



JENNY VAN DYK HAS CAPTURED ALL THREE OF SA'S MAJOR NETBALL TITLES IN ONE SEASON

COACH'S CORNER

BACKGROUND

'I'm 34 years old, and was born and bred in Pretoria. My school coaches, Elana Erasmus at LS Villieria and Olga Smith at HS Oos-Moot, spurred my passion for coaching when I was still a young player. They made it fun and I fell in love with the game from that point. In 2001 I started coaching school

teams as a first-year sport psychology student and TuksNetball player. In 2006 I started coaching the Tuks and Tshwane U19 teams. Two years later I coached the Tuks Jongspan and Tshwane U21 teams that won SA Champs for three consecutive years. In 2011 I became the head of the programme and head coach of TuksNetball, and then took over the Tshwane senior side and the Jaguars from 2013.'

Games in Angola 2016 and was also an analyst for the SPAR Proteas during the 2015 Diamond Challenge.'

THIS SEASON

'What a season! A great return on investment, for sure. I became the first netball coach in South Africa to win all three major championships in the space of 12 months. The moment that started this insane drive for gold was the AUSC Region 5 Games, where we won against a stronger-than-usual Botswana team in the finals in Angola, under extreme circumstances. This season I've coached the Brutal Fruit National Netball Premier League champions, the Jaguars, and won the SPAR National Netball Championships and Varsity Netball Championships.'

STATE OF COACHING

'Netball SA made a smart move when it appointed Australia's Norma Plummer as the Proteas coach. She has been a valuable asset. We have brilliant coaches in South Africa because we don't have it easy. We all want to see SA in the top three in the future, so we work long hours to make a difference. Competitions like Brutal Fruit and Varsity Netball have made it possible for all top coaches to gain more experience faster and that's what we need.'

THE WAY FORWARD

'Eat, sleep and repeat, repeat, repeat ... for us this is only the beginning. As a coach I would like to challenge myself even more. The next thing I want is to apply as coach of the Baby Proteas.'

A TYPICAL WEEK DAY

5:30-7am	Rise and shine
7-7:30am	Breakfast
8-8:30am	Depart to Tuks
9-12pm	Individual or combination session
12pm	Lunch and meeting with manager
1-3pm	Match analysis
3-3:30pm	Player meetings (if needed)
3:30-4:30pm	Planning for next day's strategy
4:30-5:30pm	Shooter session
5:30-7:30pm	Team training
8pm	Arrive home for family time
9pm	Late dinner
11pm	Bed

REG CALDECOTT

INTERNATIONAL EXPERIENCE

'I was named as assistant "shadow" coach for the SPAR Protea team for the Sanzea Quad Series [SA, New Zealand, England and Australia] in January 2017. I also coached the SPAR Baby Proteas team to a 3-0 victory in the Wales Test series in April 2016. I was an analyst for the SPAR Baby Proteas for the African Qualifiers in July 2016, technical adviser for the SA University Team for the World University Netball Championships in July 2016, SA U20 coach for the Region 5



TEAM SA 95

