



June is already over? JU-LYing!

Dear Players, Parents, Guardians and Sponsors...

Today marks EXACTLY halfway through 2022. Today is the 182nd day of the year; we now have exactly 183 more days ahead of us before we pop the champagne bottles and chant “Happy New Year” all over again. Some of us may already be forward thinking to next year, and what we expect 2023 to be. Or some of us may be reflecting on the 182 days that have just passed us by and evaluating if what we expected this year to have been accurate or not.

Charles Kettering coined the phrase “High achievement always takes place in the framework of high expectation” – quite simply stating that in order to achieve great things, you need to have great expectations. Now, we all know that it is not as linear as that. One cannot just mentally set a high expectation for themselves and then sit around on the couch until greatness happens. Greatness requires ACTION, with your highest expectation of yourself as the target. If we had to come up with a mathematical equation for greatness, we think it would be this:

Greatness = (high expectations + high levels of action/effort) – self-doubt

In order to be great, you need to image the greatest version of yourself, or the greatest version of what you want to achieve – that is your target, your dangling carrot. In order to be great, you need to use your target, that dangling carrot, to motivate you each day. You need to relentlessly visualize your success, so vividly that it creates certainty in your mind that YOU CAN DO IT. This daily reassurance and certainty need overpower those little voices that say, “maybe you can’t do it” – these little voices that try to push that dangling carrot further and further away from your reach. Those little voices of self-doubt; don’t listen to them – delete them the same way you delete those “CONGRATULATIONS, YOUR CELLPHONE NUMBER JUST WON A MILLION RAND” text messages. They aren’t real, so don’t let them derail you.

We often underestimate ourselves and our abilities; and it’s important to remember that you get what you expect. This means that expectations are everything! If you shoot for the moon, and fall a little short, you’ll still end up among the stars. On the contrary, some people set the bar so low that they trip over it, and never achieve higher than what they can. The fact is, “I can’t” and “I won’t” trigger the same results. The power of YOUR achievement lies in YOUR hands. The first step to being great is to find that dangling carrot – your highest expectation of yourself – and believe that it is possible. When you believe that something is possible and you set your sights firmly on the prize, you’ve taken the first big step in making it a reality. When every part of you believes that the outcome will be positive, something magical within you happens, and your actions and efforts towards the outcome is amplified. Great accomplishments begin with great expectations.

With 183 more days ahead of us in 2022, what are YOUR expectations? Dangle the carrot higher, remove the self-doubt, and let’s make them happen!

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



UNMASKING JUNE!



June 2022 will most definitely be remembered for so many historic reasons. We celebrated Youth day and we were finally “unmasked” in South Africa!

The FREEDOM to breathe and return to normality was seen in a jam-packed rugby stadium during the Pumas vs Griquas Currie Cup clash. What an amazing event to witness two smaller Unions battle it out in 80 minutes of spectacular rugby. Players and coaches equally passionate to make history! We heard the stories of previously unsung heroes on the Griquas field, who kept on going - even after decisions were made to hang up their boots.

We watched an emotional Coach Jimmy Stonehouse lifting the Currie Cup for the first time in Pumas history. A brave-heart coach with the heart to change the lives of many young men. What a fantastic honour to be a part of this journey at the Pumas Rugby Institute, where UXI Sport is so much a member of this incredible TEAM!

And who will ever forget the DHL Stormers URC win that has Cape Town smiling again (mask-free); a match that closely resembled a WORLD CUP moment for Coach Dobo and his team?

It is fair to say that South African rugby, after a difficult two years, have tributed over the Pandemic! Thousands of future-hungry and talented schoolboys have travelled to various destinations for the infamous Craven Week, Academy Week and Bokkie Week this month after 2 years of sport lockdown. There is no doubt that RUGBY IS ALIVE and KICKING again!

In a month where the focus is on the **YOUTH** of South Africa, we are reminded once again that **SPORT HAS THE POWER TO UNITE A NATION** - it is truly a language that the Youth understands.

- Nelson Mandela, 1995.

