



NEWSLETTER

PRI | SEPTEMBER 2022



Dear Players, Parents, Guardians and Sponsors...

"Memory looks back in order to move forward" ~ Marty Rubin

In today's fast-paced and high-achieving society, we breathlessly race ahead to the next challenge before the dust can even settle on the previous one. We are encouraged to push forward and to never look back. In our burning desire to move full steam ahead, we tend to associate the act of "looking back" a negative connotation.

Have we ever stopped to ask ourselves since when did "looking back" get such a bad reputation in the pursuit of moving forward? It's as if act of "looking back" is associated with a loss of momentum, a pause in progress, or simply a mundane past time that requires little thought. After all, the rear view seems less important and less exciting than the windshield when driving down the highway, now doesn't it? This doesn't mean that your rear view isn't absolutely vital for your future well-being - without it, you can have a major accident!

Winston Churchill believed that "the longer you can look back, the farther you can look forward." Churchill and Rubin both hit the nail on the head with their famous quotes; looking back on the past is the greatest catalyst to move forwards.

A year ago, you were possibly sitting down to study for your Matric finals, not ever imagining that you may be in a Junior Union team right now. At the beginning of the year, you perhaps felt apprehensive and nervous about your new Institute journey ahead, and now you're thriving with friends and new experiences. A few months ago, you were maybe only able to leg press 80kgs, and now 80kgs is your warm up Or this time a few years ago, you were possibly going through one of the toughest times in your life, that

you felt you'd never get through, but here you are today. I could go on about all the possibilities that time has created; nevertheless, at the end of the day when we look back at our past, no matter how long ago, different or difficult it was, we are able to reflect on how we have grown as individuals.

Now while you're reading this newsletter, I want you to pause and think. This is an exercise we're going to do together. Are you ready? I want you to think about who you were 3 years ago. How old were you? What did your daily life look like back then? What was your biggest worry or fear? What made you smile the happiest back then? What were you dreaming to achieve? Answer these questions for yourself.

Now, I want you to think about your life right **AT THIS VERY MOMENT** and compare the two. I have no doubt that almost everyone reading this newsletter right now has grown in one way or another in the past 3 years - and we need to celebrate this. YOU have come so far in your life, and we don't celebrate this enough. Whilst "looking back" may often be difficult, it is necessary to celebrate how far we've truly come.

As we move into the 4th term, may we look back on the year that's past with appreciation - appreciation for the growth we've experienced, the lessons we've learned and the memories which we will carry for a lifetime.

~ The UXi Sport Team



From the Desk of the

UXI SPORT C.O.O.



THE CHICKEN & THE EAGLE

Someone once told me that one has a choice in this world on whether you are a **chicken** or an **eagle**.

I wondered about this for a long time, until one day I watched the behaviour of a chicken head down, just completely focused on pecking around at what he sees down there in the dust, hoping to find something meaningful to feed himself. He goes on to do this for hours without looking up, just keeping on scratching with his feet and looking down on the ground in front of him.

Then my eyes turned to the eagle, and I saw him high up in the sky with a view above everything going down beneath him. Those eyes with a 360 degree view able to see his prey from miles away in places some would never see them!

And this made me realise that some people are like this too, some of us just focus on what is in front of us, scratching away at life's challenges in the dust, not able to look past it, whilst others soar high over and above them, and instead of seeing the negative, they see opportunities where no one else can see them, even though they have exactly the same challenges!

