



NEWSLETTER

PRI | NOVEMBER 2022



Dear Players, Parents, Guardians and Sponsors...

The last newsletter of 2022... 😊 This signifies that another year has almost come to an end, and oh my...what a year it has been! When any year comes to a close, we are filled with a level of excitement in us that only seems to creep up around this time of year. It's the undeniable buzz and excitement of DECEMBER in South Africa – the most enthralling month of the year! Not only is it a time for relaxation, recuperation, fun adventures and quality time with our nearest and dearest, but there is also an increasing excitement and anticipation for the brand-new year that lies ahead.

Just around the corner is 12 brand new months ahead, housing strong intentions to make 2023 better than ever, with new goals and new targets to hit. Before we can even start thinking about the December festivities that lie ahead, we still have a SHOWDOWN to do! The 2022 eXperience Tour kicks off in just over a week in Cape Town! This is the first time that all of the Institutes get to square up and go up against each other; no doubt that this is the UXi rugby event of the year. We are itching to get out onto the battlefield for the final dance of 2022! With this, we will be able to crown the top UXi Rugby Institute of the Year – an accolade and bragging right that we know everyone is hungry for.

We wish all of our student-athletes all the best with the eXperience Tour and Showdown matches that kick-off next week. We have no you all make your teammates, your coaches, your family, your friends and YOURSELVES proud.

Charlie Chaplin once stated that "*We think too much and feel too little*". We think too much about what could lie ahead and forget to absorb those good and bad moments that made us who we are today. These little moments are in fact the exact lessons we can

reflect on. As coined by John Maxwell, "*reflection turns experience into insight*". Every experience, every moment we face is a lesson – some positive lessons, and some not-so-positive lessons.

So, I encourage you to take some time now to ponder the year that was. And while we can rely on social media for an algorithmic yearly wrap of everything that we were brave enough to post about, it is also important to reflect back on those moments that were not always shared publicly. In today's ever-changing world, the demand to adapt to whatever life throws our way has never been higher, and 2022 has been a year filled with adaptations and changes. Whether you experienced successes beyond your wildest dreams or became a stronger person for the hardships you endured: reflect on it all. Discover what you take away from 2022, and then use it to make 2023 even better.

I challenge you all to ask yourself the following questions:

- How did I grow in the past year?
- What was the single biggest challenge I overcame?
- Who needs to be acknowledged in my life?
- What were my most memorable, stand-out moments?
- Pick three words you would use to describe this year?
- What was the best thing I learned?
- What am I most grateful for?
- What was my single biggest time waster this year?
- Name a song that would be the soundtrack to 2022.
- Name the year. "2022 is the year of..."

As the end of 2022 and the beginning of 2023 is fast approaching, we are so grateful for every experience and opportunity that has come our way over this past year. We look ahead with enthusiasm and optimism for what the new year has in store for us. Working together with you all – student-athletes, parents, guardians and sponsors - this past year has been an absolute pleasure and we are so proud of all that each student-athletes has achieved.

From the UXi Sport family, we wish you all a blessed, relaxing and safe festive season. We can't wait to be back out on the field on the 9th of January 2023 to finish off the High Performance Rugby Program – but until then, enjoy the well-deserved time off!

~ The UXi Sport Team

From the Desk of the

UXi SPORT C.O.O.

Shine Like a **Diamond!**

We have been through the motions of anxiously watching a Springbok team delivering us two out of four international wins over the past few weeks!

What stands out for us is “**FLYING KURT-LEE ARENDSSE**” who never fails to disappoint when it comes to scoring those fast-footed tries. We watch this absolutely wonderful player that once wore a WESTERN PROVINCE RUGBY ACADEMY jersey, and we are so proud! Not only because of his exceptional achievements, but more importantly because Kurt-Lee rose to fame from a place of his belief in his DREAMS to play for the Springboks one day.