IT INSPIRES AND IGNITES ENDLESS POSSIBILITIES!

~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Term

As we come to the end of the second term, I just want to extend my sincere thanks to you all for entrusting us to develop and nurture these young men of yours – not only to become excellent rugby players or coaches, but to reach their full potential in all aspects of life.

It has been a joy to see the student-athletes working hard, improving on their individual player development (IPD) plans, and achieving their short-term goals. We have received positive feedback from various club coaches, where many of the PRI players have been playing. The club coaches were highly impressed in our players' work ethic, discipline, and general conduct. Our student-athletes have also adjusted well in balancing their gym sessions, field sessions, rugby education and academic studies. We commend them for their motivation and dedication; it is most certainly not easy. You can be very proud of your student-athletes!

We look forward to seeing continued progress in the student-athletes when we kick off with term three after the break. We wish all of our student-athletes a happy and well-deserved holiday period! We also urge you, the parents/guardians, to keep motivating your student-athlete to follow their holiday training program – we do not want to lose any of the eXcellent progress already made.

~ Fernando Penshaw



From the **FIELD**

Feedback From The Term

Term 2 has been an extremely exciting term at UXI Pumas Rugby Institute, as many of our student-athletes started playing for various rugby clubs in the region. The student-athletes had some awesome club rugby results, and they really stood out in the games they played. For us as coaches, it was great seeing the student-athletes implementing the skills that they have learnt thus far. They have all grown in leaps and bounds since the start of the year, and this made them stand out head and shoulders above the rest of the club rugby players.

Unfortunately, some of our student-athletes picked up some injured during the various club games. Nonetheless, in true Pumas Rugby Institute-style, those players affected worked extremely hard on their rehabilitation programs and they are recovering really well.

We are really looking forward to the new term, as the skills training program will be more geared towards game-related skills, tactics and training. For the first time this year, we are also going to be playing various rugby matches as a Pumas Rugby Institute team! I simply cannot wait to see the student-athletes play together as a team; I am looking forward to some great results.

I believe that the 3rd term will be our best term yet; not just physically but also mentally for all the student-athletes. The first 2 terms have really laid a solid foundation down – and now it's time to build right to the top!

~ Gerhard du Toit

From the **FIELD**





From the **GYM**

Feedback From The Term

We can definitely tick Term 2 off as a success! It is always great to see the student-athletes develop and improve right in front of your eyes. Every single athlete improved in all areas, especially strength and conditioning! Many of our student-athletes also started playing club rugby and they all did brilliantly! It was great for us as coaches to see all their hard work be implemented in a match.

Positives to Take Away

We are extremely proud of the Pumas Rugby Institute team, as most of the student-athletes managed to improve on all of their baseline testing results from the first term. The student-athletes certainly get put to the test, day in and day out, and it is great for us as coaches to see their hard work pay off. They are consistently proving to us, and themselves, what they are capable of!

Challenges Faced

Throughout the second term, we did face a few challenges here and there. A few of our student-athletes fell ill, especially due to the chilly Nelspruit conditions. We ensured that those student-athletes rested and recovered fully from their illnesses before getting back into training. We also experienced a few injuries during the various club rugby match played, but we are extremely happy that those players are all effectively recovering and all back in training!

What to Look Forward to Next Term

We are excited for Term ,3 seeing as we are going to play even more rugby! We are officially moving into "in season" at the UXI Pumas Rugby Institute. With this in mind, the student-athletes need to be physically and mentally ready for their upcoming matches. All of the student-athletes must please stay on track now while they are on their break, and please follow their Holiday Programs.

We are also extremely proud of our a few of our student-athletes, who were selected to represent the PRI at the Sevens Rugby Camp in Cape Town in September. We are certainly looking forward to that. Term 3 is going to be a tough one, but we are 100% ready for it!