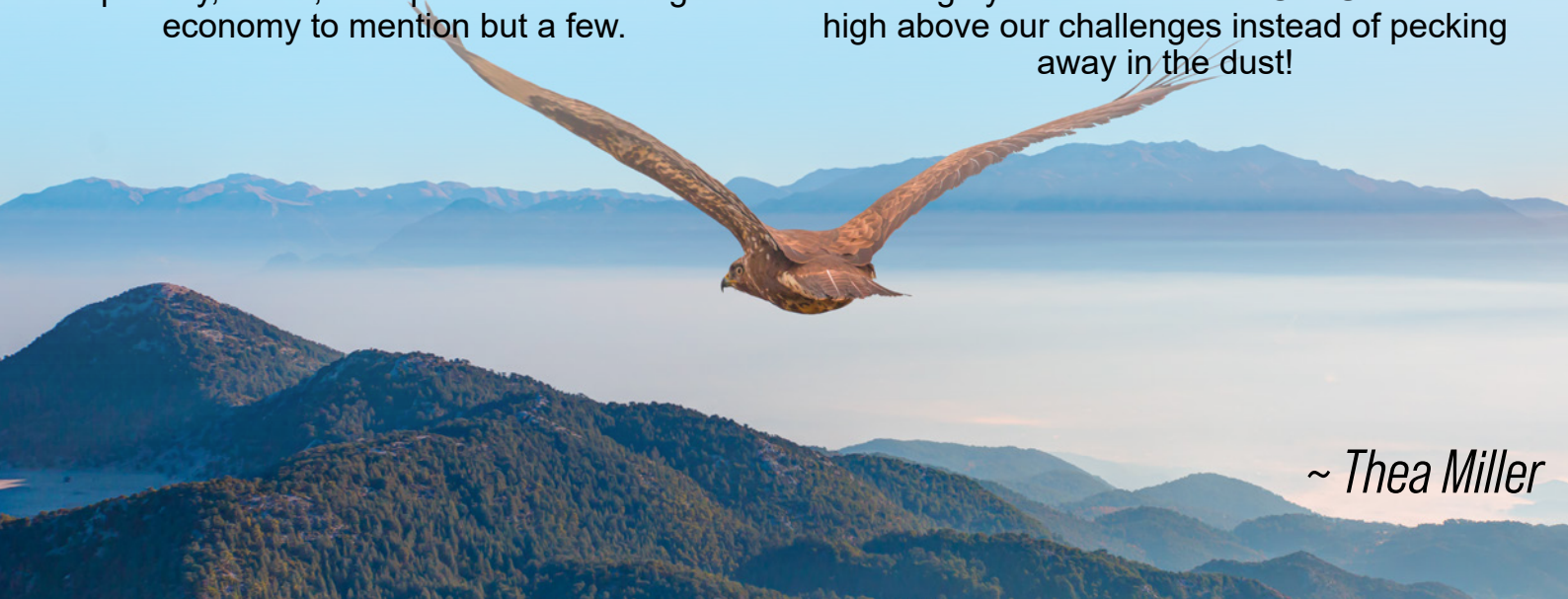
In South Africa today, we all face the same challenges of loadshedding, unemployment, poverty, crime, corruption and an ailing economy to mention but a few.

However, we have a choice on how we allow these things to affect us. Are we allowing ourselves to become too negative about the negativities that we can not look any further than what is in front of us, or do we ask ourselves how we can make a difference in our own lives or those around us? It's not easy I know, but only we can be the change we want to see in this world!

Even though we can do nothing about many of the obvious issues, we can lend a hand to someone who has less than us, improve our skills to become more employable, offer our time for free to obtain work experience, say NO to anything that is corrupt and stand up for what is right and true! Instead of sitting around complaining about the dirty sidewalks or beaches, why not initiate action to clean them up or buy food instead of unhealthy substances?

We are faced with many choices every day, but all these choices have a chain reaction in the events of our lives and the world we live in. Every difference made to change things in the smallest of actions send ripples of positiveness into the world. If every person in South Africa right now made one positive change, we can change the world we live in!

As we enter what is described by poets as the most beautiful month of the year, **OCTOBER**, I challenge you to become **EAGLES** and soar high above our challenges instead of pecking away in the dust!



~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

What a phenomenal term it has been! During the September month our student-athletes continued to grind out the longest term of the year. Preparations for the yearly Reef's 10's Tournament were intense and tough, but our student-athletes tackled it with excitement and professionalism. We started the tournament well, winning our first two games; unfortunately, we narrowly lost in the semi-finals. We are extremely proud of our student-athletes in the way they conducted themselves.