Kurt-Lee did not get his great moment from schoolboy rugby, when so many other players got awarded their junior contracts and bursaries. He decided to further his development as a player at the WPRA and worked, worked, worked and sacrificed under a lot of pressure with a program, mentors and coaches. He did not give up when things got too tough and earned a bursary at UWC by the end of 2018, which boosted his rugby career to Varsity Cup. From there the Blue Bulls offered Kurt-Lee his first senior contract, and the rest is beautiful history that we get to enjoy every time Kurt-Lee gets his hands on a ball.

It reminds me of how DIAMONDS are formed.

“Simply put, diamond formation occurs when carbon deposits deep within the earth are subject to high temperature and pressure”.

There is the magic words “high temperature” and “pressure”. These words both spell uncomfortable and difficult. Is this not what it truly means to achieve something meaningful in life? Nothing worthwhile comes easy, a lot of pressure, a lot of discomfort brings the biggest growth imaginable! But sometimes we give up too easy to get back into comfort zones, because we don’t like confronting the pain or discomfort that comes from making sacrifices and holding on when you feel like you simply can’t anymore! We get discouraged when not selected or when other’s words tell us we are “not good enough”!

Can anyone be a diamond? Most diamonds are found 90 to 125 miles below the surface. That is very deep. And in this I find the answer, it depends on how deep and far you are willing to go to endure the pressure and temperatures that will ultimately form you into that DIAMOND you were born to be.

This might not translate into every player becoming a Springbok, but DIAMONDS are also our future coaches, business leaders, fathers, and community leaders. ENDURE, HANG-IN, DON’T GIVE UP and BREAK THROUGH THE PAIN are my challenges to every player in our UXi Rugby Institute group.

DARE YOURSELF TO SHINE LIKE A DIAMOND! Because you CAN if you just keep on going!



~ Thea Miller



From the Desk of the

PROGRAMME MANAGER

Feedback From The Month

The Pumas Rugby Institute successfully hosted a “Talent Identification testing day” at Leeuwenhof Akademie and Training Science in Bedfordview, Johannesburg. It was a great success and we loved getting to meet the many talented young rugby players who joined us. We would like to extend our sincere gratitude to the parents, players, the management of Training Science and Leeuwenhof Akademie in making this day possible.

The PRI student-athletes have been putting in the hard yards and giving their all in their field and gym training sessions. Knowing that the UXi eXperience Tour is just around the corner, excitement levels are at an all-time high! With the much-anticipated CLASH OF THE INSTITUTES in Stellenbosch just over a week away the PRI players and coaches are busy with their final preparations to compete against their counterparts from Bloemfontein and Cape Town.

The eXperience tour will be very competitive but give the players the opportunity to continue Rugby’s tradition of camaraderie and forming new friendships. This year-end tour to Cape Town is always something exciting for our student-athletes and coaches to look forward to and work towards, and we truly feel that it is the best way to end off a tough year.

We wish our student-athletes all the best at the eXperience Tour – we have no doubt that they will go above and beyond!

~ Fernando Penschaw



From the **FIELD**

Feedback From The Month

The quite unexpected rainfall during some of the November days made our on-field sessions very interesting and took the heat edge somewhat off. Having some cooler days in the midst of all the heat had a positive effect on the all-round approach of the student-athletes. Our sessions got a little more intense with the contact preparations and perfect planning to the centre stage as some niggles could derail the positive prep. Luckily our S&C Coach was on top of his game and the contact sessions gave us the much-needed physical field time.

The student-athletes enjoyed a little action cricket challenge where the backs came up against the forwards in a winner take all battle. The backs were crowned kings on the day but there is still an independent audit to be done on match-fixing claims...lol. Nonetheless the fun was very contagious, and we saw some proper cricket being played. Back on the field our focus intensified to get preparation on track for the 2022 eXperience Tour and Showdowns. More individual sessions were scheduled to work on positional targets and the team started its focus on applying the game strategy.

Moving into the last part of the 2022 season and awaiting the showdown battles, the student-athletes are focussing on their gym prep and all-round fundamentals. The student-athletes have been putting in the hard yards to develop themselves and take their game to another level. All the various facets of the general game needs attention and student-athletes are working very hard to bring all the components together. Up to know it has been a privilege to work with these young men and in this short space see them grow and develop, not just on the field but off it.