~ Jannie Ferreira



From the

HEART



Feedback From The Term

It has been amazing to see what the UXI Pumas Rugby Institute Class of 2022 has been able to achieve in this great High Performance program thus far. Whether they are on a “high” from an awesome field or gym session or hitting a “low” after losing a club rugby match, we have watched these young men grow each and every week. Personal growth doesn’t only come from one experience, good or bad. Personal growth is an on-going process. As young adults, the student-athletes need to make the most of this phase of growth in their lives. They need to become aware of the process, know what it is, and take the right steps to grow and improve themselves; and this is why the UXI Life Program is in place – to guide this process.

For our aspirant sporting professionals, it was an amazing experience for them to be able to witness how Airlink Pumas prepared for their Currie Cup finals match, got stuck in the moment and then walked away as the Currie Cup Champions. The Pumas Rugby Institute not only got to witness this historic victory, but they also got to stand alongside the team and send them off to their match in style. They got to be a part of the moment, and for that, the PRI Class of 2022 will go down in the history books.

Further, Term 2 started to give our players the opportunity to start playing some exciting club rugby matches. It’s mind blowing to see how much these student-athletes have improved already, not only in their physical performance, but in their mental focus as well.

Between experiencing some fun off-field activities, and starting with their Academic studies, I think the student-athletes are truly starting to realize what it's going to take to make it as a professional rugby player. We hope that they are as excited about Term 3 as we are!

~ Hennie Skorbinski



Goba Goes for Greatness with his Golden Girls

A massive congratulations goes out to our very own Goba Dube, our PRI video and game analyst. Goba has been named as the Head Coach of the girls u/16 Pumas Squad (taking part in the Youth Week Competition) and the girls u/15 Mpumalanga Squad (taking part in the Winter Games AD Iqhawe Week Competition).

This is a truly eXtraordinary achievement, and we have no doubt that Coach Goba will lead and inspire his teams to GREATNESS. Good luck Coach Goba!



Coach Donovan's u/10 **LEAGUE CHAMPIONS!**

Congratulations to PRI student-coach, Coach Donovan Richards, and his fellow coaches, who helped lead the Laerskool Nelspruit u/10 team to **VICTORY** to win the u/10 Mpumalanga league!

This was Coach Donovan's first time coaching rugby - and after only 2 Terms in the UXI High Performance Coaching Programme, look what he and his team were able to achieve! We have no doubt that Coach Donovan has a very successful coaching career ahead of him, and we look forward to seeing the greatness he achieves as he dives even further into the UXI Coaching Programme.

Thank you to our Pumas Rugby Institute coaches who have helped mentor and develop Donovan and his skills!



CURRIE CUP CHAMPIONS!

A Puma-Perfect Ending

They. Did. It. The Airlink Pumas are the 2022 Currie Cup Champions! On the 25th of June, the Pumas defeated the Windhoek Draught Griquas in Kimberley, 26-19, to claim the title of the **CARLING CURRIE CUP CHAMPIONS!**

It was a fantastic spectacle that saw two of South African rugby's "smaller Unions" sharing the rugby spotlight. Jimmy Stonehouse cried tears of joy as the final hooter sounded; and he and his team were crowned the Currie Cup Champions - for the first time in Union's history!



Needless to say, Mpumalanga was absolutely buzzing with excitement - not just after the final, but before the match as well. Our PRI student-athletes joined the Nelspruit community on the Friday afternoon, as they gave the Airlink Pumas a special send-off to Kimberley! Therefore, this was not just a win for the Pumas, but a win for entire Mpumalanga province! For our UXI Pumas Rugby Institute student-athletes, this was a glimpse into what their rugby future could hold. They too can be Currie Cup winning champions one day - and the Institute is just the beginning.