Throughout the term, we experienced a few challenges along the way; the main one was trying to balance the load for those student-athletes who are playing for the Pumas u/21. These student-athletes are travelling to the u/21 training in the Highveld, and then back to Mbombela again. While this remained a challenge, our coaching staff have done a phenomenal job in managing the affected-player's loads and schedules, to ensure that they are the fittest, healthiest and happiest that they can be.

From the start of Term 4, our focus will be on preparations for the most exciting event of the year – the UXi Inter-Institute Showdown in Stellenbosch. This is something to really get excited about; whilst the tour will be a great deal of fun, it will also be an extremely tough clash of rugby skills and talent. Our student-athletes and coaching staff have set new goals in order to make our tour to Cape Town a success, both on and off of the field.

Thank you again to all of the parents, guardians and sponsors who have unwaveringly invested in these remarkable young men – you can be so incredibly proud. We wish you all a safe and blessed Term break.

~ Fernando Penschaw

Feedback From The Month

During the month of September our field focus was on 10's rugby; although a lot of our student-athletes had never played 10's rugby before, they caught on quickly. Our student-athletes enjoyed being included in the tactical planning sessions and took responsibility designing pattern of plays. In the final weekend of the Term, we participated in the annual Reef 10's Tournament, which was a massive success! Unfortunately, the Pumas Rugby Institute lost the semi-final match against a very strong Kudus team. Regardless of the result, we at Pumas Rugby Institute are extremely proud of our student-athletes on reaching the knockout stages of the tournament.

With six of our student-athletes busy with Pumas u/21 provincial duties, it was a challenge to not overload them and to keep them fresh and ready for their provincial games. These student-athletes must be commended for the commitment they displayed in attending the Institute sessions and still traveling to Middelburg for provincial training.

From the start of the new team our preparations will be focused on the Clash of the Institutes – the UXi Sport Showdown, taking place in Stellenbosch in December. Our focus will still be on improving the core and unit skills of our student-athletes, and overall development. Off of the field, we also have a few fun activities planned to ensure a positive balance of hard work and fun.

From the **FIELD**





From the GYM

Feedback From The Month

We have reached the end of Term 3 and what a Term it has been! The Pumas Rugby Institute played in the annual Reef 10's Tournament; a tournament we worked very hard for as a group. It was our very first tournament and officially the first time we played as a Unit together in a Team event for 2022 – we were very excited about this. We managed to make the semi-finals of the event and just fell short of the finals, after losing 7-14 against the Kudu's. The student-athletes had an amazing experience and we loved seeing the guys put their hard work and skills to test!

Positives to Take Away

We loved being able to run out on the field as the UXi Pumas Rugby Institute for the first time this year at an official tournament. The Reef 10's tournament was certainly the highlight of the month; we did want to win the tournament, and even though we fell short, we still loved every second.

Fortunately, we had no major injuries throughout the tournament - only a few "niggles" here and there, but that is nature of the game we play and love! As UXi Pumas Rugby Institute S&C Coach, I am extremely proud of the student-athletes. Without a shadow of a doubt, we were the fittest team at the tournament, and the hard work put in by our student-athletes definitely stood out.

Challenges Faced

Summer is definitely back and in full force. We are training in extremely high temperatures at the moment, some days reaching as high as 35 degrees. It can become quite challenging to train in such conditions, even though the student-athletes are used to the heat. Nevertheless, we can always count on them to have high quality training sessions, regardless of the conditions. Another challenge that we faced this month was the fact that we had a part of our group playing for the Pumas u/21 team the same weekend as the Reef 10's Tournament. This meant that we couldn't have our full Pumas Rugby Institute team for the Tournament.