We are looking forward to making some positive noise in Stellenbosch and giving the student-athletes the opportunity that they have long worked very hard for! All of the best from the field...

~ Fanie Kotze

From the **FIELD**





From the GYM

Feedback From The Month

We had a tough but very fruitful November thus far. All the student-athletes are looking forward to the intern-Institute eXperience Tour and Showdowns next week – the buzz on campus is undeniable! We are currently busy with our final fitness and strength testing for the year, and we look forward to seeing how the student-athletes have improved throughout the course of 2022.

Challenges Faced

Being based in the Lowveld means that we will always experience some challenges when it comes to the weather, especially in the sweltering summer season. We had some much-needed rain in the area, but this meant that we had to welcome some high humidity levels as well. High humidity levels can be very dangerous when paired with high levels of physical activity, therefore we placed a massive emphasis on player welfare regarding hydration. Due to the increased levels of perspiration, we had to ensure that the student-athletes were taking in enough fluids and electrolytes to compensate for their increased perspiration. You as parents, guardians and sponsors can be 100% certain that we will always look after the student-athletes, physically, emotionally and mentally.

Positives to Take Away

The positivity and vibe surrounding the eXperience Tour to Cape Town next week certainly had a massive positive effect on the student-athletes, from a morale and training perspective. The training intensity is high, and the student-athletes are all in good spirits. We cannot wait to see how the Pumas Rugby Institute performs in the tour SHOWDOWNS!

What to Look Forward to

eXperience Tour and its iconic Showdowns loading...

All of our energy and time has been going into getting and being prepared for the eXperience Tour Showdown games in December! We cannot wait to get down to Stellenbosch to show the other two UXi Rugby Institute what we as the Pumas Rugby Institute can do! I truly believe that this is a fitting way to end off the 2022 year. Watch out WP Rugby Academy and Cheetahs Institute of Excellence - the Pumas Rugby Institute are ready!

~ Jannie Ferreira



HEART



Feedback From The Month

This month in our UXi Life classes, we covered some exciting new topics, specifically:

Purpose, Desire, Vision, Knack & Initiative.

Personally, I really had the most fun with the topic "*purpose*". It was great to climb into the meaning of what it really means to find your real purpose in life as a sportsman and a human being. We dove into asking ourselves the difficult questions about our lives and determining what we are here on earth to do and how we plan on living out our purpose.

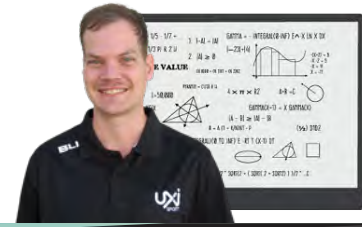
The student-athletes are motivated, determined and ready for the showdowns that are fast-approaching them! They have really been working hard to get to their highest level of performance before taking on the Cheetahs Institute of Excellence and the Western Province Rugby Academy.

I do believe that as we approach the end of the year, the brains can start to slip into "holiday-mode" already, and it can be a struggle to remain focused. However, it is not holiday time yet - it's **CRUNCH TIME!** In our case I am proud of our PRI student-athletes for still being so on top of it and pushing themselves to the limits mentally.

Cape Town here we come!

~ Hennie Skorbinski

DATA SCIENTIST



Wellness Awards

“At the UXi Rugby Institutes, we understand the holistic demands that a student-athlete requires, in order to perform at an optimal level. It is nearly impossible to be a High Performance athlete, if you do not live a high performance lifestyle. Our UXi National Data Scientist, Dr Steve den Hollander, meticulously tracks our players’ wellness levels through daily

wellness reports. The players need to honestly report on how they are feeling OFF of the field, to ensure that they can play optimally ON the field. Awards are based on ‘Daily Wellness Reports’, which are completed by the athletes themselves.”