MONTHLY HIGHLIGHTS

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

30 Seconds Friday Fun - Testing their General Knowledge Skills

3 June



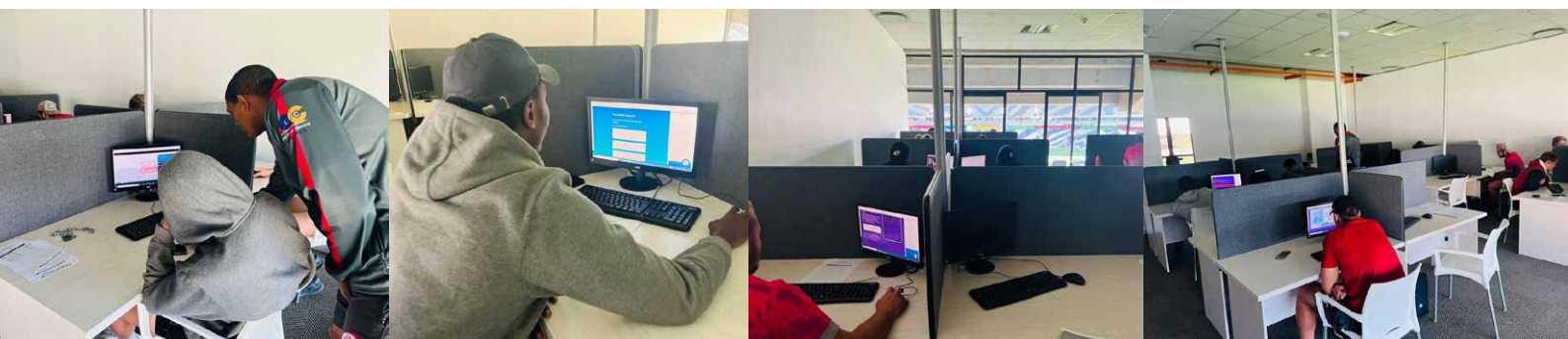
Concussion Awareness - Movies for the Mind

10 June



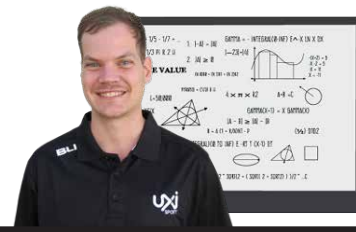
World Rugby Online Education Modules in progress at the PRI Edu-Hub

13 June



From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



TERM 2 MOST IMPROVED

Our student-athletes have been hard at work, and the improvements from Term 1 to Term 2 have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXI **Top 3 Most Improved** Categories, across all UXI Rugby Institutes. We also recognize the player who was most improved for the specific category at the Pumas Rugby Institute. The percentage (%) shown indicates the percentage of improvement from Term 1 to Term 2.

Our UXI **Most Improved** Categories are:

1. Greatest Amount Body Fat % Lost
2. Strength Levels
3. Power Levels
4. Fitness Levels
5. Overall Improvements across all categories

Check out our Term 2 **Most Improved** Winners!

BODY FAT % LOST

1st



9.1%

Godric Vries

Cheetahs Institute of Excellence

2nd

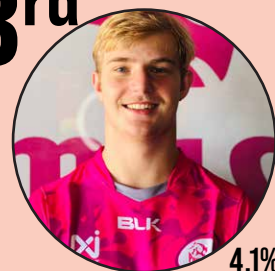


4.2%

Robert Everson

Pumas Rugby Institute

3rd



4.1%

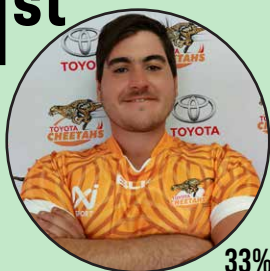
Samuel Klinkert

Pumas Rugby Institute

Most Improved at the Pumas Rugby Institute: Robert Everson (4.2%)

STRENGTH

1st



33%

Jaundre Le Roux

Cheetahs Institute of Excellence

2nd



29%

John-Will Swartz

Western Province Rugby Academy

3rd



26%

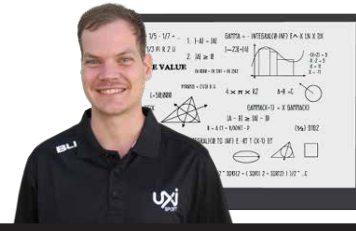
Linden Jacobs

Western Province Rugby Academy

Most Improved at the Pumas Rugby Institute: Wihan Venter (22%)

