

AUGUST ABUNDANCE



PRI NEWSLETTER | AUGUST 2022

Dear Players, Parents, Guardians and Sponsors...

Another month, another newsletter intro! The end of August is a very eXciting time, for many reasons; the first one being that we get to kiss goodbye the frosty winter season, and make room for the beloved Spring time! The second reason being that it's been an eXceptional 31 days at the UXi Rugby Institutes – from Union team selections, to UXi United Rugby Championship Suite experiences, to international friendlies. This month hasn't fallen short in any excitement.

The farewell to the coldest season of the year means that we can all start expecting earlier sunrises, later sunsets, more shorts and 'plakkies' and less excuses to get out of bed in the morning. While many of us may be "winter babies", and might adore the colder months, no one can deny the character-building that winter puts us through. We all know those nights, where not even 3 jackets and electric blanket can make us feel better. When we feel as though the cold will NEVER end, as we mumble to ourselves "I've never been this cold in my entire life". We don't often realize, but this is one big season full of life lessons: grit; determination; resilience; toughness; adaptability. And then on September the 1st, after we thought it would never end, we find ourselves on the other side of winter – more powerful than ever!

Staying motivated and driven 99% of the time isn't an easy task; but it is one of the main things that distinguishes high-achieving individuals from everyone else. So how does one regroup, refocus and tackle the last four months of 2022? To a certain extent, motivation and internal drives (what gets you out of bed every morning; that fire in your belly) are personal. What drives you will most probably be completely different to what drives your friends and family – and that's a good thing, because we are all unique. Your motivation is yours entirely; it doesn't need to be shared or even vocalized. Internally, you need to harness your motivation and use it to create complimentary life actions, which will push you further towards your goals:

- 1. Plan your day the night before** | Get into the habit of planning your day in advance; from what time you will wake up, to what you will wear in the morning, what you will eat for lunch, to what assignment you will work on in the afternoon and so on. Make a "to do list" if you have to but create structure for yourself. Having a day's plan makes it easier to focus on "running the day" and allows you to avoid getting sidetracked and waste time and energy on small, unimportant things.
- 2. Fuel your body** | It is important to remember that at the end of the day, no matter how fit or talented we may be, we are all human. Humans need to rest, and our bodies do a fantastic job at emphasizing when we have gone past our daily capacity – listen to it. Go for a walk, get some refresh air, eat your fruit and vegetables, drink your 3 liters of water and sleep. You only get one body in this lifetime; look after it well.
- 3. Have something to look forward to** | As human beings, we can often lose motivation if we keep following the same schedule, day in and day out. We all want to feel excited about something; and whether it is big or small, it is important to create an "event" to look forward to. Whether it's a club rugby match in a week's time, or planning to watch a new movie tomorrow night, or just something as simple as going for a walk in the mountains this afternoon; we as humans love to get excited about something. So when you are feeling flat or unmotivated, create that bubble of excitement for yourself; you'll be surprised how much it can elevate your mood.
- 4. Surround yourself with those who raise your level** | It has been said that you become like the five people that you associate with the most. While having a happy and active social life is vital to being a holistic individual, not all social activities may be conducive to helping you achieve your goals. Take a good look at the people you surround yourself with, and ask yourself, "do these individuals make me drop my standards and drag me further away from my goals, or do they help me raise my level and propel me closer?"
- 5. Constantly remind yourself of your ultimate goals** | Make a vision board for yourself or change the wallpaper on your phone to something that resembles your goal. Create a daily visual stimulation for yourself that serves as a constant reminder of what you are working towards. The more you physically see what you can achieve, the "hungrier" you will become to achieve your goal.



From the Desk of the

UXI SPORT C.O.O.



THE POWER OVER LIFE OR DEATH

“Words are seeds that do more than blow around. They land in our hearts and not on the ground. Be careful what you plant and careful what you say. You might have to eat what you planted one day.”