PRI

WPRA

CIE



Most Consistent



Etienne Bates



Tinashe Gowere



Serentius Reed



Best Sleep



Hugo Meiring



Johannes Verdoes



Francois Booysen



Best Mood



Ulrich Helling



Johannes Verdoes



Francois Booysen



Least Stressed



Ulrich Helling



Breyton Rossouw



Francois Booysen



Least Fatigued



Ulrich Helling



Johannes Verdoes



Barend Janse van Rensburg



Most Ready To Train



Ulrich Helling



Deacon Ruiters



Barend Janse van Rensburg



“eXperience Tour Players to Watch”

“The eXperience tour is around the corner, for some of you, you may find yourself at the game watching your son represent their institute and for some you may be watching online through our live stream. Whichever way you are able to watch the game, we thought it may be useful to highlight some the standout players from each institute. In the graphics below we have reported the top performing player from each institute under 4 different categories, namely, points scored, carries per 80 min, tackle per 80 min, and breakdown arrivals per 80 min. The reason we use a per 80 minutes rating is so that we can compare players

stats from different games irrespective of how many minutes they played. For example, if Player X, played 40 minutes, we can compare his per 80 score to Player Y, who played 60 minutes. If you had to use total carries for example, it would favor players with more game time.”

There are 4 categories of players to watch:

1. **Top Point Scorers to Watch**
2. **Top Ball Carriers to Watch**
3. **Top Tacklers to Watch**
4. **Top Breakdown Players to Watch**


Top Points Scorers to watch



Rayven Adams
CIE Institute **2** Tries
12.70
 Points per 80min



Ethan Bester
WPRA Institute **0** Tries
11.20
 Points per 80min



Thato Gololo
PRI Institute **5** Tries
9.66
 Points per 80min


Top Ball Carriers to watch



Keran Valentyn
CIE Institute **81%** Effectiveness
12.70
 Carries per 80min



Johannes Verdoes
WPRA Institute **92%** Effectiveness
11.84
 Points per 80min



Samuel Klinkert
PRI Institute **63%** Effectiveness
5.59
 Points per 80min


Top Tacklers to watch



G. van der Merwe
CIE Institute **75%** Tackle Completion
14.99
 Tackles per 80min



Lutho Nkangana
WPRA Institute **75%** Tackle Completion
14.05
 Tackles per 80min




Udo Cilliers
PRI Institute **80%** Tackle Completion
8.16
 Points per 80min


Top Breakdown Players to watch



Chad Hare
WPRA Institute **90%** BD Effectiveness
19.05
 Attacking BD per 80min



JJ Fourie
CIE Institute **48%** BD Effectiveness
16.06
 Attacking BD per 80min



Jacques van Aardt
PRI Institute **87%** BD Effectiveness
8.16
 Attacking BD per 80min

It's time for the

eXperience

of the Year!

UXI-EXPERIENCE TOUR

2022

9-13th December



W.P. RUGBY
ACADEMY



TOYOTA
CHEETAHS
INSTITUTE
OF EXCELLENCE



PUMAS
INSTITUTE

SHOWDOWNS

Mark it in your calendars - it's almost time for the annual UXi eXperience Tour Cape Town 2022! Time is flying by, and in less than a week's time from now the UXi Western Province Rugby Academy (WPRA) will welcome the UXi Cheetahs Institute of Excellence (CIE) and the UXi Pumas Rugby Institute (PRI) to sunny Cape Town, where these 3 powerhouses will be going head-to-head...to-head...in an epic series of SHOWDOWNS across 3 match days.

The UXi Western Province Rugby Academy will welcome the UXi Cheetahs Institute of Excellence and the UXi Pumas Rugby Institute to the mother city: sunny Cape Town. Here, these 3 powerhouses will be going head-to-head...to-head...in an epic series of SHOWDOWNS across 3 match days.

The tour will involve a combination of matches, training and recreational activities. For many players, this will be the first time that they swim in the ocean or see the mountains - so this is certainly going to be an eXciting opportunity!

The dates are set. The accommodation is ready. The buses are revving their engines. The live stream channels are ready to roll. The pitches are mowed. The staff are eager, and the players are HUNGRY for this FANTASTIC RUGBY OPPORTUNITY! Last years' eXperience Tour was exhilarating and electrifying – we have no doubt that this year will be even better.

