the students adapted and enjoy the style that I bring to my on- and off-field training session. I can already see improvement after only one month.

The last week of this month, I noticed that the students were getting mentally tired. The lack of match-play was starting to get to them. To try and shake the students from this rut, we used the last Friday of the month to take the students off-campus and into nature for a fun team-building day. The forwards were up against the backs in a “potjiekos” competition; this brought about some good-natured fun and games and the change of scenery did them well.

We are also proud to announce that all our students are now playing for the various clubs in the Lowveld – this means game-time; whoohoo! I am looking forward to seeing the students improve their skill levels in the coming months.

*~ Gerhard du Toit*



# From the **FIELD**







*From the*

# GYM

## Feedback From The Month

May was an eventful month for the players! The Pumas u/20 Season finished on a disappointing yet optimistic note, and we are looking forward to the rest of the Institute rugby season. We have released the players to play for our local Lowveld rugby clubs, seeing as many of the players haven't played any rugby matches this year. It is important to get them and keep them "Rugby Match fit"! That can only be done by playing the game we love more often!

## Positives to Take Away

We are nearing the halfway mark of the year and random baseline testing will be commencing soon. I can say with confidence that each and every player has increased and improved on their previous results. Our Fitness levels are definitely up there, and we look forward to seeing the results on paper!

## Challenges Faced

We are now in full swing into our Winter Training. We had a few players that got the flu a few weeks back, and thankfully, they have recovered nicely and are back in their routine. I am reminding the parents to please make sure the players do have the necessary vitamins and preventive medication needed to have a safe and health winter rugby season.

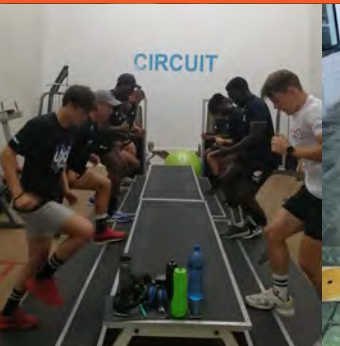
## A Message to the Parents

Communication is key...especially when your boys are not living close to you. The players are training hard; some days three times a day. The players strive on special attention especially from their parents. A positive mindset will always show on the training and the playing field!

*~ Jannie Ferreira*



From the **GYM**







*From the*

# HEART



## Feedback From The Month

What a great month! The mindset shown by the students these last 31 days has been awesome. The students have all been very positive and have brought a great vibe and hardworking spirit to every new day.

One of the biggest positives about this bunch of students is that they really are very adaptable when faced with any challenge. Adaptability is one of our key UXI values, and it means a lot to us as a coaching staff to see the students embody our Institute values.

The students have been working hard and for that they must be commended. We know that hard work deserves to be rewarded, and that is why we felt the students really did deserve a fun day out. Not only did they get to spend quality time together away from “work”, but they also got to be out in nature and just relax. They also had a great “potjiekos” competition, which they all really enjoyed and also had to understand the holistic side of teamwork.

I am looking forward to all the students having the opportunity to play some club rugby matches these next few weeks. It is now time to see all their hard work in action. This will also be a test to their mental strength and the tactics we have learnt.

Going forward, we will be doing some new interesting such as “flexibility”, “optimism”, and “enjoyment”. I am truly blessed to be working with these students; each and everyday they also teach me something and remind me how thankful I am to work with them. Parents/Guardians/Sponsors, you can be so proud of your boys!

*~ Hennie Skorbinski*



# Pumas in the Wild

The only thing better than being with your teammates on-field, is being with them in nature.

On Friday the 27th of May, the Pumas Rugby Institute students kicked the weekend off in style, with a trip to **Longmere Dam** in White River. The PRI students have been working so hard the last few months, so this 'Friday Funday' was definitely well deserved.

The day's activities included canoeing, fishing, trail walking, and just chilling with together as a team. There was also an exciting Potjiekos cook-off competition loading: Backs vs Forwards. After a tough culinary battle, it was the Forwards who claimed the "Potjiekos Kings" crown!





# STUDENT COACH TESTIMONY

*Donovan Richards*

We are so proud of PRI 2022 student coach, Donovan Richards, who has gone on to achieve GREATNESS in sport and in life. Donovan 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 - he is now in the process of turning that dream into a reality.

