



## Season's greetings!

I write this in some disbelief as the curtain comes down on what can best be described as stormy hockey season. The pandemic wreaked havoc on our beloved sport as well as the rest of our lives. "New normal" became a catchphrase in 2020 and we certainly started 2021 extremely anxious for us as individuals and teams. Although the season was not without its challenges, I would like to thank and commend each and every one of you for the resilience you have shown throughout the year. I would also like to extend TuksHockey condolences to all those who have experienced pain and grief as a result of COVID 19, we will come back stronger than ever from this ordeal!

There were some spectacular performances on the field of play in 2021 with the highlight being TuksHockey being strongly represented at the Olympic games, congratulations to all those selected. The men and women's Junior world cup are fast approaching with TuksHockey once again well represented in both these teams. Good luck to all those participating in India and Potchefstroom respectively. TuksHockey men and women won their respective USSA A section tournaments for the first time in our history, a truly rare achievement for any University at A section level. This was the fourth USSA title in a row for the Tuks 1 Women. On the local front there were some special performances in the Northern league with both first teams dominating the premier league and a notable performance from the TuksHockey Youth girls earning promotion into the premier league in 2022. The Tuks Masters men also won their league, a title that has eluded us for some time, well done gentlemen.

The TuksSport Sports Awards were recently hosted in hybrid format and it proved to be a special night for TuksHockey with Sihle Ntuli winning TuksSport coach of the year, Tuks 1 Women winning Team of the year, Phumelela Mbande winning Sport personality of the year and Marizen Marais and Samkelo Mvimbi receiving nominations for Student Sportswoman and Sportsman of the year respectively. This year we unfortunately could not host the TuksHockey year-end function and awards evening, however those individuals who performed at a high level within their teams will still be recognized and will be given their trophies separately. In the section of club awards, it must be noted that we will acknowledge a group of players who have given 5 or more years of service to TuksHockey, thank you for all the wonderful memories and dedication.

# 2021 TuksSport Annual Colours and Awards



**Sihle Ntuli**

**Coach of the Year (Team Sports) Winner**



**TuksHockey**  
JSSA Women's Team

**Sports Team of the Year Winner**



**Phumelela Mbande**

**Sport Personality of the Year Winner**

## National representatives:

### Senior Women

1. Phumelela Mbande
2. Marizen Marais
3. Lerato Mahole
4. Onthatile Zulu
5. Edith Molikoe

Assistant Coach:  
Inky Zondi

### Senior Men

1. Nduduzo Lembethe
2. Samkelo Mvimbi
3. Nqobile Ntuli

Assistant Coach: Sihle Ntuli

### u/21 Women

1. Onthatile Zulu
2. Jean-Leigh du Toit
3. Edith Molikoe
4. Hanrie Louw
5. Amelie Claasen

Head Coach: Sihle Ntuli

### u/21 Men

1. Guy Morgan (Captain)
2. Jared Campbell (Vice Captain)
3. Matthew Dewar
4. Trevor de Lora
5. Cody Posthumus
6. Sihle Ngcongco
7. Senzwesihle Ngubane
8. Joshua Davie
9. Cameron le Forestier

## Provincial representatives:

- |                           |                   |
|---------------------------|-------------------|
| 1. Thandokazi Chithi      | 5. Kutlwano May   |
| 2. Maikemisetso Marokoane | 6. Amelie Claasen |
| 3. Anrize Smit            | 7. Xanthe van Zyl |
| 4. Emmere Steenkamp       |                   |

Lastly, I would like to thank the TuksHockey staff for their incredible and sometimes unbelievable tenacity shown at every turn this year, the club is indeed lucky to have such a dedicated group of people at the helm.

We look forward to 2022 with a sense of renewed vigour and hope but we must continue to be vigilant and use the vaccine as the best means of returning to a form of normality going forward.

Good luck to all those who are writing exams and have a blessed, safe festive season. Warmest thoughts and best wishes for a wonderful holiday and a Happy New Year!

Yours in hockey, Inky Zondi  
TuksHockey: Head of Programme



**2021 Men's FIH Hockey Junior World Cup**

Cameron le Forestier  
Cody Posthumus  
Guy Morgan (**CAPTAIN**)  
Jared Campbell (**VICE-CAPTAIN**)  
Joshua Davies  
Matt Dewar  
Senzwesihle Ngubane  
Sihle Ngcongco  
Trevor de Lora