ORDER OF PLAY

DAY 1: 9th December	DAY 2: 11th December	DAY 3: 13th December
09h30 CIE vs WPRA 2	09h00 WPRA 1 vs WPRA 2	09h30 PRI vs WPRA 2
11h15 PRI vs WPRA 1	10h45 CIE vs PRI	11h15 CIE vs WPRA 1

All matches will be taking place at Stellenbosch High School / Hoërskool Stellenbosch

PHOTOSHOOT

All students, playing and non-playing, will be required to attend a photoshoot on Monday the 12th of December, whereby professional player photos will be taken. These photos will be used in the player CVs and reports. It is vital that all students attend their designated timeslot and wear the required attire.

Attire: Institute training jerseys, Institute black training shorts, rugby togs

Training Jerseys - WPRA: blue stripes - CIE: full orange swirl - PRI: pink splatter

09h00 – 10h00 WP Rugby Academy (Aaron A. – Joshua A.)
10h00 – 11h00 WP Rugby Academy (Kian V.V. – Xavier D.B.)
11h00 – 12h00 Cheetahs Institute of Excellence
12h00 – 13h00 Pumas Rugby Institute

We encourage supporters to attend the match days, but if you are unable to attend, all matches will be live streamed to ensure that you don't miss a single second of the action. Tour details, travel plans and packing lists have already been communicated with all students, parents, guardians and sponsors. However, if you still have any further questions or concerns, please feel free to contact us.

We look forward to welcoming you all to sunny Stellenbosch – we have no doubt that these 5 days will create lifelong memories! It is finally time for the...UXi Rugby Institutes Showdowns through the **UXi eXperience tour – Cape Town 2022!**

Time For Awards!



The rugby competition season has come and gone, and with that comes the much-anticipated team and club Awards Evenings. These evenings are the perfect way to wrap up the rugby season that has passed and celebrate the successes of those players who have really shone on the rugby field.

Congratulations to the following UXi Pumas Rugby Institute student-athletes who received the following awards at their various Team/Club Rugby Awards Evenings.

MRU Pumas u/21

Jacques van Aardt

Forward of the Year

Nelspruit Rugby Club

Ruben Behrens

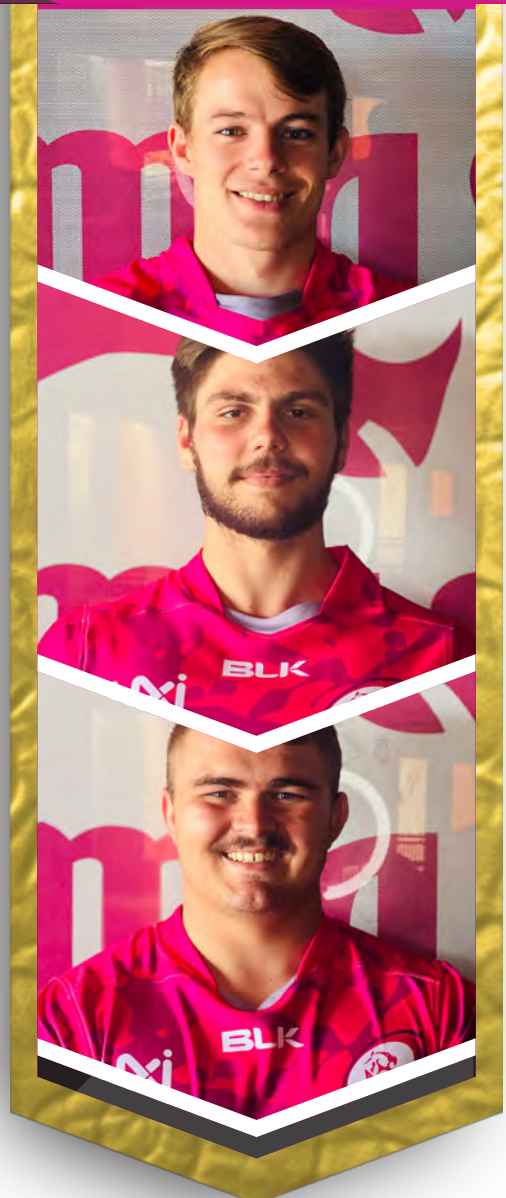
Top Point Scorer

Whiteriver Rugby Club

Delarey Swart

1st Team Junior Player Award

Congratulations to these 3 student-athletes on these eXtraordinary achievements. We are eXtremely proud of you all!