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. Let's see what Donovan has to say about the High Performance Coaching Programme so far:



*I have learned a lot from the coaches at the Pumas Rugby Institute so far. The Pumas Rugby Institute has taught me not only how to achieve my dream to become a top-class rugby coach, but also the life skills that you need behind the scenes. When I first began at the Institute I had very little knowledge of how to coach rugby, but fast forward a few months and I am now part of a wonderful rugby program that has guided me to be able to coach a very strong and unbeatable U/10s group! I would like to say thank you to Laerskool Nelspruit for this wonderful coaching opportunity. I was also guided to achieve the role as 'Assistant Manager' for the u/20 Pumas team, as well as one match as the 'Team Manager' for the u/20 Pumas match against the Valke u/20.*

*I came into the Institute with limited knowledge about the fundamentals of rugby or all the skills that follows with it, but every single day I receive more and more tips and information of the game of rugby and how to coach it. Through the help of Coach Fernando and Coach Gerhard, I believe that by the end of the term I will know even more about what I need to know about the fundamentals of rugby and how to coach it. Coach Fernando has also taken the liberty to train me in analysing the key factors and functional role analysis; this has been invaluable to me. I was also very uneducated about strength and conditioning and all the different exercises, but with the help of Coach Jannie I am becoming more familiar with the variety of exercises.*

*My dreams were unreachable before I came to the Institute, but each time I step into the coaching room, or onto the field for the training sessions, or into the gym for the gym sessions, my dream to become a top-class coach becomes more and more reachable! With the Institute season looming, I can't wait to shadow the coaches in all the preparations and coaching sessions of each game. UXI Sport and the Pumas Rugby Institute has opened their arms to me and has guided me to pursue my dreams. I can't believe how far I have already come so early in this year, and I can't wait to see what the future holds for me within the UXI family.*

~ Donovan Richards (PRI 2022)



## Class is in Session!

**The PRI Edu-Hub is in full swing! Our student-athletes are further investing in their future, one click at a time...**







# RE:BOOT FITNESS CHALLENGE!

What an amazing morning at the RE:BOOT Fitness Challenge! On the 30th of April, some of our PRI players and coaches were pushed to the limits at the third thrilling RE:BOOT Fitness Challenge, hosted by Reboot Health and Fitness.

This sweat and lactic acid infused explosion of competition saw some of the physically strongest and fittest men and women of Mbombela battle it out! Teams took on the several EPIC challenges. Each team member had to complete all of the challenges, and the team that finished first, WON!

In the end, it was the **PUMAS RUGBY INSTITUTE** that emerged victorious for the second time! We are so proud of our PRI representatives for showing the Nelspruit community that the PRI students are a force to be reckoned with! This was a perfect day that provided a lot of fun and competition!







# VIDEO & GAME ANALYSIS

Our video and game analysts have been hard at work over the last few months to get our data capturing systems ready to go. With matches on the move, we are thrilled to share some of the EXTRAORDINARY post-match statistics that our players will receive from our analysis department! Please note that not all statistics have been included in this preview and personal details have been blocked out for privacy reasons.

### OVERVIEW

Team 1 **26** - **21** Team 2

Result: Won Date: 08 November 2021 Fixture: Academy Fixture

### POSSESSION & TERRITORY

Team 1: Possession 73%, Territory 27%, Attacking minutes 36:47, Total Ball in Play 50:18

Team 2: Possession 27%, Territory 73%, Attacking minutes 13:31, Total Ball in Play 50:18

### SUMMARY

**SET PIECE**

- Lineout Success: 51%
- Lineout Turnovers: 4
- Scrum Success: 60%
- Scrum Turnovers: 3
- Kick Off Recollect: 40%
- Kick Off Receipt: 33%

**BREAKDOWNS**

- Ruck Success: 96%
- Ruck Speed (All): 2.71
- Ruck Speed (B,C): 2.40
- Ruck Turnovers: 2

**ATTACK AND DEFENSE**

- Gainline Success: 69%
- Defense Breaks: 2
- 22 Entry Success: 0%
- Turnovers: 12