September signals the signs of Spring in South Africa, although we know before summer completely makes an appearance, we can still look forward to a few cold fronts. But Spring brings the signs of new life as nature starts waking up from its hibernation.

We also know from experience at the Rugby Institutes that the winter months are the hardest months to stay on course with the program and to wake up and train in very cold, and in the Western Cape often wet conditions. It is also flu season and keeping motivated is a challenge for both players and coaching staff. Minds and bodies are in conflict daily to keep going, when the temptation is there to quit today's training and sleep in, when it's still dark and cold out.

It is in these difficult times that we need positive words that we hear from those we hold dear, but also need to speak to ourselves that can make the difference between staying down and getting up, OR to keep moving forward! The words we speak to ourselves and to others can send ripple effect of LIFE or DEATH. To hear the words “COMMON YOU CAN DO IT, YOU ARE A CHAMP” vs “YOU CAN NOT DO THIS, YOU DON'T HAVE IT IN YOU” can be as life-giving and or destructive as intended.

Life can become hard for all of us at times least expected, by choosing our words carefully we can make a difference in anyone's life and our own when needed the most.

As we end of August and welcome the warmer sun rays and blossoms of Spring, my challenge to every UXI family member is to speak LIFE over negativity and disappointment. To not forget to utter words of encouragement or words of praise, for those very words can change a person for LIFE and keep them moving and getting up when they feel they simply can't.

**“Don't ever diminish the power of WORDS.
WORDS move hearts and hearts move limbs”**

Hamza Yusuf

~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

The month was exciting and historic! The successful hosting of the Springboks vs All Blacks Test Match at the Mbombela Stadium awarded UXi Sport the opportunity to host a few influential role players in our branded team hub. Eight of our student-athletes had the privilege to be the official Test ball boys, where they interacted with some of the world's greatest athletes - August was indeed a month of a lot of "firsts". We are extremely proud of our student-athletes who were selected for the Pumas u/21 squad, and are currently taking part in the SA u/21 Shield Competition.

With the indifferent weather in Mbombela, many of the student-athletes have been struggling with the flu and illnesses. These student-athletes are properly monitored and managed by our team; although they want to train, we will not risk any of our student-athletes training whilst sick. Our Strength and Conditioning Coach, Jannie, will continue to guide the student-athletes and parents on the best practices and advise when confronted with illness.

We must also commend the student-athletes in managing the disappointment that they may feel from not being selected for the Pumas u/21 squad. Despite their personal feelings, they continue to show up and grind every session out to become better than what they were the previous day.

We are looking forward to the upcoming Reef 10's Tournament, which is taking place at the end of September. This is another fantastic opportunity for our student-athletes to showcase their skills and put all their hard work at training to the test. When one door closes, another one opens – you never know what opportunities wait for you at competitions like these. To our student-athletes: stay focused, stay committed, stay hungry. Everything you want is on the other side of fear.

“Ease is a greater threat to progress than hardship...Without Commitment, you'll never start. But more importantly, without Consistency, you'll never finish...”

~ Fernando Penschaw



From the **FIELD**

Feedback From The Month

What a fulfilling month August has been - but it sure was a busy month. We started off at the Institute with the much-anticipated Test Match between the Springboks and the All Blacks. We had to 'give up' our Institute training grounds for the "big guns", aka the Springboks. This meant that we moved off-campus for training for that week leading up to the Test Match; but we didn't mind. It was such a privilege to be able rub shoulders around the stadium with these sporting legends.

The focus of our programme shifted from "skills-based" 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 short implementation thereof in a game plan setup. Now we focus fully on team development, structure and output for the better part of each session, and a smaller portion of each session is dedicated to skills.

We had to move off-campus again towards the end of the month to make place for the Mpumalanga Show, which took place throughout the Mbombela Stadium. Nevertheless, the change of scenery was very welcomed, and it created a new-found buzz of excited to train in a different location. We are looking forward to September with its new challenges, upcoming games and seeing our student-athletes evolve into full out skilled rugby athletes and students of the game!