Pumas RI Talent Identification

TESTING DAY

Not even the bad weather could withhold the STORM in these young men's hearts to obtain an opportunity to fulfill their dreams! On Saturday the 12th of November, our UXi PRI coaches made their way to Leeuwenhof Akademie & Training Science in Johannesburg to testing some of Gauteng's finest young athletes.

Players, ranging from u/17, u/18 and u/19, from all over the province joined our Testing Day in attempt to earn themselves a 50% bursary to the Pumas Rugby

Institute! The Testing Day included a variety of on-field and strength and conditioning testing batteries that had to be completed.

Despite it bucketing down with rain on the day, young hopeful athletes still showed up and gave the session their all. Regardless of the gloomy weather, the UXi Pumas Rugby Institute Testing Day was full of fire! We are so proud of these young men and hope to see many of them putting on a Pumas Rugby Institute jersey in the very near future.



Coach Donovan continues to excel



Donovan Richards is a 1st year student-coach at the Pumas Rugby Institute, and he has already proven that he is coaching force to be reckoned with. Coach Donovan has been coaching this year at **Laerskool Nelspruit**, and his u/12 rugby teams recently took part in the Marieskop 7's Tournament in Hoedspruit. The u/12 teams participated in the u/13 tournament and performed brilliantly despite competing in the higher age group.

After only 8 months in the UXi High Performance Coaching Programme, Coach Donovan has grown exponentially as a coach and a young man. We have no doubt that Coach Donovan has a very successful coaching career ahead of him.

We look forward to seeing the greatness he achieves as he dives even further into the UXi Coaching Programme.

Well done Donovan on all that you have achieved thus far – we are so proud of your hard work, dedication and perseverance. Thank you to our Pumas Rugby Institute coaches who have helped mentor and develop Donovan and his skills.



Auf Wiedersehen Delarey!



UXi Pumas Rugby Institute 1st year student, Delarey Swart, jetsetted off to Germany for some international rugby eXperience. Delarey wore the black and white zebra stripes of **TSV Victoria Linden e.V.** Rugby in Hanover, Germany for 2 weeks.

Founded in 1900, the TSV Victoria Linden is a German rugby union club from the Linden suburb of Hanover, one of the centres of German rugby. Currently playing in the Rugby-Bundesliga, the club is Germany's record rugby union champion with 20 titles!

Last year, two of our PRI student-athletes also made the trip to Germany to play in the black and white stripes. Arno Smit and Janrico Vermeulen spent 3 months in Hanover last year playing for TSV Victoria Linden. They both described their time at the club as “the best experience” of their lives.

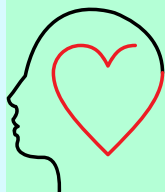


Arno Smit & Janrico Vermeulen
(PRI 2021) at TSV Victoria
Linden last year.

Delarey arrived back in sunny South Africa on the 29th of November; he brought back with him a wealth of German-rugby knowledge and many new experiences and memories that will last a lifetime.

Delarey, we are so proud of you. We know that this was an absolutely incredible opportunity for you. We hope that you enjoyed every second of your time in Hanover, and welcome back to the place of the rising sun!





Wellness *with Ali*



6 Ways Athletes Mentally Prepare For Competition

Focus is important. Without it, it will be challenging to remember what you've practiced during physical workouts. Learning to manage stress properly can help improve your mental game when it's time to compete.

1. Focus On Technique

If you become consumed thinking about winning or losing, you'll get distracted from the actions you need to perform physically. It's important to learn to ignore the factors that you don't have control over and focus on the controllables.

2. Understand How Stress Can Benefit You

Heading into competition, you may feel stressed. Recognize stress as something that can work for you or against you. A small amount of stress can help benefit your performance by energizing you and giving you a rush of adrenaline.

3. Visualize Your Performance

Many talented athletes practice visualization before a competition. They envision potential scenarios that they could potentially encounter and determine how they will respond.