**INFRINGEMENTS**

- Penalties/FreeKicks: 22

### TEAM SHEET

STARTING LINEUP	Mins	Tries	Conv	Pen
1	0			
2	80			
3	60			
4	58			
5	75			
6	45			
7	80			
8	0			
9	63			
10	80			2
11	80	1		
12	80	1		
13	43			
14	80			
15	55			

RESERVES	Mins	Tries	Conv	Pen
16	0			
17	22			
18	35			
19	22			
20	17			
21	22			
22	25			
23	0			
24	0			
25	0			
26	0			
27	0			

# TEAM SPECIFIC STATS

### ATTACK

#### ATTACK OVERVIEW

- Carries: 91% (66)
- Passes: 68% (81)
- Offloads: 64% (11)
- Gainline: 69% (26)
- Territorial Kicks: 50% (6)
- Handling Errors: 2
- Attacking Kicks: 33% (3)

#### ATTACK STYLE

- POD off 9: 91%
- POD off 9 Back Door: 9%
- Pod off 10: 0%
- Backline: 0%
- Switch: 0%

#### ATTACKING BREAKS

- Total: 2
- Line Breaks: 100% (2)
- Outside Breaks: 0%
- Kick Breaks: 0%

#### 22m ATTACKING ENTRIES AND ORIGINS

Entry Method and Points	Total Count+points	Carry Count+points	Attacking Kick Count+points	Penalty Kick Count+points	Turnover Count+points	Pressure Count+points
0	0%	0	0%	0	0%	0

#### TOP 5 EFFECTIVE ATTACKING PLAYERS

	DOMINANT CARRIES	EFFECTIVE OFFLOADS	TACKLE BREAKS
1	11	1	3
2	8	2	2
3	5	3	2
4	5	4	1
5	4	5	1

### DEFENSE

#### DEFENSE OVERVIEW

- Tackle Completion: 76% (143)
- Tackle Dominance: 10% (11)
- Gainline: 70% (30)
- General Play Kick Receipts: 100% (2)
- Tackle Miss Low Threat: 6% (2)
- Tackles Missed: 34
- Tackle Miss High Threat: 94% (32)

#### DEFENSE BREAKS

- Total: 2
- Line Breaks: 100% (2)
- Outside Breaks: 0%
- Kick Breaks: 0%

#### 22m DEFENSIVE ENTRIES AND ORIGINS

Entry Method and Points	Total Count+points	Carry Count+points	Attacking Kick Count+points	Penalty Kick Count+points	Turnover Count+points	Pressure Count+points
0	0%	0	0%	0	0%	0

#### TOP 5 EFFECTIVE DEFENSIVE PLAYERS

	DOMINANT TACKLES	TACKLE COMPLETION	HIGHEST TACKLES MISSED
1	3	100%	6
2	2	100%	4
3	1	88%	3
4	1	88%	3
5	1	85%	2

### BREAKDOWN & INFRINGEMENTS

#### Cheetahs RI vs WPRA

#### BREAKDOWN OVERVIEW

	Total	Retention	Turnovers
Cheetahs RI	50	96%	3
WPRA	64	95%	2

#### BREAKDOWN BY ZONE

	Zone A	Zone B	Zone C	Zone D
RETENTION	100%	96%	100%	91%
SPEED	2,67	2,46	1,88	101,91
RETENTION	100%	100%	95%	90%
SPEED	3,29	2,67	2,14	2,76

#### TOP 5 EFFECTIVE PLAYERS AT BREAKDOWN

	ATTACKING RUCK ARRIVAL	DEFENSIVE RUCK ARRIVAL	POACH ATTEMPTS
1	12	1	4
2	9	2	4
3	8	3	3
4	7	4	2
5	7	5	2

#### INFRINGEMENTS & LOCATIONS

	LINEOUT	SCRUM	RUCK	TACKLE	GEN PLAY
Cheetahs RI	2	2	4	1	13
WPRA	6	3	6	2	18
TOTAL	8	5	10	3	31

#### INFRINGEMENTS BY ZONE

	Zone A	Zone B	Zone C	Zone D
PERCENTAGE	18%	32%	36%	14%
COUNT	4	7	8	3
PERCENTAGE	14% - 5	31% - 11	37% - 13	17% - 6
COUNT	1	4	5	3