What to Look Forward to Next Month

The Annual UXi Inter-Institute Showdown is fast approaching! The Showdown, which is being hosted in Stellenbosch, will take place in December. This means that we are all shifting our focus to the challenge ahead! We have 8 weeks of intense training lined up when we start the new term, and we are all looking forward to this new focus-shift. We wish all student-athletes a lekker and well-earned rest – you have made us all proud. See you in Term 4!

~ Jannie Ferreira



HEART



Feedback From The Month

We are coming to the end of the 3rd term, and mentally we can see how our student-athletes are really digging deep in their Rugby, Academic and A-Game Programs. It's not always easy to stay positive and keep up the grind, especially in a term as long as this one was, but our student-athletes found a way. For that, we are proud of their discipline shown.

Over the past two weeks, we handled the topics of “divisiveness” and “stamina”, which really slotted in nicely with the mental space of our student-athletes at that point of the term. Our student-athletes learnt what it takes to be able to keep themselves going, even in the toughest of times; and how each decision they make has a direct impact on their destiny.

The UXi Pumas Rugby Institute had a great weekend out at the annual Reef 10's Tournament! Last year, we finished the tournament in 2nd place. Our student-athletes were eager to take the trophy home this year, but unfortunately, they were knocked out in the semi-finals. Even though this loss was disappointing, the A-Game program has prepared the student-athletes with how to deal with disappoint, and how to convert disappoint into motivation. We are proud of the student-athletes who took part in the Reef 10's Competition, as we can truly see the positive effect that the UXi High Performance Program has had on them.

We wish all of our student-athletes and parents a safe and blessed term holiday. We look forward to seeing you all again in Term 4!

~ Hennie Skorbinski



VIDEO & GAME ANALYSIS

This term the rugby curriculum has been focused specifically on match play and as a result its time for us to evaluate the players performance within the fixtures they were involved in. Below we will be taking you through the process of capturing match stats as well as what it all means. At each institute we have an intern who is responsible for the recording and coding the match to generate the relevant match stats. These interns have a definition sheet explains each performance indicator in detail. During our explanation of the stats below we will briefly summarize each of these indicators. All our different performance indicators also have a "per game" score. It is calculated by taking the players contributions for that performance indicator, dividing it by their time played, and multiplying it by 80 minutes. This gives a relative amount per 80 minutes (one full game).

These scores allow us to directly compare players with other players in the same positional group or allow you to compare the same player to himself in different games or seasons.

ATTACK

BALL TOUCHES | This is the sum of every ball carry and pass, offloads are not included because a carry would have been logged in the case of an offload.

LINE BREAKS | Line breaks are when players get in beyond the primary line of defense, either around the last defender or between 2 defenders.

TACKLE BREAKS | Tackle breaks are given to players when defenders make contact to complete a tackle and miss the tackle, ball carriers need to remain on their feet to be awarded a tackle break.

CARRY DOMINANCE | A carry is deemed to be dominant when the hips of the ball carrier cross the imaginary vertical line at the first point of contact towards the oppositions goal line.

PASS EFFECTIVENESS | A pass is deemed to be effective when the pass is slightly in front of the receiving players chest, allowing for easy collection and continued forward momentum.

OFFLOAD EFFECTIVENESS | An offload is deemed to be effective when the pass is slightly in front of the receiving players chest, allowing for easy collection and continued forward momentum.

DEFENSE

TURNOVERS | A turnover is awarded to players when they are responsible for the gain of possession (turnover) during the match. These are separated into different areas: set piece (lineouts, scrums, and restarts), breakdown, tackle and in general play.

TACKLE DOMINANCE | A tackle is deemed to be dominant when the hips of the tackler cross the imaginary vertical line at the first point of contact towards the oppositions goal line.

TACKLE COMPLETION | Tackle completion is calculated by dividing completed tackles by missed tackles. A tackle is deemed to be missed when a player makes contact in an attempt to impede the ball carrier, but the ball carrier penetrates the contact and continues to advance.

BREAKDOWNS

CLEANOUT EFFECTIVENESS | An effective cleanout is the arrival of a player at a ruck where the player attempts to clean out a defending player at the ruck and is successful.