**TuksHockey**  **TuksSport**

## u/21 Men



## u/21 Women

*Edith Molikoe, Hanrie Louw, Jean-Leigh du Toit and Onthatile Zulu*



# 2020 Tokyo Olympians



Edith Molikoe



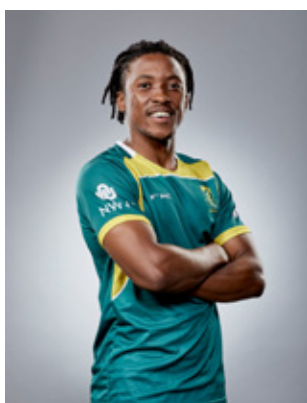
Lerato Mohale



Marizen Marais



Nduduzo Lembethe



Nqobile Ntuli



Onthatile Zulu



Phumelela Mbande



Samkelo Mvimbi

## TuksHockey

# 2021 Award Winners

### Most Valuable Player

Onthatile Zulu: 1<sup>st</sup> Women  
Meeghan Scheffer: 2<sup>nd</sup> Women  
Guy Morgan: 1<sup>st</sup> Men  
Anthony Glutz: 2<sup>nd</sup> Men  
Nicola Meyer: Youth Girls

### Most Improved Player

Hanrie Louw: 1<sup>st</sup> Women  
Kgodisho Tema: 2<sup>nd</sup> Women  
Cameron le Forestier: 1<sup>st</sup> Men  
Matthew Veenstra: 2<sup>nd</sup> Men  
Lienka Els: Youth Girls

### Player of the Year

Marizen Marais: Women  
Samkelo Mvimbi: Men

### Coach of the Year

Micaela Roos

### Team of the Year

TuksYouth Girls

### Recognition Award

Megan Anderson  
Meeghan Scheffer  
Marizen Marais  
Matthew Davies



# Samkelo Mvimbi appreciates the challenge to set up scoring opportunities on the astroturf

July 09, 2021

Author: Wilhelm De Swardt



The one guaranteed way to get Samkelo Mvimbi's adrenaline pumping is to give him a hockey stick and tell him a team's honour is at stake.

It is why the 22-year-old cannot wait to go to Tokyo, representing South Africa at the Olympic Games. Ever since he took up hockey, his dream was to test his skills against the world's best. Finally, it will be a reality when South Africa plays Great Britain in the group stages of the field hockey tournament in Tokyo. South Africa is in Group B with Great Britain, Netherlands, Belgium, Canada and Germany.

As a midfielder/centre-link, Mvimbi lives for the moment the opposition's defence is caught off-guard, and the ball hits the back of the net. To him, it does not matter who scores as long as it is a teammate.

"Hockey is about what is best for the team. I am not obsessed with personal statistics. If the team wins, I win. I see my role as being a link between the defenders and the strikers. The aim is never to pass the ball only for the sake of doing so. There needs to be a plan with each pass. I like to take the game forward, setting up scoring opportunities."

Mvimbi debuted in 2019 for the Proteas's senior side, playing against Namibia. Up to now, he has 14 caps to his name. When asked whether he has scored many goals for the Proteas, the Tuks player laughs.

"I guess the jury is still out as to whether I have or have not. My name flashed on the scoreboard in the recent series against Namibia as having scored a goal, but I am unsure if my stick guided the ball into the net. But I am not going to question the scorers."

Mvimbi has no worries as to the challenge that awaits him and his teammates in Tokyo.

"We are definitely perceived to be the underdogs. Sort of 'amateurs' taking on the professionals. As players, we had ample time to discuss how our Olympic campaign might play out. We promised each other that we are not going to Tokyo to make up the numbers.

"Our aim is to try and qualify for the quarterfinals. If we do, who knows what might happen then. The reality, however, is that we shall need to be on top of our game each time we take to the Astroturf."

The Tuks student-athlete was not always a hockey player. His first love used to be trying to outfox opponents with fancy footwork in football games, but things changed when he enrolled at Oakhill School in Knysna. It could be said that he had fallen in love with the game the first time he dribbled the ball past an opponent. He is, however, still a passionate Liverpool supporter.





# Lerato Mahole's mom advice is the reason why she is now an Olympian

July 23, 2021

Author: Wilhelm De Swardt



When Lerato Mahole was still young, her mom would often say to her, "Bophelo ke ntwa".

In the Tswana language, it means life is a fight and struggle. It inspired Mahole to always work that little bit harder no matter what she does. That is why she might make her Olympic debut on Saturday in Tokyo when the South Africa women's national field hockey team take on Ireland.

If she gets to play, Mahole sees it sort of as "fools rushing where angels fear to tread". The 21-year-old, Civil Engineering student at Tuks has never played for the senior national team.

"It might be a blessing in disguise. As I don't know what to expect. I am just going to play as I usually would. I like being aggressive. Taking the game to the opponents hoping it will force them to make mistakes," says Mahole, who plays on the defensive.

When she was young, it was football that got Mahole's adrenaline pumping. She never missed out on any opportunity to kick the ball around. In her estimate, she was pretty good.

"I mostly played with the boys. On any good day, I could out 'dribble' the best. Unfortunately, growing up in Klerksdorp, there was no opportunity for girls to play seriously. Someone suggested that I take up hockey as it is basically the same as

playing football with a 'stick'. I immediately loved it, especially since I got the opportunity to play competitively."