# VIDEO & GAME ANALYSIS

## Attack

OVERVIEW		ATTACK												
No. Player Name	Mins Played	Ball Touches	Carries	Carry Dom. %	Carry /min	Passes	Pass Effect. %	Offload	Offload Effect. %	Handling Error	Tackle Breaks	Breaks per Carry	Defense Breaks	Pos. Losses
1	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
2	80	4	1	100%	0,01	3	100%	1	100%	0	0	0%	0	0
3	60	2	2	100%	0,03	0	0%	0	0%	1	0	0%	1	0
4	58	5	5	100%	0,09	0	0%	0	0%	2	0	0%	0	0
5	75	4	3	100%	0,04	1	100%	2	100%	3	1	33%	0	0
6	45	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
7	80	6	4	75%	0,05	2	50%	0	0%	4	0	0%	0	0
8	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
9	63	36	2	100%	0,03	34	65%	0	0%	3	0	0%	0	0
10	80	35	12	92%	0,15	23	83%	3	33%	1	3	25%	0	0
11	80	6	2	100%	0,03	4	25%	0	0%	1	0	0%	0	0
12	80	11	9	89%	0,11	2	100%	1	100%	2	2	22%	1	0
13	43	2	1	100%	0,02	1	0%	0	0%	0	0	0%	0	0
14	80	3	3	100%	0,04	0	0%	1	100%	0	1	33%	0	0
15	55	10	6	83%	0,11	4	25%	0	0%	0	1	17%	0	0
16	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0
17	22	4	4	100%	0,18	0	0%	1	100%	0	0	0%	0	0
18	35	4	4	75%	0,11	0	0%	0	0%	0	0	0%	0	0
19	22	4	4	100%	0,18	0	0%	0	0%	0	2	50%	0	0
20	17	7	0	0%	0,00	7	71%	0	0%	0	0	0%	0	0
21	22	2	2	100%	0,09	0	0%	1	0%	0	1	50%	0	0
22	25	2	2	50%	0,08	0	0%	1	0%	0	0	0%	0	0
23	0	0	0	0%	0,00	0	0%	0	0%	0	0	0%	0	0

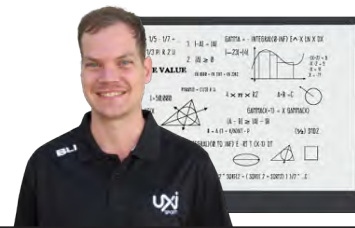
## Defense & Kicking

OVERVIEW		DEFENSE							KICKING					
No. Player Name	Mins Played	Total Tackles	Tackle Dom. %	Tackles /min	Total Tackle Missed	Tackle Missed Break %	Tackle Comp. %	Turnovers	Gen. Play KR	Gen. Play KR Comp. %	Territorial Kicks	Territorial Kicks Compl. %	Attacking Kicks	Attacking Kicks Compl. %
1	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
2	80	7	14%	0,09	1	100%	88%	0	0	0%	0	0%	0	0%
3	60	3	33%	0,05	1	100%	75%	0	0	0%	0	0%	0	0%
4	58	5	0%	0,09	2	100%	71%	0	0	0%	0	0%	0	0%
5	75	11	0%	0,15	2	100%	85%	0	0	0%	0	0%	0	0%
6	45	6	17%	0,13	2	100%	75%	0	0	0%	0	0%	0	0%
7	80	9	0%	0,11	3	100%	75%	0	0	0%	0	0%	0	0%
8	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
9	63	3	33%	0,05	0	0%	100%	0	1	100%	0	0%	0	0%
10	80	12	25%	0,15	6	83%	67%	0	0	0%	5	60%	1	0%
11	80	7	14%	0,09	1	100%	88%	0	1	100%	0	0%	0	0%
12	80	12	0%	0,15	4	100%	75%	0	0	0%	0	0%	1	0%
13	43	4	0%	0,09	1	100%	80%	0	0	0%	0	0%	0	0%
14	80	7	0%	0,09	2	100%	78%	0	0	0%	0	0%	0	0%
15	55	0	0%	0,00	1	100%	0%	0	0	0%	0	0%	0	0%
16	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%
17	22	4	50%	0,18	1	100%	80%	0	0	0%	0	0%	0	0%
18	35	5	0%	0,14	2	100%	71%	0	0	0%	0	0%	0	0%
19	22	3	0%	0,14	1	100%	75%	0	0	0%	0	0%	0	0%
20	17	5	0%	0,29	1	100%	83%	0	0	0%	0	0%	1	100%
21	22	3	33%	0,14	3	67%	50%	0	0	0%	1	0%	0	0%
22	25	3	0%	0,12	0	0%	100%	0	0	0%	0	0%	0	0%
23	0	0	0%	0,00	0	0%	0%	0	0	0%	0	0%	0	0%