BRIDGE EFFECTIVENESS | An effective bridge is the arrival of a player at a ruck where the player attempts to bridge at the ruck to secure the ball and is successful.

POACH EFFECTIVENESS | An effective poach is the arrival of a player at the oppositions ruck where the player actively attempts to steal the oppositions ball and is successful.

TOTAL ARRIVALS | Calculated by adding all cleanouts and bridges to give a total of all ruck/breakdown arrivals.

REPORT EXAMPLE:

Center

- 16 Total Matches Played
- 5 Institute: Matches Played
- 69 Institute: Time Played (mins)
- 7 Institute: Points Scored
- 11 Union: Matches Played
- 668 Union: Time Played (mins)
- 8 Union: Points Scored

ATTACK

84 Ball Touches	5.25 Ball Touches/Game	0 Linebreaks	0.00 Linebreaks/Game	7 Tackle Breaks	0.44 Tackle Breaks/Game
Total Carries 31	Carries/Game 1.94	Total Passes 53	Passes/Game 3.31	Total Offloads 17	Offloads/Game 1.06

Carry Dominance

Pass Effectiveness

Offload Effectiveness

DEFENSE

6 Total Turnovers	0.38 Turnovers/Game	70 Total Tackles	4.38 Tackles/Game	23 Total Missed Tackles	1.44 Missed/Game
0 @ Set Piece	5 @ Breakdown	1 @ Tackle	0 In General Play		

Tackle Dominance

Tackle Completion

BREAKDOWN

17 Total Cleanouts	1.06 Average/game	54 Total Bridges	3.38 Average/game	14 Tot. Poach Attempt	0.88 Average/game	86 Total Arrivals	5.38 Average/game
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Cleanout Effectiveness

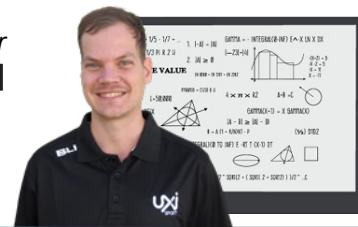
Bridge Effectiveness

Poach Effectiveness

54
Total Attacking BD Arrivals

32
Total Defensive BD Arrivals

DATA SCIENTIST



TERM 3 TOP PERFORMERS

Our UXi RI players were hard at work during Term 3, and their testing results have been extraordinary! We recognize those extraordinary students, who have worked incredibly hard to land themselves in our UXi Top Performers Categories, for various athleticism categories, across all UXi Rugby Institutes.

Our UXi **TOP PERFORMERS** Categories are:

- 1. Lowest Body Fat %
- 2. Rel 1RM Bench Press
- 3. Rel 3RM Squat
- 4. Pull ups
- 5. Vertical Jump
- 6. Medicine Ball Throw
- 7. Repeated Sprint
- 8. Bronco
- 9. TOTAL ATHLETICISM SCORE