4. Pick The Right Pre-Event Environment

Some people like to get pumped up by listening to loud, fast-paced music. Others feed off of encouragement from their fans. Some choose to find a quiet space and listen to calming music, or meditate. Find out which method works best for you.

5. Practice Positive Self Talk

The narrative in your head before competition should be mindful and purposeful. Set yourself up for success by talking through the event in a positive way.

6. Self Awareness

It's good to be in touch with yourself. Understand how you typically respond to certain stress triggers and create a plan for dealing with them.

In conclusion, Preparation can make all the difference when it comes time to compete.

GOOD LUCK FOR
THE SHOWDOWN!



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

NOVEMBER

RUGBY SKILLS Player of the Month

S&C / GYM Player of the Month

ABOVE & BEYOND Player of the Month

Cheetahs Institute of Excellence



Barend Janse van Rensburg



Johann Strydom



Tylor May

Pumas Rugby Institute



Ruben Behrens



Samuel Klinkert



Robert Masamba

Western Province Rugby Academy



John-Will Swarts



Owen Hawanga



Ruben Verdoes



Rugby Recipes Rock!



Chocolate Peanut Butter Baked Oats

Serves: 1
Time: 20 min

NUTRITIONALS:
Per Single Serving (excluding *additional PB)

KCAL 428 | PROTEIN 37G | CARBS 37G | FAT 15G

INGREDIENTS:

- ¼ cup Oats
- 30g Chocolate Protein Powder
- 1 Tbsp Flour
- ½ tsp Baking Powder
- ½ Banana (mashed)
- 1 Egg
- 1 tsp Almond Milk
- 1 Tbsp Peanut Butter
- Small handful of dark choc chips
- *Extra Peanut Butter for topping

METHOD:

1. Preheat your oven to 180°C.
2. Start by blending the oats in a blender to form a flour.
3. To the blender, add the chocolate protein powder, plain flour, baking powder, banana, egg, almond milk and peanut butter. Blend until smooth.
**Note: you can also do this in a bowl and stir to combine.*
4. Stir through the choc chips, leaving a few to put on top.
5. Spray an **oven proof** small ramekin/bowl with spray and cook, and transfer the mixture into the dish and top with the remaining choc chips.
6. Bake for 12-15 minutes or until completely cooked through.
7. To serve, drizzle some more peanut butter on top & enjoy!

BLK 2nd & 3rd Year KIT ORDERS!

Are you going into your 2nd or 3rd year at the UXi Rugby Institutes, and want to order **ADDITIONAL** Institute 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 now via UXi Sport!

To place your order, please download the **ORDER FORM** below and follow the following process:

— Complete the **ORDER FORM** by filling in your item quantities and sizes

— Your order **TOTAL** will appear at the bottom of your order form - pay this amount to the account details on the bottom of the form

— Send your **PROOF OF PAYMENT** and **ORDER FORM** to AlastairT@sport.uxi.edu.za

— Your order is now **PLACED!**

CLICK HERE here to download the 2nd and 3rd Year BLK Kit Order Form!



HAPPY HOLIDAYS!

DURING THIS SEASON, OUR WISH FOR YOU IS:

**MAY YOUR HOME BE FILLED WITH TOGETHERNESS,
YOUR HEART BE FILLED WITH LOVE,
AND YOUR SOUL BE FILLED WITH SONG.**

**MAY YOU CELEBRATE THE BEAUTY
THAT LIES WITHIN YOU
AND SURROUNDS YOU.**

**MAY YOU SEE GREAT POSSIBILITY
THROUGH EVERY DOORWAY,
AND EVERY SMILE.**

**MAY YOUR MEMORIES SPARK THOUGHTS
OF HAPPY TIMES
AND LESSONS LEARNED.**

**MAY YOU APPRECIATE LIFE
FOR ALL THAT IT HAS GIVEN YOU
AND ALL THAT IT HAS IN STORE FOR YOUR FUTURE.**

FROM:

**UXI SPORT & PUMAS RUGBY INSTITUTE
MANAGEMENT, COACHES AND STAFF!**