## Breakdowns

OVERVIEW		Breakdowns										Breakdown Technique				
No. Player Name	Mins Played	Total BD Arrivals	Att. BD Arrival	Att. BD Effect. %	Attack Arrival /min	Att. Arrive Poor	Def. BD Arrival	Def. BD Effect. %	Def. Arrival /min	Def. Arrive Poor	Tot Poach Att	Poach Attempt Effect. %	Total Cleans	Clean Effect. %	Total Bridges	Bridge Effect. %
1	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
2	80	12	12	100%	0,15	0	0	0%	0,00	0	2	0%	10	100%	2	100%
3	60	8	7	100%	0,13	0	1	100%	0,02	0	4	25%	6	100%	2	100%
4	58	7	6	100%	0,12	0	1	100%	0,02	0	0	0%	3	100%	4	100%
5	75	8	8	88%	0,11	1	0	0%	0,00	0	1	100%	4	100%	3	100%
6	45	8	8	100%	0,18	0	0	0%	0,00	0	0	0%	5	100%	3	100%
7	80	11	9	100%	0,14	0	2	0%	0,03	0	2	50%	8	75%	3	100%
8	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
9	63	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
10	80	1	1	0%	0,01	0	0	0%	0,00	0	1	100%	1	0%	0	0%
11	80	6	6	67%	0,08	0	0	0%	0,00	0	0	0%	5	80%	1	0%
12	80	7	6	100%	0,09	0	1	0%	0,01	0	4	0%	4	75%	3	100%
13	43	1	1	100%	0,02	0	0	0%	0,00	0	0	0%	0	0%	1	100%
14	80	0	0	0%	0,00	0	0	0%	0,00	0	1	0%	0	0%	0	0%
15	55	1	1	100%	0,02	0	0	0%	0,00	0	0	0%	1	100%	0	0%
16	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%
17	22	2	2	100%	0,09	0	0	0%	0,00	0	3	0%	2	100%	0	0%
18	35	1	1	100%	0,03	0	0	0%	0,00	0	1	0%	1	100%	0	0%
19	22	1	0	0%	0,05	0	1	0%	0,05	0	1	0%	1	0%	0	0%
20	17	0	0	0%	0,00	0	0	0%	0,00	0	1	0%	0	0%	0	0%
21	22	3	3	67%	0,14	1	0	0%	0,00	0	1	0%	2	100%	0	0%
22	25	1	1	100%	0,04	0	0	0%	0,00	0	0	0%	1	100%	0	0%
23	0	0	0	0%	0,00	0	0	0%	0,00	0	0	0%	0	0%	0	0%

INDIVIDUAL STATS



## **SLEEP EIGHT, FEEL GREAT**

Every morning our players fill in a wellness form. The form asks them questions about their sleep, mood, readiness to train, stress and fatigue. This gives us an overview of how every player is doing, so that our coaches have the information they need to assist our players in their development. Since the start of the year, we've collected over 9500 forms! We analysed the data, and this is what we found:



Players who sleep 7-9 hours per night were in a better mood and were more ready to train than players who sleep 6-7 hours per night, and those who sleep less than 6 hours per night. Players in the 7-9 hours per sleep group were also less stressed and had lower levels of fatigue, compared to those in both the 6-7 hours of sleep group and the less than 6 hours of sleep group. Which just goes to show, those who sleep 8 feel great!

To track your sleep each week, remember to complete your morning update form everyday and view your weekly wellness report on the Google Drive.