From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



POWER

1st



30%

Robert Everson
Pumas Rugby Institute

2nd



22%

Wihan Venter
Pumas Rugby Institute

3rd



17%

Nicolas Engelbrecht
Cheetahs Institute of Excellence

Most Improved at the Pumas Rugby Institute: Robert Everson (30%)

FITNESS

1st



32%

Jacques van Aardt
Pumas Rugby Institute

2nd



30%

Ulrich Helling
Pumas Rugby Institute

3rd



29%

Kurt Andrews
Western Province Rugby Academy

Most Improved at the Pumas Rugby Institute: Jacques van Aardt (32%)

OVERALL

1st



20%

Wihan Venter
Pumas Rugby Institute

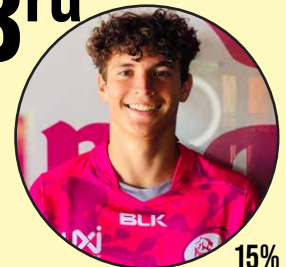
2nd



17%

Curtly Peters
Cheetahs Institute of Excellence

3rd



15%

Ulrich Helling
Pumas Rugby Institute

Most Improved at the Pumas Rugby Institute: Wihan Venter (20%)

A massive CONGRATULATIONS goes out to all of our UXI Rugby Institutes student-athletes! You have all done eXtremely well this term and we are so proud of each and every one of you. Remember, it's not about being the best; it's about being better than you were yesterday.

From the Desk of the National Manager of **VIDEO & GAME ANALYSIS** ~ Heinrich Painczyk

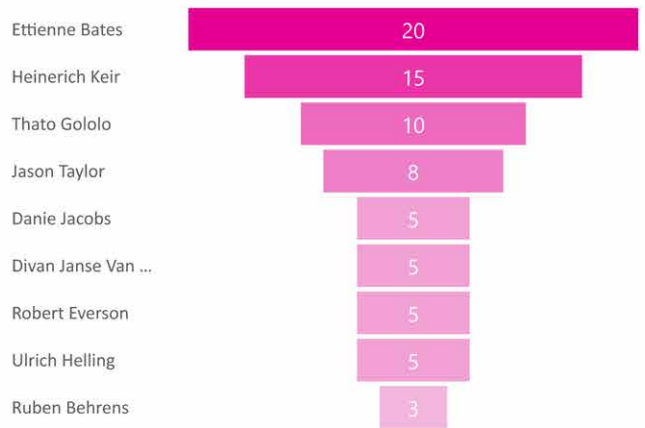


Games are now back in full swing – yay! We are now beginning to breakout of the grasp of COVID-19 and get back the freedom to play and enjoy the game we love once again. We are halfway through the club rugby season, and we'd love to provide you all with some insight into the current game-play statistics and performance leaders. Here we look at the Top 10 Performers, across different categories, at our respective UXI Rugby Institutes. The categories include: Points Scored (total points), Ball Carriers (count of carries), Tacklers (count of tackles) and Breakdowns (count of attacking and defence breakdown arrivals).