BODY FAT %

1st



6.8%

Divan Janse Van Rensburg
Pumas Rugby Institute

2nd



8.3%

Thato Gololo
Pumas Rugby Institute

3rd



10.6%

Hanru Smith
Western Province Rugby Academy

REL. 1RM BENCH

1st



1.8

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

TIED 2nd



1.7

Brandon Botha
Western Province Rugby Academy



1.7

Jarrod Brown
Western Province Rugby Academy

REL. 3RM SQUAT

1st



2.7

Ruben Behrens
Pumas Rugby Institute

2nd



2.6

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

3rd



2.4

Jarrod Brown
Western Province Rugby Academy

PULL UPS

1st



24

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

2nd



23

Itumeleng Masinga
Western Province Rugby Academy

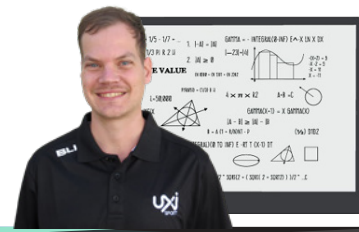
3rd



21

Divan Janse Van Rensburg
Pumas Rugby Institute

DATA SCIENTIST



VERTICAL JUMP

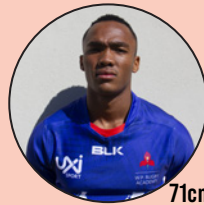
1st



72cm

Itumeleng Masinga
Western Province Rugby Academy

TIED 2nd



71cm

Owen Hawanga
Western Province Rugby Academy



71cm

Jan-Daniel Cilliers
Western Province Rugby Academy

MEDICINE BALL THROW

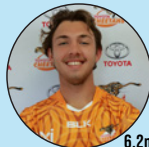
1st



6.3m

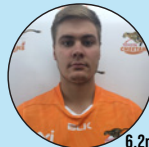
Barend Janse van Rensburg
Cheetahs Institute of Excellence

TIED 2nd



6.2m

James Greeff
Cheetahs Institute of Excellence



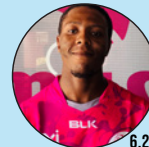
6.2m

Ruben Osborne
Cheetahs Institute of Excellence



6.2m

Delarey Swart
Pumas Rugby Institute



6.2m

Paseka Kgohloane
Pumas Rugby Institute



6.2m

Morne van Jaarsveld
Pumas Rugby Institute

REPEATED SPRINT

1st



775m

Lehlohonolo Montsitsi
Cheetahs Institute of Excellence

TIED 2nd



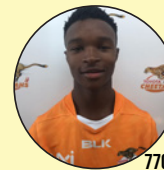
770m

Itumeleng Masinga
Western Province Rugby Academy



770m

Ruben Behrens
Pumas Rugby Institute



770m

Geronimo van der Merwe
Cheetahs Institute of Excellence

BRONCO

1st



04:39

Itumeleng Masinga
Western Province Rugby Academy

2nd



04:40

Nicolas Engelbrecht
Cheetahs Institute of Excellence

3rd



04:45

Ruben Behrens
Pumas Rugby Institute

TERM 3 TOP ATHLETICISM

TOP

1st



93.4%

Ruben Behrens
Pumas Rugby Institute

2nd



85.5%

Thato Gololo
Pumas Rugby Institute

3rd



85.1%

Itumeleng Masinga
Western Province Rugby Academy

REEF 10'S RUGBY



The last weekend of September is always an exciting one – it's REEF 10's time! From the 23rd – 25th of September, our UXi Pumas Rugby Institute student-athletes took part in the annual REEF 10s Tournament, which boasted for a 3 days' worth of fast, fierce and fun rugby action! Hosted at Hoërskool Rob Ferreira, this round-robin tournament is certainly a yearly highlight in our Institute calendar.

After a tough three days of matches, our UXi Pumas Rugby Institute team finished the Tournament as semi-finalists, as they narrowly lost to the Kudos.

A recap of the weekend's results:

Game 1: PRI 26 - Onderberg 15

Game 2: PRI 33 - Young Guns 12

Game 3: PRI 0 - Old Rhinos 24

Semi-Finals: PRI 7 - Kudos 14

Well done to our UXi Pumas Rugby Institute players, coaches and management on a fantastic tournament. We would also like to extend our thanks to the REEF 10's organizers for hosting such an exhilarating weekend of rugby - we can't wait to do it all again next year!



**UNDER21
SHIELD**

Pumas u/21 Game Time!