~ Gerhard du Toit

From the **FIELD**





From the GYM

Feedback From The Month

We are again nearing the end of the current term – Term 3. August was certainly a tough month, and it saw an exciting mix of warmer weather, high-profile Test Matches, rugby competitions and much more! Now that winter is at its finality, the heat is coming in fast. Whilst the change in weather does bring its own challenges, we are very grateful to see the start of Spring.

The SA u/21 Shield Competition is well underway, and we are extremely proud to have some of our student-athletes taking part in this competition. We wish them the best of luck for the remainder of the competition, and we have no doubt that they will do themselves, their team and the Institute proud.

We at Mbombela Stadium hosted the much-anticipated Test Match between the Springboks and the All Blacks! It was a huge success, not just because the Bokke won on the day, but the match atmosphere itself was brilliant - we made Mbombela and South Africa proud.

Positives to Take Away

A number of UXi Pumas Rugby Institute student-athletes are currently representing the Pumas u/21 squad in the SA u/21 Shield Competition - this is definitely a huge honour to be able to do so! On top of this, 8 of our PRI student-athletes were handpicked to be a part of the Springboks vs All Blacks Test Match as the official ball boys. This was truly a once-in-a-lifetime opportunity, as we are impressed by how professionally they handled the moment.

Challenges Faced

The fact that the temperatures started to fluctuate quite a bit this past month meant that we had a few student-athletes getting sick. The flu and flu-like symptoms are not uncommon at this time of year, however no sickness is ever welcome, especially when engaged in a High Performance sporting program. Nevertheless, we are very happy that those student-athletes who were sick are all bouncing back quickly. We do please ask the parents/guardians to still prioritize preventative measures such as multi-vitamins and supplements. Due to the high level and intensity of training daily, the student-athletes' bodies are placed under a great deal of stress; they need to put back constantly what they put out.

What to Look Forward to Next Month

We are shifting our focus to the Annual Reef 10's Tournament, which will be kicking off later this month (23rd and 24th September). The student-athletes are already on track and getting game ready. We are testing their fitness levels daily and ensuring we reach our strength and overall conditioning targets. Last year we came second in the Reef 10's Tournament, losing in the very narrow Final match. This year we want to do one better and WIN the tournament. September will certainly be a sizzler of a month - action packed, full of intensity, and full of FUN. We cannot wait!

~ Jannie Ferreira



From the

HEART



Feedback From The Month

Over the last four weeks, we had several one-on-one contact sessions with the student-athletes, with the aim to tap into their current emotional states. It is important to provide the student-athletes with “isolated” time with the coaching staff, away from their teammates; often the student-athletes remain more reserved when they are around their peers. This is why these one-on-one sessions are always a highlight of the UXi Life Program, as they provide for very interesting and eye-opening discussions.

This month, we investigated the themes of “Patience”, “Acceptance”, “Trust”, “Self-Talk” and “Focus Control” - all of these themes complimented each other well. Not only are these fundamental skills for on the rugby field, but the way in which the student-athletes conduct themselves when they are not on the rugby field is of the highest importance. We are loving the A-Game program, as it provides the student-athletes with concrete examples of how such themes are executed in real life.

Our student-athletes also had the opportunity to explore some off-campus activities on their own at the “Mpumalanga Show”. This was a fun outing, whereby the student-athletes were just able to relax and have fun and clear their minds before we head into the final push of Term 3.

Coming up in September, we are excited to welcome a few eXceptional guest speakers to our UXi Pumas Rugby Institute Student-Hub. We are looking forward to listening to some motivating personal stories and journeys, and what happened to them in their sporting careers. I have no doubt that the student-athletes will be fired up after meeting our inspirational guest speakers!