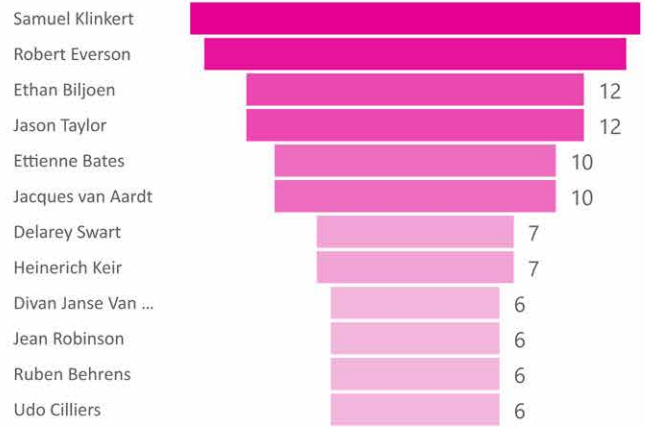
TOP 10 POINT SCORERS

Etienne Bates	PRI
Player	Institute
20	4
Points	Tries



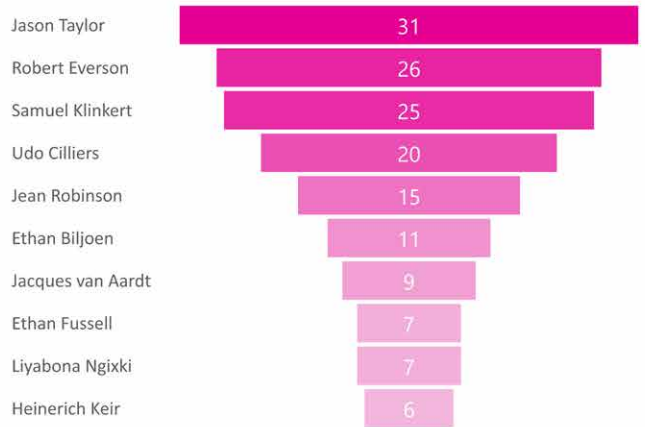
TOP 10 BALL CARRIERS

Samuel Klinkert	PRI
Player	Institute
16	63%
Total Carries	Effectiveness



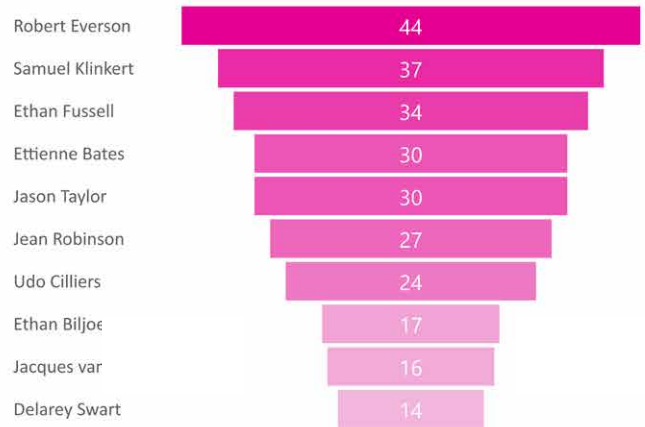
TOP 10 TACKLERS

Jason Taylor	PRI
Player	Institute
31	74%
Total Tackles	Tackle Completion



TOP 10 BREAKDOWN ARRIVALS

Robert Everson	PRI
Player	Institute
44	94%
Total BD Arrivals	BD Effectiveness



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

JUNE

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Barend Janse van Rensburg



Geronimo van der Merwe



Godric Vries

Pumas Rugby Institute



Thato Gololo



Jean Robinson



Ettienne Bates

Western Province Rugby Academy



Thuso Mokhele



Brandyn Wilson



Dian Basson

ATHLETIC ABILITIES **WITH ALI**



7 Tips to Help You Stay On-Track This Holiday!

There are so many things going on during the Term holidays that can easily derail our progress; and the last thing we want to do is stress about your home gym session or staying on a High Performance eating plan. We want to enjoy and have fun! But that doesn't mean we can't find a balance.

Here are 7 guidelines we follow to help us stay on track during the Term holidays:

#1 – PLAN!

Around this time of year, we know there will be parties and holiday jobs. But sometimes, regardless of the fact that we KNOW these things are coming up, we don't PLAN for how to handle them. Map out the upcoming events. Plan and meal prep so you have healthy meals to eat between parties and events. Plan out workouts and even ways to move more throughout the day. PLAN and prepare yourself so you can keep yourself on track. Because saying you want to stay on track isn't enough. You just need to be CONSISTENT.

#2 – STRIKE A BALANCE

Coming up with a plan of action can help you stay on track and help you balance eating well with indulging. Staying on track this holiday season doesn't mean perfection – it doesn't mean eating only chicken and broccoli or doing hour-long workouts every day. It doesn't mean avoiding parties and forcing yourself to hit the gym. It just means you have to strike a balance. A great way to plan and strike a balance is to write out a schedule ahead of time. Map out the events you want to indulge in and create a meal plan to keep you on track and give you guidance between the events.