In last month's newsletter, we shared the eXciting results of the first 2 matches of the Pumas u/21 squad in the SA Rugby u/21 Shield Competition. 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 3 | 3 September | Hoërskool Middelburg, Mpumalanga



22

-

69



Delarey Swart (Captain)
Jacques van Aardt
Jason Taylor
Ettienne Bates
Morne van Jaarsveld
Robert Everson

Match 4 | 24 September | HT Pelatona Projects Stadium, Welkom



36

-

46

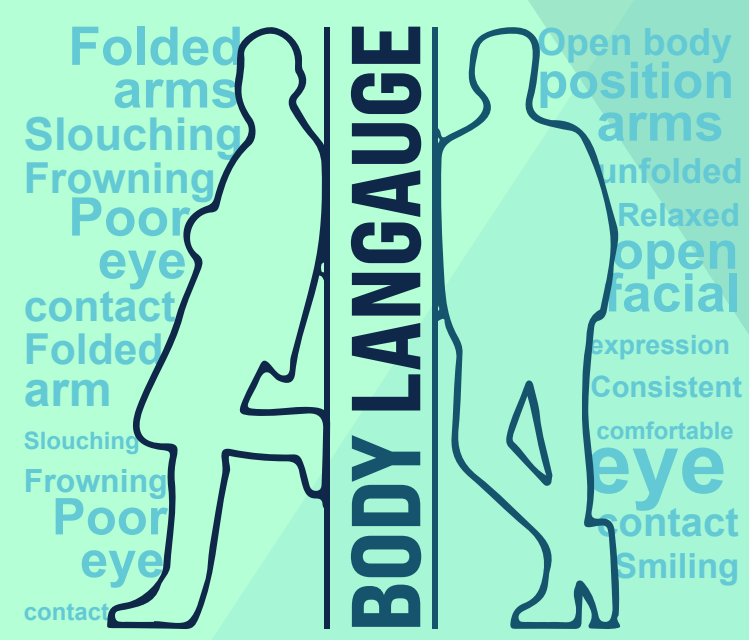


Ruben Behrens
Jason Taylor
Delarey Swart (Captain)
Jacques van Aardt
Morne van Jaarsveld

HOW BODY LANGUAGE COULD AFFECT PERFORMANCE

Body language is a form of communication that speaks volumes about how you really think and feel. You have 20 seconds to make an impression on those around you, and the fact of the matter is that impression is not often made through what you say but through your body language. People often see you before they'll hear anything that comes out of your mouth. If in the first 20 seconds, someone sees poor or negative body language, including a facial expression, that is the impression you've set, and rarely can you change that impression.

During competition, you can use body language to your advantage. Reading competitors body language can give you a competitive advantage. Showing up to competition with positive body language can also give you a competitive advantage not only because of how others interpret it but for how it makes you feel.



Negative versus Positive body language

- Negative non-verbals include:**
- Folded arms
 - Slouching
 - Frowning
 - Poor eye contact

- Positive non-verbals include:**
- Open body position
 - Arms unfolded
 - Relaxed and open facial expression
 - Consistent, comfortable eye contact
 - Smiling

SOME TIPS FOR ON THE FIELD

“Body language doesn’t talk; it screams.”
 Our body language can dictate our thoughts and our feelings. Simply put, mental toughness requires good body language.

“Fake it until you make it.”
 We’ve all been there—it is downright painful when we don’t play well. The last thing we want to do is pretend that we’re not frustrated. When you are not doing well in a game, try to show the same body language you have when you are playing well.

- Keep your head up
- Encourage others
- Clap, cheer or congratulate teammates
- Hustle
- Keep eye contact

“Act the part and you will become the part.” — William James

Confident athletes have a presence, and their body language shows it. When we get nervous or lack confidence, we should instantly focus on our body language. Again, the mind-body relationship exists, and positive body language will essentially tell our mind that we are confident.

Happy Holidays

Rest well and remember your body language is a form of communication!