~ Hennie Skorbinski

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

~ Heinrich Painczyk



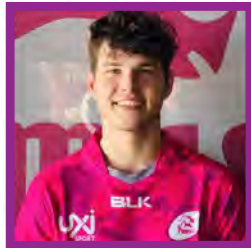
This month we take a look at our top 10 performing players at our relevant UXI Rugby Institutes. This month however, we are comparing players with a time relevant performance indicator. What this means is we take the performance indicator, divide it by their time played and multiply it by 80 minutes. This in essence tells us how many times a player will execute something in a standard 80 minute fixture. These types of statistical indicators allow us to compare players who have played different amounts of fixtures. Here is a breakdown of the performance indicators:

Top 10 Points per 80: The average amount points a player scores in 80 minutes.

Top 10 Carries per 80: The average amount of carries a player makes in 80 minutes.

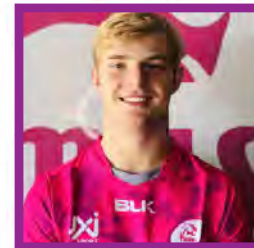
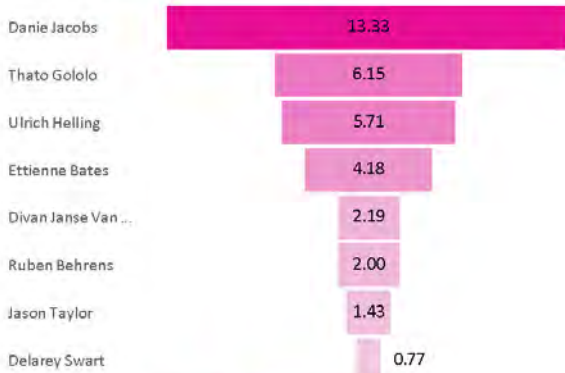
Top 10 Tackles per 80: The average amount of tackles a player makes in 80 minutes.

Top 10 Attack BD Arrivals per 80: The average amount of attacking rucks/breakdowns a player hits in 80 minutes.



TOP 10 - POINTS per 80 MIN

Player	PRI Institute
Danie Jacobs	1 Tries
13.33	
Points per 80 minutes	



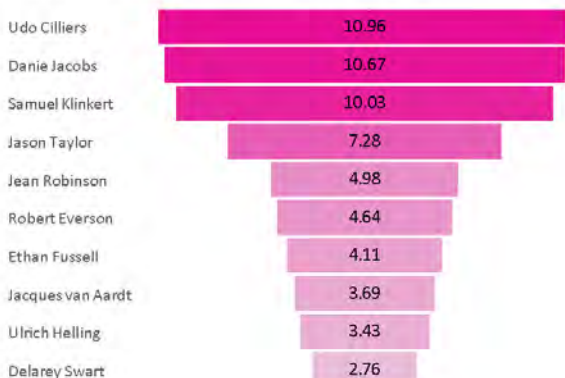
TOP 10 - CARRIES per 80 MIN

Player	PRI Institute
Samuel Klinkert	63% Effectiveness
5.59	
Carries per 80 minutes	



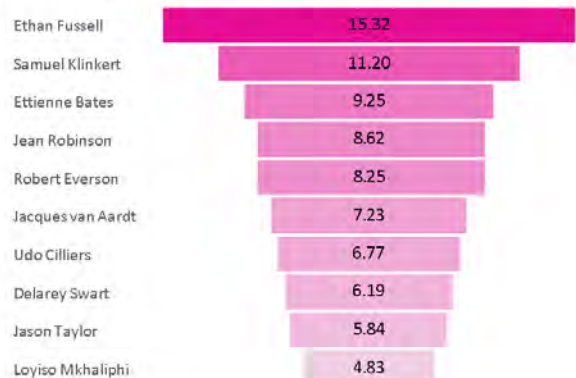
TOP 10 - TACKLES per 80 MIN

Player	PRI Institute
Udo Cilliers	83% Tackle Completion
10.96	
Tackles per 80 minutes	



