

You Can't **DENY** The Greatness of **JULY!**



Dear Players, Parents, Guardians and Sponsors...

“Rise to the Occasion or fall to the status quo” – JJ Wilx

It's been an exhilarating three weeks back at the UXI Rugby Institutes. After a much-needed term break, the student-athletes returned back to the program in FULL FORCE. In the past three weeks, we have seen how our student-athletes have knuckled down, focused on their goals, and have risen to the occasion in the moments where it counted the most. From Union team selections to mid-year exams, we are eXtremely proud of how the UXI Rugby Institute student-athletes of 2022 have risen to the occasions that they are faced with.

Wilx stated that one must rise to the occasion presented to them, or they will have to settle with not meeting their expectations of themselves. This means that one needs to leave their comfort zone to MEET THE MOMENT and OPPORTUNITY in front of them. We know this is easier said than done. Staying in your comfort zone is effortless. You don't have to think, you don't have to learn, and you know exactly what to expect - you can almost live on auto-pilot. However, as the age-old saying goes, “a comfort zone is a beautiful place, but nothing ever grows there.”

It is a fact that you experience the most personal growth in life when you are faced with the unknown, have to tackle new challenges, and are confronted by adversity. Every time you face adversity, you grow stronger. Every time you fail, you gain humility. Every time you lose, you become more resilient. Every day that you sacrifice, you build strength. Every time that you overcome a challenge, you build determination. Every milestone that you cross builds confidence. Regardless of the fact that we know that all of these things are true, it doesn't make these experiences any easier to face.

Sacrifice today to win tomorrow; compare the short-term sacrifices to the long-term benefits. Each day, ask yourself if you are willing to sacrifice today to ensure a better tomorrow? Are you going to rather play it safe and take the path of least resistance, or are you going to rise to the occasion and embrace new horizons?

The ball is in YOUR hands – time to play.

~ The UXI Sport Team



From the Desk of the

UXI SPORT C.O.O.



All Stars are Born in the Dark and all Darkness Dies in the Light

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

~ Edith Wharton

July 2022 will most certainly be remembered for endless load shedding and much time spent in darkness! But it is in times of darkness that we also witness every shining light that becomes a silver lining at the end. And while we all struggle to beat the realities of power outages and its effects on our daily lives it's also in these difficult moments, we start to appreciate the little but also the most valuable things in our lives!

“As it is often in the darkest skies that we see the brightest stars”

This month we celebrate and salute the unsung HEROINS called mothers, grandmothers, sisters, wives, friends and girlfriends, the beautiful souls and faces behind ALL our player students, coaches, management and staff at UXI SPORT. Those shining lights we often take for granted but without whom the darkest moments in our lives would be intolerable. Someone once said that there is a WOMAN behind every successful MAN, keeping in mind success is not only measured in our earthly possessions, but in the kindness and gentleness in our hearts, the fighting spirit to survive and aspire to greatness, the WILL to get up when life pushes you down, the acts of bravery, beautiful manners and doing the BEST you can with what has been given to you!

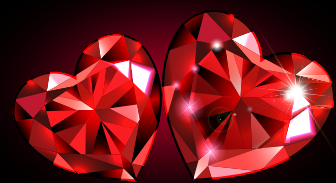
I reflect on the month of July and the wonderful moments witnessed in the engagements with our players, coaches and staff, the success stories, the photos of tough training sessions and matches, and the sense of PRIDE is overwhelming. I have witnessed two former Western Province Rugby Academy players capped as Springboks and a number of 1st year players selected for the U/21 Currie Cup teams, staff members working relentlessly and passionately to achieve goals. I have seen the IMPOSSIBLE becoming the POSSIBLE and dreams materialising.
How grateful I am to see all this LIGHT around me!

We often forget that our abilities to achieve greatness, complete tasks, and receive opportunities are all possible because of those who gave birth, raised us and supports us to do the impossible.

This month I pay tribute to our WOMEN we all consider part of the UXI Sport family, who makes it possible for us to see the greatness we are witnessing at our Institutes and beyond, the WOMEN who are the light bearers in times of trouble who rise up to CREATE, NUTURE AND TRANSFORM!