# MONTHLY HIGHLIGHTS

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

*Friday-Braaiday, Sponsored by RE:Boot Health & Fitness*

6 May



*UXI Life Charades - Demonstrate the Weekly Theme, without using words!*

12 May





# 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

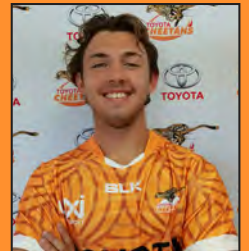
## Cheetahs Institute of Excellence



Nichloas Engelbrecht



Devan Andreas



James Greeff

## Pumas Rugby Institute



Udo Cilliers



Thato Gololo



Loyiso Mkhaliphi

## Western Province Rugby Academy



Owen Hawanga



Sinalo Jantjies



Taahir Sumsodien



# ATHLETIC ABILITIES **WEL** **LNE** **S** **S** **WITH** **ALI** **STRE**

## ***Good Study Habits For A Student-Athlete***

Firstly, you might be wondering why this article is headed as “Student Athlete” and not “Athlete Student”. Well, yes you are in a High Performance Athletic program that has an amazing study component that complements being an athlete but you are not just an academic student, you are a student of the game that you all so dear live for. Often the pressure of being a student-athlete makes academics a true challenge. The importance of balance in the lives of student-athletes is undeniable, but it is easier said than achieved.

Do you often find yourself struggling to be motivated to complete certain academic responsibilities and sometimes procrastination kicks in as you need to complete these responsibilities. Well here are four study habits that could definitely find the balance you need and are looking for:

### ***Find Balance***

The ability to hit the sweet spot between being a well-rounded student and sports person will help both in academic terms and the athletic side of things too. Planning is important, student-athletes need to make sure important dates like tests and assignments are in their calendar. This will help them prepare better and be able to organise studying around their practice and fixtures.

### ***Stay Fit***

Staying fit has a profoundly positive impact on mental health. It also relieves stress, improves memory, helps you sleep better, and can help protect against injury. As a student-athlete you will have team training and practice, its essential to make sure you are well fuelled and not training tired to get the best out of your performance.

### ***Manage Stress***

Participating in sports and staying on top of studies - not to mention having a social life - can be stressful. This adds pressure and stress that comes as a result that is managed inefficiently and can lead to all different kinds of health issues. These can be avoided by consuming a well-balanced diet, minimizing caffeine intake, practicing meditation, learning not to bottle feelings and emotions up, and getting the recommended daily amount of sleep as well as managing your time in the day correctly.

### ***Hydration & Diet***

When students are learning and busy being physically active, they can forget the important things that will help them with both learning and training, this is staying hydrated. Remaining hydrated is crucial for the human body, if it's to function at an optimum level on and off the field. Maintaining a balance diet with the right amount of Carbohydrates, Proteins and Fats also is key in keeping the body functioning optimally.

***As a Student-Athlete you continuously craving progression in all areas of being an athlete and by implementing these four habits, that progression can hopefully come at a steady pace across academics and sport.***



# Rugby Recipes Rock!



## Chicken Pesto Pasta

Serves: 4  
Time: 30 min

**NUTRITIONALS:**  
Per Single Serving

**KCAL 526 | PROTEIN 38G | CARBS 59G | FAT 18G**

### INGREDIENTS:

- 1 Tbsp olive oil
- 450g boneless skinless chicken breasts
- 1 & 1/2 tsp minced garlic
- 3/4 tsp Italian seasoning
- 350g bow tie pasta
- 1 cup basil pesto
- 1 cup cherry tomatoes halved
- 1/4 cup finely grated parmesan cheese
- 1 Tbsp chopped fresh parsley OR basil
- Salt and pepper to taste

### METHOD:

1. Bring a large pot of water to a boil and add salt to taste. Cook the pasta according to package directions.
2. Heat the olive oil in a large pan over medium high heat.
3. Cut the chicken breasts into bite sized pieces.
4. Place the chicken in the pan and season with salt and pepper to taste.
5. Cook for 3-4 minutes per side or until golden brown and cooked through.
6. Add the garlic and Italian seasoning and cook for 1 minute.
7. Drain the pasta and pour it into the pan with the chicken.
8. Add the pesto and toss to coat evenly.
9. Add the cherry tomatoes and gently fold them into the pasta.
10. Sprinkle with parmesan cheese and parsley.
11. Serve 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!**