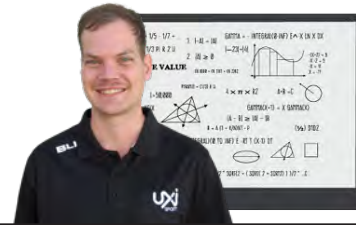
TOP 10 - ATTACK BD ARRIVAL per 80 MIN

Player	PRI Institute
Ethan Fussell	74% BD Effectiveness
15.32	
Attacking BD per 80 minutes	



From the Desk of the National DATA SCIENTIST

~ Dr Steve den Hollander



UXi Sport Collaborates with UCT for a new PhD Study in Rugby

“Developing a Field-Based Tackle Capacity Test for Tacklers and Ball-carriers”

UXi Sport is passionate about sport and education, as we believe that it is vital to mould holistic individuals that are prepared for a life in and after sport. To echo the words of the late Nelson Mandela, “education is the most powerful weapon which you can use to change the world”, education truly has the power to change the world around us. We love when we can bring our two passions together: sport and education. Through UXi Sport’s recent collaboration with the renowned institution, University of Cape Town (UCT), we have been invited to be a part of an exciting PhD rugby-focused study. Our participation in this study involves several of our UXi Western Province Rugby Academy student-athletes undergoing various tests for data collection. The study, conducted by PhD Exercises Science Candidate Demi Davidow, is titled *“Developing a field-based tackle capacity test for tacklers and ball-carriers.”* Dr Sharief Hendricks is the supervisor for this study.

The tackle in rugby union is a physically demanding contact event with a high injury burden. Players require high levels of physical conditioning and technical proficiency to participate. However, interventions to training tackle safety and efficiency are limited to national education programmes and studies on how and why injuries occur. Using previous research and results obtained using the UCT contact simulator, The UCT Rugby Research unit aims to develop and test new and original studies that can have a potential impact on tackle and contact performance and injury risk. Working with the UXi Sport/Western Province Rugby Academy will improve the unit’s ability to test studies in the “real world” training and match settings. One such study that has been designed and is currently undergoing testing is the field-based tackle capacity test for tacklers and ball-carriers.

The study requires players to consistently run and back pedal between two tackle shields performing either a tackle or ball-carry on alternating shoulders. This is done to simulate “real world” training or match situations. The test can be terminated when the player decided they can no longer perform tackles due to fatigue, the investigator decided (Based on established tackler and ball-carrier tackle technique the player can no longer perform tackles safely and or the player does not meet test parameters. The main aim of the study is to test the feasibility of a tackle capacity test for both the tackler and ball-carrier. Through participation, the study will help players physically and technically condition for tackling in rugby. Furthermore, we will provide individual and team feedback on the outcomes of the study. This feedback will help players develop their contact skills.

Studies such as this and future studies done with the UXi Sport/Western Province Rugby Academy will help with developing tackle research on topics such as training interventions designed for the player level to improve performance and decrease injury risks. This is hopefully the first of many studies and University/College collaborations to follow! We hope that this first step in the Western Cape can aid in opening many more Academic doors with local Institutions such as UFS, CUT, UMP and many more!



**UNDER21
SHIELD**

Pumas u/21 Game Time!

In last month's newsletter, we shared the eXciting news of the many 2022 UXi Pumas Rugby Institute players who were selected for the Pumas u/21 squad. Over the past two weeks, the first two rounds of matches for the SA Rugby u/21 Shield Competition have already been played.

We invite you to join us in congratulating those UXi Pumas Rugby Institute players, who have already represented the Pumas u/21 in these prestigious matches!