“She truly is worth far more than rubies”

~ Thea Miller





From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

Our Pumas Rugby Institute student-athletes returned to campus, energized and ready to get back to work after a well-deserved break. During the first week, we had our first outreach project. This is important to Pumas Rugby Institute, as this is an opportunity for our student-athletes to grow as people, to better understand how they fit into the world around them and to broaden their perceptions of the world. Our student-athletes enthusiastically engaged with the community, especially with the little kids. Observing this was an extremely proud moment and it showcased what great human beings they all are.

We also are happy to announce that 10 of our PRI student-athletes were selected for the Pumas u/21 training squad. We are so proud of all of our student-athletes, and we wish them all the best. We are very excited to announce that the Pumas Rugby Institute was invited to participate in the annual "Reefs 10's Tournament" which will take place on 22nd and the 23rd of September. The team is keen to improve on their performance from last performance, where we ended in second place.

Our biggest challenge currently is to manage the load of those student-athletes who have been selected for the Pumas u/21 squad, as we need to ensure that we do not overtrain them. Nevertheless, with our awesome Strength and Conditioning and On-field training team, we have managed to adapt their individual programs to ensure that they can stay in optimal condition to withstand a chance to make the final Pumas u/21 squad.

To all parents, guardians and sponsors, we thank you again for creating this opportunity for your student-athlete to grow. Thank you for entrusting us at UXI Pumas Rugby Institute to do this - these young men WILL make you proud.

~ Fernando Penshaw



From the **FIELD**

Feedback From The Month

What a fulfilling month July has been; and it sure was a busy month.

Club Rugby has reached its playoffs, and at least 9 of the Pumas Rugby Institute student-athletes played in the semi's and finals of these games. The trials, practice and pre-season of the Pumas u/21 has also started, and we are extremely proud of our student-athletes who have been selected for this squad.

The focus of our program has shifted from 'skills-based' approach to a more 'game-plan and systems-orientated' approach. Practice sessions previously consisted of individual skills development for the longer part of the session, and only a shorter part of the session involved the implementation of a game plan setup. Now, we focus fully on team development, structure and output for the better part of each session, and only a smaller portion of each session is dedicated to skills specifically.

We are extremely proud to say that ten of our players made it into the Pumas u/21 training squad; we are looking forward to seeing them out on the field, implementing the new skills that they have learnt thus far.

We are doing our utmost to keep tight management on the student-athletes' training loads. It is a challenge when we have some student-athletes who have to attend practices at the Institute, their Clubs, as well as the u/21 Pumas. It can start to become TOO much, and we do not want to overtrain the student-athletes. Nevertheless, we are keeping a very close eye on all loads that our student-athletes endure.

We are looking forward to August with its new challenges, upcoming games and seeing our student-athletes evolve even more into skilled rugby players.

~ Gerhard du Toit

From the **FIELD**





From the

GYM

Feedback From The Month

July certainly started off with a BANG! We had the Pumas u/21 trials in the first week back at the Institute, and all the players that participated did extremely well. We are extremely proud to announce that 10 of our UXI Pumas Rugby Institute players were selected for the Pumas u/21 squad. We are also nearing our first Institute Game for the season, this means that it is all hands on deck to keep the student-athletes fighting, fit and match-ready! The student-athletes can't wait for their first match as a TEAM – and neither can we as the coaches.

Positives to Take Away

The Pumas u/21 trials and squad selection were two huge positives for us at the Pumas Rugby Institute. At the end of the day, we are training day in and day out to PLAY RUGBY! It makes us extremely happy to see our student-athletes excelling and getting rewarded for all the hard work that they have been putting in.

Challenges Faced

We are very lucky to be based in Nelspruit/Mbombela, which means that the temperature is already picking up close to 30 degrees...and we are still in winter! We are more than happy to say “goodbye” to the icy winter weather, as the cold has not been ideal to train in. We are now in a maintenance program in our Strength and Conditioning plan. Being in-season, we are more field-focused and individual-player-playing-skill-focused. Most of our student-athletes remained focused throughout their Term 2 break and came back ready to train and smash Term 3!

What to Look Forward to Next Month

August will be a big month for us at the UXI Pumas Rugby Institute! We are hosting the Test Match between the Springboks and All Blacks, and I know all the student-athletes simply cannot wait for that! We are also very happy to confirm that we will be playing our first Institute game in August, whereby we will play together as the Pumas Rugby Institute. The student-athletes are all extremely positive for the upcoming month and can't wait to get stuck into it.

~ Jannie Ferreira



From the

HEART



Feedback From The Term

After the well-deserved two-week break, our student-athletes started the third term off strong. The student-athletes returned to campus filled with energy, positivity and motivation. It makes me extremely happy to see all of our student-athletes mentally and physically revitalized.