#3 – LEARN HOW TO SAY “NO”

It is hard to say “No” sometimes to treats and parties, even when you know that it's not beneficial to your development. It is often easier to give into peer pressure. But if you want to stay on track, you need to learn how to say “No.” It is good to have goals! Wanting to eat well and workout isn't something you should need to apologize for. By learning it is ok to say, “No” you can find a balance between indulging and still working toward your goals. You can also learn how to not feel guilty about saying, “Yes” to other treats. You can find a balance. And balance leads to consistency. And consistency leads to accomplishing your goals.

#4 – DON'T DEPRIVE YOURSELF

So even though you have to learn how to say, “No” and not indulge in every treat that comes your way, you also can't completely deprive yourself. Learning to say, “No” also means learning it is ok to sometimes say, “Yes.” You have to strike a balance because balance leads to consistency and consistency leads to your goals. If you don't find a balance between indulging and being dedicated, you will probably end up feeling deprived, which will lead to binging. So, if you find a way to balance indulging with staying on track, you will accomplish your goals.

#5 – MEAL PREP & KEEP IT SIMPLE

When we are unprepared and hungry, we are way more likely to make bad decisions and be tempted by unhealthy treats. When we are stressed and busy during the day and come home late after the gym, the last thing we want to do is have to cook. That is why meal prep is so important. Planning out your meals ahead of time and even prepping the food ahead of time can reduce your stress during the week and make it way easier to eat well. You'll have healthy meals quickly and easily available, so you won't be so easily tempted by bad food or unhealthy treats. Don't give yourself room to fall off. Be prepared. PLAN and PREP - and keep it simple!

#6 – CUT YOURSELF SOME SLACK

Consistency is key. Balance is necessary. But perfection...perfection isn't important. Sometimes slip ups and unplanned for events, especially around this time of year with all of the temptations and parties, can happen and the worst thing you can do is beat yourself up over them or let them lead to binges and guilt and giving up on your goals. Actually, whether it is the holiday season or any other time of year, the best thing you can learn to do is cut yourself some slack when life happens. It is best to just enjoy and accept those unplanned for event. Enjoy them and appreciate them and use them to help keep you on track the rest of the time.

#7 – SET SMALL GOALS

No matter what time of year it is, but especially during the holidays or any time you are busy, it is good to make sure you have some small, simple daily and weekly goals to hit. This helps make your long-term goals seem more manageable and gives you things to focus on every day so that you don't become overwhelmed with achieving your goals. And the simpler you can make these daily and weekly goals, the better off you will be and the easier it will be to stay on track. Small changes add up to big results so use your daily goals as a way to help instill healthy habits. No matter what your goals are though or whether or not you share them with friends, you need to set small goals to help keep you on track during the holidays!

STAY. ON. TRACK.





Rugby Recipes Rock!



Veggie Egg Cups

Serves: 2
Time: 30 min

NUTRITIONALS:
Per Single Serving (6 Egg Cups)

KCAL 431 | PROTEIN 38G | CARBS 16G | FAT 21G

INGREDIENTS:

- 5 whole eggs
- 5 egg whites
- 250g mushrooms
- 250g chopped spinach
- 60g mature cheddar cheese
- 1 chopped onion
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1/2 tsp paprika
- 30g mayonnaise (for dipping)

METHOD:

1. Pre-heat oven to 180 degrees.
2. On a hot stove, fry the onions, mushrooms and spinach; adding the seasonings.
3. Crack 5 whole eggs into a mixing bowl. Separate 5 egg whites and add to the bowl.
4. Once cooked, add the vegetables to the cracked eggs.
5. Add the cheddar cheese and mix well.
6. Spray a muffin tray well with "spray & cook".
7. Pour the mixture into the muffin tin, filling each cup evenly.
8. Bake for 20 minutes.
9. Once baked, remove the egg cups from the tin and allow to cool. Eat and enjoy (tip: dip in mayonnaise - you won't regret it!)
10. Once cooled, store the other portion (6 egg cups) in a sealed container in the fridge.

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!