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

SEPTEMBER

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

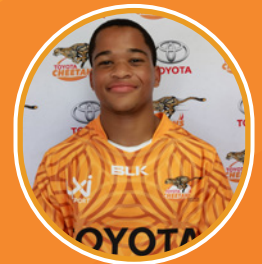
Cheetahs Institute of Excellence



Yolisa Ngcakani

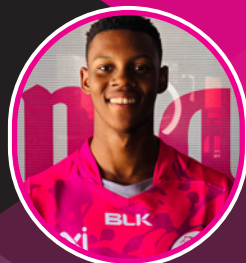


Johann Strydom



Serentius Reed

Pumas Rugby Institute



Thato Gololo



Ettienne Bates



Ettienne Bates

Western Province Rugby Academy



Tinashe Gowere



Itumeleng Masinga



Ayon Adams



INTERNATIONAL SCHOOL OF RUGBY PROGRAM

in partnership with



UXi Sport and its Rugby Institutes are proud to announce its partnership with Alma Mater International School and ESCA Wanderers to formally launch the UXi Sport “International School of Rugby Program”, commencing in 2023. UXi Sport has partnered with these two renowned Schools to provide an elite structured sporting pathway for High School student-athletes.

This sporting program offers young, talented sportspeople a structured plan and pathway to balance their sporting and education programs. Alma Mater and ESCA Wanderers have partnered up with us, and together we are now able to offer student-athletes an outstanding international education with personalised full-time rugby training programs at High School level.

This Elite Sports Rugby program is a 5-year athletic development journey, starting from Grade 8, which progresses each individual player through various key physical and rugby-specific skill sets. Opportunities are then provided to players in their final year to enroll in the “Total Rugby Program”, at one of the UXi Rugby Institutes across South Africa. This program prepares a student-athlete for a Semi-Professional career in rugby and equips the athlete for a life IN and AFTER rugby.

“Inspiring and Igniting Greatness in **YOUth** *through sport!*”





Rugby Recipes Rock!



Sizzling Shepard's Pie

Serves: 10
Time: 90 min

NUTRITIONALS: KCAL 439 | PROTEIN 24G | CARBS 37G | FAT 23G

INGREDIENTS:

- 900g potatoes
- 1 ½ cups whole milk, heated to a simmer
- 4 Tbsp unsalted butter
- 3 Tbsp olive oil
- 3 tsp salt
- 700g ground beef mince
- 4 cups mushrooms
- 1 tsp fresh thyme leaves
- 1 medium onion, finely chopped
- 2 sticks celery, finely chopped
- 2 cloves garlic, finely chopped
- 3 Tbsp tomato paste
- 1 cup chicken/vegetable stock
- 2 medium carrots, chopped
- 2 ¾ cup frozen peas
- 1 Tbsp Worcestershire sauce

METHOD:

1. Pre-heat oven to 180°C.
2. Cover potatoes with cold water in a large pot. Bring to a boil, reduce to a simmer and cook until tender when pierced with a fork, 20 to 25 minutes.
3. Drain and return to pot. Add warm milk and butter; mash until creamy. Season with 1½ tsps of the salt and several grinds pepper.
4. Heat 1 Tbsp of the oil in a large pot over medium-high. Add beef and cook undisturbed, until browned on bottom, for about 4 minutes.
5. Add ½ tsp of salt and continue cooking, breaking up pieces with a wooden spoon, until browned all over, for about 5 minutes. Transfer the beef to a bowl.
6. Using same pot, heat 1 Tbsp of oil over medium-high. Add mushrooms and ½ tsp salt; cook undisturbed until golden, for about 3 minutes.
7. Add thyme and continue to cook, stirring occasionally, until golden all over, about 2 minutes. Transfer to the bowl with beef.
8. Using same pot, heat the 1 Tbsp oil over medium heat; add onion, celery, and garlic; cook until golden, stirring occasionally, for 5 to 6 minutes.
9. Return meat and mushroom mixture to pot and add tomato paste; cook, stirring constantly, for about 1 minute.
10. Add stock and ½ tsp salt; simmer until slightly thickened, for 7 to 8 minutes.
11. Stir in carrots, peas, and Worcestershire; cook until peas are crisp-tender, for 3 to 4 minutes.
12. Transfer mixture to a baking dish then gently spread mashed potatoes on top.
13. Bake until filling is bubbling and top is golden in spots, for 20 minutes. Let stand 15 minutes before serving.

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