These first few weeks back at the Institute have been wonderful, and I'd like to commend all of our student-athletes for their high levels of involvement and interest in our UXI Life classes. The student-athletes truly understand the importance of being mentally and emotionally "fit"; this buy-in from the players is vital.

We simply cannot wait for the Test Match that is coming up, whereby the Springboks take on the All Blacks, here at Mbombela Stadium. We look forward to welcoming the National side to our "home", and we can't wait to see them training here at our facility! Knowing that the Springboks will soon be sharing the same space as them, our PRI student-athletes are buzzing with excitement, and it's almost as if there is a new level of motivation in the air.

This increased level of motivation seen in our student-athletes has aided in keeping them in a strong "mental space" – they are focused, they are enthusiastic, and they are driven towards their own personal goals. We have no doubt that the student-athletes are going to grab every opportunity that comes their way this month.

~ Hennie Skorbinski

From the Desk of the National
DATA SCIENTIST

~ Dr Steve den Hollander



TERM 2 TOP PERFORMERS

Our UXI RI players were hard at work during Term 2, and their testing results have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXI **Top 3** Categories, for various athleticism categories, across all UXI Rugby Institutes. We also recognize the player who was the top performance for the specific categories at the Pumas Rugby Institute.

The percentage [%] shown indicates the player's total score, out of 100.

Our UXI **Top 3 Athleticism** Categories are:

1. Strength
2. Power
3. Fitness
4. Overall Athleticism

Check out our Term 2 **Top 3** Winners!

STRENGTH

1st

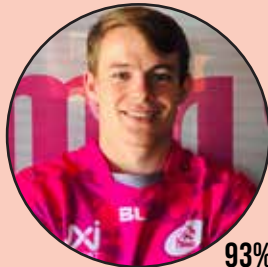


100%

Jarrod Brown

Western Province Rugby Academy

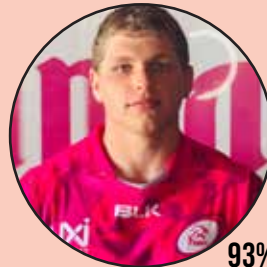
TIED 2nd



93%

Ruben Behrens

Pumas Rugby Institute



93%

Nathan McLaren

Pumas Rugby Institute



93%

JJ Fourie

Cheetahs Institute of Excellence

Top Strength at the Pumas Rugby Institute: **Ruben Behrens & Nathan McLaren (93%)**

POWER

1st



89%

Ulrich Bekker

Cheetahs Institute of Excellence

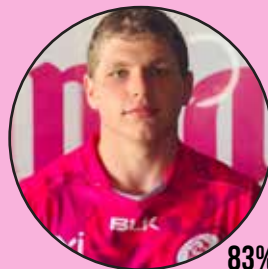
TIED 2nd



83%

James Greeff

Cheetahs Institute of Excellence



83%

Nathan McLaren

Pumas Rugby Institute

3rd



81%

Joshua Afrika

Western Province Rugby Academy

Top Power at the Pumas Rugby Institute: **Nathan McLaren (83%)**

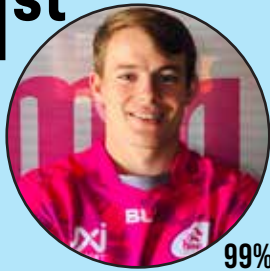
From the Desk of the National
DATA SCIENTIST

~ Dr Steve den Hollander



FITNESS

1st

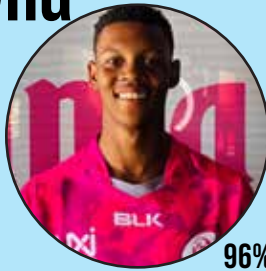


99%

Ruben Behrens

Pumas Rugby Institute

2nd



96%

Thato Gololo

Pumas Rugby Institute

3rd



90%

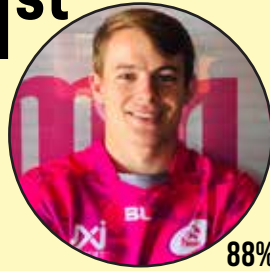
Nicolas Engelbrecht

Cheetahs Institute of Excellence

Top Fitness at the Pumas Rugby Institute: Ruben Behrens (99%)