Match 1 | 20 August | Greenhaven Sportsground, Groot-Brakrivier



33

-

34



Delarey Swart (1 try)
Jacques van Aardt
Ettienne Bates
Jason Taylor

Match 2 | 27 August | Hoërskool Middelburg, Mpumalanga



18

-

27



Delarey Swart
Jacques van Aardt
Ettienne Bates
Jason Taylor
Morne van Jaarsveld

Coach Penna's New Position

A massive Congratulations goes out to UXi Pumas Rugby Institute Program Manager, Fernando Penshaw, who has officially been appointed as the **Head Coach of the Mpumalanga Rugby Union u/20 mens team!**

Fernando has been appointed for two seasons: 2023/2024 seasons.

This is truly an eXtraordinary achievement, and we are so proud of you, Fernando. You truly deserve this! We wish you all the best for this incredible journey.



Robert Earns Himself a Scholarship!

We are so excited and proud to share the eXtraordinary achievement of Robert Everson, one of our UXi Pumas Rugby Institute students. Robert, who is an extremely talented lock, has earned himself a scholarship to the University of Kwa-Zulu Natal (UKZN), which he has accepted.

Robert's mother shared her gratitude for how the Pumas Rugby Institute has assisted and developed Robert this year.

Robert, we are so incredibly proud of you. Your hard work and dedication to your sport has truly paid off. We will miss you dearly at the Institute, but we are so excited to see you go ABOVE and BEYOND in your new adventure.



Mbombela Magic

The Springboks Spectacle of the Year!



Close your eyes, take a deep breath and let your mind paint a picture: the sun setting over the African sky; a sold-out Mbombela Stadium; chanting rugby fans; electrifying fireworks and smoke machines exploding with excitement; a hair-raising rendition of the “Nkosi Sikelel' iAfrika”; 30 pairs of professional rugby togs bolting up, down and across the field. This is the enthralling scene for the much-anticipated United Rugby Championship Test Match: Springboks vs All Blacks. The first meeting of two matches, kicking off at Mbombela Stadium and Ellis Park respectively.

It's not everyday that you get to sit and watch one of the greatest all-time rivalries in World Rugby - in fact, it is nothing less than a privilege. The historic rivalry between the South African and New Zealand sides has stood the test of time; a rivalry which has mainly been dominated by the New Zealanders. Nevertheless, this Mbombela magical showdown served as the 102nd match between these two sporting powerhouses.

The one thing to remember about South Africa is that, as a nation, WE LOVE RUGBY. No composition of words that can quite accurately describe the electricity felt in the air when a rugby match kicks off, whether it's a school match, club match or National Championship! Every South African can remember the 2019 Rugby World Cup final - the undeniable sense of hope and adrenaline that was felt all around us. Regardless if they were die-hard rugby supporters or not, on RWC Finals day everyone whipped out their Springbok jerseys (or any green shirt that they could find), and UNITED as ONE NATION for 80 minutes.

UXi Sport and its national Rugby Institutes are no stranger to the love and excitement felt towards rugby. It was an honour for us, as UXi Sport, to host over 40 rugby, sporting and corporate VIPs to our UXi Sport Suite in Mbombela Stadium, to witness the Springbok-All Blacks clash. Filled with food, drinks and an atmosphere like no other, the UXi Sport Suite was the place to be on Saturday the 6th of August. On a day-to-day basis, this VIP Suite is actually home to the UXi Pumas Rugby Institute, and is their official Student and Education Hub. With the most enchanting view of the field and stadium, it's easy to see why the UXi Pumas Rugby Institute students never want to leave “campus”!

The match itself was a spectacle on its own, which made for quality entertainment; there is no denying that both teams put it all out on the line during this contest. Despite Ian Foster's increase in pressure and an All Black squad spice-up, the Springboks were ready to rise to the physical challenge - no matter what it took. It is impossible to forget Faf de Klerk's brutal knockout by Caleb Clarke within the first few seconds, Handre Pollard's flawless kicking boot, and Jaden Hendrikse, Damian Willemse and Willie Le Roux leaping into the arms of adoring fans. No one can deny that the Springboks were on top form. Even though the All Blacks were able to squeak in some points, thanks to the likes of Jordie Barrett and Shannon Frizell, the "full package" Springbok side (as described by All Blacks captain, Sam Cane) were too good for the New Zealanders, and claimed a 26-10 victory.