OVERALL ATHLETICISM

1st

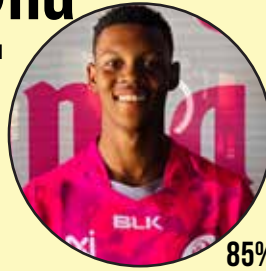


88%

Ruben Behrens

Pumas Rugby Institute

2nd

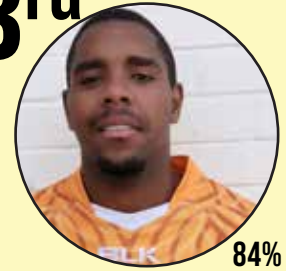


85%

Thato Gololo

Pumas Rugby Institute

3rd



84%

Yanga Bangisa

Cheetahs Institute of Excellence

Top Overall Athleticism at the Pumas Rugby Institute: Ruben Behrens (88%)

Top UXI Pumas Rugby Institute Athleticism Test Results:

Bench Press

Squat

Pull Ups

Vertical Jump

Medball Throw

Repeated Sprint

BRONCO



Delarey Swart
160kg



Ruben Behrens
190kg



Divan Janse van Rensburg
21 reps



Nathan McLaren
75cm



Robert Everson
5.9m



Ruben Behrens
770m



Ruben Behrens
4min. 29sec.

A massive CONGRATULATIONS goes out to all of our UXI Rugby Institutes student-athletes! You have all done eXtremely well 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.

Union u/21 Team Selections



Congratulations to the following 2022 UXI Pumas Rugby Institute players, who has been selected for the Pumas Union u/21 team:

Pumas u/21

Delarey SWART

Danie JACOBS

Jean ROBINSON

Robert EVERSON

Ruben BEHRENS

Jason TAYLOR

Aviwe THOMAS

Morne VAN JAARSVELD

Ettienne BATES

Jacques VAN AARDT



Delarey Swart



Danie Jacobs



Jean Robinson



Robert Everson



Ruben Behrens



Jason Taylor



Aviwe Thomas



Morne van Jaarsveld



Ettienne Bates



Jacques van Aardt

We are so proud of them for this eXtraordinary achievement. Well done for **RISING TO THE OCCASION** - we wish you all the best for the u/21 season ahead!

🐾 Welcome Home! 🐾

A very warm UXI Sport and Pumas RI welcome to our three new Institute players:

Robert Masamba
Morne van Jaarsveld
Aviwe Thomas

We are so eXcited to have these three new student-athletes with us at Mbombela Stadium. We hope that you all feel right at home here at the Institute - the Pumas spirit is now a part of you!



Stellies-Bound!

A warm Stellenbosch welcome to 3 of our UXI Pumas Rugby Institute student-athletes: Udo Cilliers, Thato Gololo and Ulrich Helling! Udo, Thato and Ulrich arrived in Stellenbosch this afternoon to join the UXI 7's Training Camp, which is currently being held at the Western Province Rugby Academy.

We wish Udo, Thato and Ulrich a fun and successful training camp.



IT'S RAINING NAARTJIES!



Over the past month, our Pumas Rugby Institute players and coaches have really focused on **GIVING BACK** to those who need it the most. Outreach Wednesday's were humbly spent handing out Nelspruit's freshest and juiciest naartjies to the less-privileged in the surrounding Mbombela and Nelspruit communities.

On the 13th of July, our Pumas Rugby Institute students-athletes visitors the Good Hope Centre in Mataffin, where they handed out naartjies to the community.

A huge thank you goes out to Josef Malan and his team from TWY PACK for the naartjies. We are so grateful for your dedication and commitement to helping others. Thank you and well done to all PRI players and staff for getting involved and giving back - may God bless you all!



Ehlanzeni Lowveld Champion

Congratulations to UXI PRI player, **Delarey Swart** and his club, **White River Rugby Club**, who won the Ehlanzeni Lowveld Premier League!

White River Rugby Club beat Barberton Rugby Club in the finals on the 9th of July to claim the Ehlanzeni crown. What an incredible achievement!

We are so proud of you and your team, Delarey.



FROM **ACADEMY** TO **SPRINGBOKS**



There is nothing that makes us happier than seeing student-athletes succeed in life, be it on or off the field. However, this success story is one that we will forever celebrate...

Kurt-Lee Arendse | Grant Williams

We couldn't be any prouder of our two former-Academy students, Kurt-Lee Arendse and Grant Williams, who made their Springbok against Wales on the 9th of July 2022.

Kurt-Lee was a Western Province Rugby Academy student in 2016 and was coached under our very own Alastair Theys and Anton Moolman.

Grant (known as "Mollie" at the Academy) was a Stellenbosch Rugby Academy (this Academy was taken over by the WPRA) in 2015/2016, and was coached under our very own Warren Petersen, Hendrik Louw and Francois du Toit.

The story of Kurt-Lee and Grant emphasizes the OPPORTUNITIES that all players at the Academy have - this platform gives you all the tools you need to develop into a professional player. You do not need a Union contract after High School in order to follow your rugby dreams. You just need to put in the hard work, believe in your dreams, believe in yourself and NEVER lose HOPE, and YOU TOO can be like Kurt-Lee and Grant!



VIDEO AND GAME ANALYSIS PROGRAM

2023



Sometimes the most thrilling thing about rugby isn't the result itself – but the data and statistics behind the game! If game statistics, data and analytics and technology in general interests you, then you may be the next best video and game analyst or performance coach! Video and game analysis, which is a branch of High Performance Sport Science, is taking the sporting world by storm. Now more than ever, athletes and coaches are desperate for data-driven feedback to their rugby skills. This first-of-its-kind program helps aspirant sporting analysts gain an understanding of how to use Video and Game analysis to contribute to coaching of players. Student-analysts will learn the techniques and skillsets needed to successfully record, code, analyze, interpret and provide key feedback on rugby games and practices, from start to finish. Student-analysts learn how to professionally code and extract information, with exposure to a variety of software packages and developmental applications. If you already love spend hours on your laptop, then why not make a professional sporting career out of it?

This **1-year practical and theoretical program** is designed to equip aspirant students with the technical knowledge and skills required to become a Performance/Video & Game Analyst. The skills and knowledge acquired in this program, while rugby-specific, can be extended into every other sport! Through a team of highly qualified and experienced performance analysts and Sport Scientists, you couldn't ask for better way to learn Sport's fastest growing profession!



This Program Includes:

- ✔ Theoretical Performance Analysis content in the form of lectures
- ✔ Theoretical advanced excel content in the form of lectures
- ✔ LiveStreaming theoretical content in the form of lectures
- ✔ Practical Performance Analysis experience through club/team placement
- ✔ Practical LiveStreaming experience (if applicable)
- ✔ Practical application of Excel and PowerBi knowledge
- ✔ Exposure to the following analysis systems (may include all or some):
 - Nacsport
 - Coach Logic
 - EncodePro
 - LongoMatch
 - Stratus Mobii
- ✔ World Rugby Laws of the game & SARU Laws Exam
- ✔ ICDL National Qualification – International Computer Drivers License
- + **OPTIONAL:** i5 Laptop, designed for Performance Coding and Analysis.

Applications for our 2023 Video & Game Analysis Program are now

OPEN!



Wellness

with Ali



Sports Anxiety

What is it? Why do we get it? How can we can beat it!

Let's chat about a phenomenon that is VERY common, but possibly not spoken about openly enough - **ANXIETY**. By medical definition, anxiety described as psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It is the feeling of worry, nervousness, or unease about something with an uncertain outcome. For many people, their levels of experience anxiety may vary in intensity, based on the situation that they find themselves in.

In this month's "Wellness With Ali" segment, we will be focusing on **Sports Anxiety** and how this type of anxiety can impact athletes and inhibit them for performing their best.

What is Sports Anxiety?

Sports anxiety is a tendency to view competitive situations as threatening, and therefore respond to these situations with apprehension and tension. Now "Sports Anxiety" and "getting nervous" are two different things. It is normal to get nervous before a big game; sometimes those nerves can actually be used as positive empowerment – but sometimes the nerves can get the better of the athlete. They made find these nervous feelings too overwhelming and tense up. They are worried of everything that may go wrong before they've even stepped onto the field; they may become negative, withdraw, or give up before they've started! This is Sports Anxiety.



Dimensions of Sports Anxiety:

There are mental and physical components to sports anxiety. There are also personality factors to consider; some athletes are more prone to competition anxiety if they have a predisposition toward high anxiety in many situations. Mental and physical components involve experiencing some of the following symptoms:



Mental Component (Cognitive Anxiety)

- Worry
- Negativity
- Self-doubt

Cognitive anxiety, which is more common in females and older athletes, also contributes to concentration disruption. Athletes who have more anxiety in general are more likely to experience poor performance under pressure.