To make this match even more iconic, one of our own Institute successes, Kurt-Lee Arendse (UXi Western Province Rugby Academy 2016), was in the starting Springbok line-up. Despite his horrific aerial collision with Beauden Barrett, Kurt-Lee had a tremendous game; giving the students in the UXi Sport Rugby Institutes an increased sense of hope. They know that they are on the right path, and they too can follow in the same footsteps as Kurt-Lee. The UXi Rugby Institutes give hope to those young boys who maybe didn't get selection for the SA Schools Teams, or didn't get that Union contract straight out of school. Kurt-Lee didn't, and now he is playing at the highest level of rugby possible, using the UXi Western Province Rugby Academy as his first step. Further, eight of our UXi Pumas Rugby Institute students were given the opportunity to be the official Test Match ball boys - this was truly a life-changing experience. Can you imagine how indescribable it must be as a 20 year old aspirant-rugby professional to share an International Rugby field with two of the greatest teams in the history of the sport? Standing alongside Malcolm Marx as he cleans the ball before he takes a lineout - it is a moment that these students will remember forever.

Echoing the words of the late President Nelson Mandela, sport has "the power to unite people in a way that little else does." Sport has this incredible ability to break barriers between people, and bring a country together. Sport emphasizes the opportunities that are available in the world, and provide a pillar of hope to the youth of our nation. Sport unites; sport inspires; sport **CHANGES THE WORLD.**





POV: You Share the
Rugby Field with the
Springboks and All Blacks



Talk about a ONCE in a LIFETIME opportunity! We are so proud of 8 our UXi Pumas Rugby Institute student-athletes, who assisted as the official ball boys at the Springboks vs All Blacks Test Match on the 6th of August.

Aviwe Thomas
Divan Janse van rensburg
Ethan Fussell
Ettienne Bates
Jean Robinson
Loyiso Mkhaliphi
Nkosi Mathe
Robert Everson

What an incredible and once-in-a-lifetime opportunity for our Institute student-athletes; being able to be a part of one of the greatest all time rivalries of rugby, and rub shoulders with their rugby heroes! From watching the renowned All Blacks Haka from cleaning the ball for Malcolm Marx before he takes a lineout, to There is no doubt that they will remember this moment for the rest of their lives. A massive thank you goes out to the UXi Sport and Pumas Rugby Institute management teams for making this opportunity possible.





Wellness *with Ali* From **EX**celling on the Field to **EX**celling in the Classrooms

From excelling in the classroom to on the field, being a student-athlete is no small achievement. It takes a great deal of time, effort, and stamina. Knowing how to adapt and manoeuvre through challenges that arise is crucial to do well in your academic program and to grow as an athlete. The UXi Rugby Institutes has student-athletes that are studying through a variety of our educational partners, namely: IMM Graduate School, ASV (Africa Skills Village) and HFPA (Health and Fitness Professionals Academy). At these various Institutions, our student-athletes are studying one of the following qualifications:



Graduate School

- Higher Certificate in Marketing



- Mixed Farming
- Animal Production
- Plant Production
- Project Management
- Welding
- Electrical
- Plumbing



- National Certificate in Fitness
- National Certificate in Coaching Science
- National Certificate in Sport Management