Physical Component (Somatic Anxiety)

- Increased heart rate
- Tension
- Sweating
- Trembling

Somatic anxiety was found to predict poor performance under pressure. This is likely because an athlete's focus is directed away from what they should be doing, to body sensations that are not conducive to performance.

4 Ways to Beat Sports Anxiety:

Regain Control

Quick... take a moment and think of the top 3 things that make you nervous before a match. Here are some common things we hear from rugby players: "letting my teammates down"; "what other people will think of me"; "if we will win or not"; "if I kick well"; "if I concede a penalty"; "the weather"; "my coaches"; "the other team"; "a past performance".

Ok, now ask yourself: are the things that stress me out things I have control over or not?

Here's a hint...everything I listed above is out of your control. If any of these are making you overly nervous before a match, let it go. Let your competition worry about you, not you about them. Make a decision to focus ONLY on what you CAN control:

- Effort; Attitude; Attendance;
- Communication; Strategy; Sleep;
- Nutrition; Mindset.

See the Outcome You Want

If you don't tell your mind what to do, then it's a lot more likely to work against you under pressure. Your mind is good at picturing all of the things that will mess you up. Instead of letting your mind default to thinking about how you didn't perform your best last time, think about what you want to do this time. Take the time to relax and visualize the outcome you want.

From the second you wake up on match day, see exactly what you want to do. Feel it in your bones, experience every sense, in real time, as if it's actually happening. Here's a word of warning: Visualization isn't just something you throw in your pre-match routine one day. Just like a physical technique, this is something you need to practice. A few minutes a day goes a long way toward re-programming your brain. The more successes your brain experiences, the more confidence you will have when you step onto the field.

Build Trust

Carrying doubt with you onto the field will only sabotage your efforts. When you walk onto the field on match day, you've done all you can do. It's time to trust that you've done everything you did, and no matter what, that's enough. Approach each match as an experiment. Be curious. How will this go? Have an open mind and accept that you've done the best you can. That way you can relax and just play.

Take a breath. Feel your feet on the ground. Feel the earth supporting you. Let go of whatever doubts you might have. There's no place for them here. Look at every performance as an opportunity to get feedback that will help you become a better rugby player. There's no need to fear failure. Failure is what makes elite rugby players great. Fail, learn, improve, repeat. Trust the process.

Breathe & Have Fun

Sometimes the best way to get out of your own way is to use positive distractions. If you don't give your mind a job, it will come up with one, and it might not be a helpful one. If you know that you get really nervous 45 minutes before your match, but you don't need to start warming up until 30 minutes before, come up with a plan for how you will spend those 15 minutes of idle time.

Listen to music, laugh with friends, take a walk, read a book, think about all of the ingredients that go into making cupcakes (no jokes, this really works for some)! Whatever works! If you're someone who overthinks things, choose something silly to take your mind off racing and see what happens.

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

JULY

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Jaundre Le Roux



Barend Janse van Rensburg



Barend Janse van Rensburg

Pumas Rugby Institute



Divan Janse van Rensburg



Wihan Venter



Divan Janse van Rensburg

Western Province Rugby Academy



Luhan Louw



Linden Jacobs



Asanda Ndlovu



Rugby Recipes Rock!



Breakfast Veggie Frittata

Serves: 1
Time: 20 min

NUTRITIONALS: KCAL 481 | PROTEIN 47G | CARBS 17G | FAT 25G

INGREDIENTS:

- 3 large whole eggs
- 1 large egg white
- 30g cheddar cheese (grated)
- ½ cup low-fat cottage cheese
- ½ cup chopped broccoli
- ½ medium onion (chopped)
- 1 tomato (chopped)

Feel free to add any additional veggies or protein source to your frittata!

METHOD:

1. Spray a frying pan with 'Spray & Cook'.
2. On medium heat, cook the onions for about five minutes, or until golden.
3. Add the broccoli and tomato to the pan, and cook for about five minutes.
4. In a large bowl, mix the eggs and cottage cheese, and add to pan.
5. Lift and rotate the pan so that eggs are evenly distributed. As the eggs set around the edges, lift to allow the uncooked portions to flow underneath the onion and spinach mixture.
6. Turn the heat to low, cover the pan, and cook until top is set.
7. Top with cheddar cheese.
8. Once set, lift the frittata out the pan and onto a plate. 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!