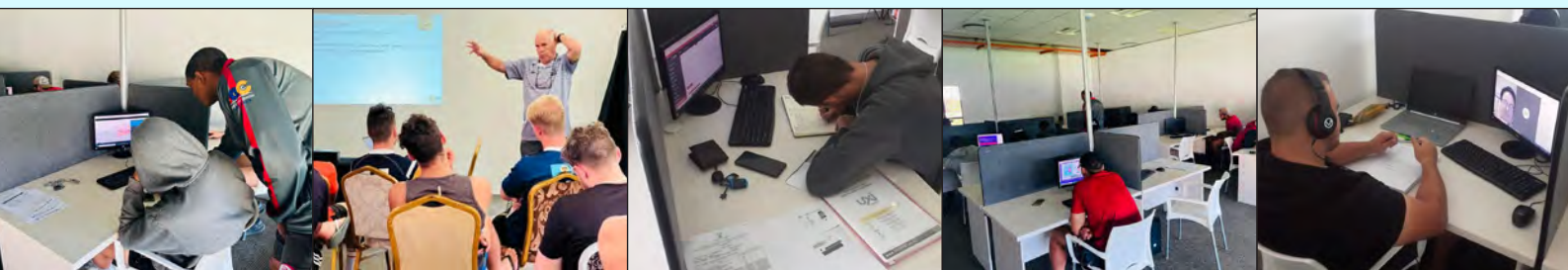
The UXi student-athletes have all had to adapt since starting their studies, and the feedback with results from our educational partners has been great. They are all very impressed with how well each student-athlete is balance their sport and their studies. This is a testimony to the hard work and determination of our student-athletes.

To develop the necessary traits needed to be a full-time student-athlete takes a great deal of willingness and planning in order to achieve your goals daily, weekly, monthly, and yearly. Daily planning and scheduling play an instrumental role in keeping the balance right between sport and academics. This, combined with the UXi Life Program that our student-athletes engage in, empowers them for life – in and beyond sport.

To our student-athletes, keep up the great effort and work that you have all been putting in thus far. You will only reap the full benefits of this at the end of your journey. With various exams, assignments, lectures and practicals on-going, it is easy to feel overwhelmed. Take a step back, take a deep breath and remember the five pointers of our first newsletter article this year, titled “Good Study Habit for a Student-athlete”:

- Find Your Balance***
- Stay Fit***
- Stay Hydrated***
- Manage your Stress***

Being able to find effective balance in your day is one of the most crucial factors to becoming a successful and happy High Performance individual, in all aspects of your life. We are proud of how far you have all come – your hard work is certainly not going unnoticed. Keep pushing, you will not regret it!



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

AUGUST

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Eduaniq Harmse



Serentius Reed



Serentius Reed

Pumas Rugby Institute



Nkosi Mathe



Loyiso Mkhaphi



Ettienne Bates

Western Province Rugby Academy



Linden Jacobs



Kwakho Sampo



Dian Basson



Rugby Recipes Rock!



Creamy Cheesy Potato Bake

Serves: 10
Time: 90 min

NUTRITIONALS:
1 Serving = 198g

KCAL 360 | PROTEIN 12G | CARBS 30G | FAT 22G

INGREDIENTS:

- 1.25kg potatoes
- 2/3 cup (160 ml) milk
- 3/4 cup (185 ml) heavy cream
- 1/3 cup mayonnaise
- 1 1/2 tsp fresh thyme leaves
- 2 large garlic cloves, minced
- 3/4 tsp salt
- Black pepper
- 2 cups (200g) shredded cheddar cheese
- 1 cup (100g) shredded mozzarella cheese

Feel free to add any additional protein source to your bake, such as bacon or chicken!

METHOD:

1. Pre-heat oven to 180°C.
2. Peel and cut the potatoes into small cubes and place in a large bowl.
3. Add all remaining ingredients except the mozzarella and mix.
4. Pour the potato mixture into a large over-proof baking dish.
5. Cover with the baking dish with tinfoil. Place in the oven and bake for 60 minutes, or until the potatoes are tender.
6. Remove the tinfoil, sprinkle over the mozzarella cheese, and bake for an additional 25 minutes or until the cheese is golden.
7. Remove the bake from the oven and allow it to rest for 5 - 10 minutes before serving.

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