It did not take long before Mahole's dribbling skills, and fancy footwork got noticed. As a result, she ended up being selected for the South Africa under-18 and under-21 national teams.

"A question I get asked ever so often is if I still play football. When I say, no people tend to be astonished. But I still watch a lot of football. I am a big fan of Lionel Messi. It is genuinely inspiring to watch him play," the Tuks based player said.

Messi is on record saying, "I never think about the play or visualize anything. I do what comes to me at that moment. Instinct. It has always been that way."

It is something Mahole strives to do every time she takes to the Astro turf.

The Tuks hockey player has no hesitation in saying her mom, Mpho is her role model.

"My mom is truly inspirational. She is highly independent. She stands up literally to anyone and for everything she believes in. From when I can remember, she has been telling me never to buckle down in what is traditionally a men's world. Her advice is always 'fight for what you want in life'."

# Studying to be a doctor helps Matt Dewar to perform better when he is on the turf

September 21, 2021

Author: Wilhelm De Swardt



Matt Dewar will be a medical doctor four years from now, but before he seriously starts to treat patients, the Tuks student has some unfinished business to settle on the Astro turf.

For now, it is to help Tuks win the USSA Hockey Tournament at Wits. Afterwards, he will be playing for the South African under-21 team. His long term goal is to play for the Proteas at the Olympic Games or the World Hockey World Cup.

Dewar admits studying to be a doctor and playing hockey can be challenging, but he does not mind.

"It is about finding a balance between sport and your studies. The plan is to play as much hockey as I can while working hard on my studies simultaneously. I need to do both. Hockey helps me become a better student while my studies enable me to be more focused on the Astro turf."

It is no surprise that Dewar is passionate about hockey. When he was still a 'laaitie', he was on the sidelines watching his dad, Andrew, play hockey. In the end, dad's heroics convinced him to also take up a 'stick' and chase after hockey balls as well.

"What I like about hockey is that it is such a fast and intense game that requires much conditioning. You also need particular skills to do what needs to be done to win games. I enjoy playing for different teams learning new things from different coaches."

Playing as a midfielder, Dewar considers his best attributes as being a team player and a good communicator. To him, it will always be about giving 100%. It does not matter whether it is during training or a game.

Therefore it is no surprise that he considers the former Australian hockey captain, Mark Knowles, as a role model.

"I try and compare myself as to how he played hockey and conducted himself on and off the field because I think I am in a very similar position as to where he was when he started out.

"I am also a big admirer of Roger Federer just for the way he conducted himself on and off the court. Despite all he had achieved, he remains humble. I will also always be grateful to my dad for his guidance. Often he is the one who encourages me to work harder."

According to Dewar, the past two years have not been easy because of the Covid Pandemic.

"We did not get to play as often as we would have liked. But all credit to our coach Sigz Ntuli who has continuously worked on finding ways to make our training exciting and keep us motivated."

Ntuli must have done something right as nine of the Tuks players have been selected to play for the South African under-21 team during the interprovincial tournament in Cape Town. While Sam Mvimbi represented South Africa at the Tokyo Olympic Games.

Tuks's first game on Thursday at Wits is against Maties.





Tokyo 2020  
Olympian,  
Onthatile Zulu,  
with a final shoot  
for Tuks women's  
team to win the  
USSA Hockey  
Championships title

September 28, 2021  
Author: Wilhelm De Swardt

To win any title in any sport is considered an outstanding achievement; to win twice on the same day in the same sport is impressive. The Tuks Hockey teams were impressive at Wits.

Possible for the first time, the Tuks men's and women's teams were crowned USSA champions on the same day.

The Tuks women were involved in a humdinger against Maties. At full time the teams were level on 2-all. It meant there had to be a penalty shootout to decide who wins. Tuks won 4-3. The Tokyo 2020 Olympian, Onthatile Zulu, clinched the game for Tuks with the final shoot.

Tuks men's team were dominant from the start against Varsity College (Durban), winning five-nil in the final.

Interestingly, Inky Zondi and Sihle Ntuli were assistant coaches for South Africa's national sides during the Tokyo 2020 Olympic Games in Japan.

Zondi, who is the Head of Programme & Head Coach at Tuks Hockey, described it as a great day for the Tuks Sport Club.

"It was special to win in what we call the return to university hockey for us. We will hold these victories to our heart as the last 18 months had genuinely been challenging due to the Covid Pandemic."

Zondi heads the Tuks women's team said each of his players impressed him during the tournament.

"So, winning the final is a just reward for the effort they had put in."

There is a saying about "cometh the hour, cometh the man". Judging by Zulu's performance during the final, it won't be wrong to say "cometh the hour, cometh the woman". She was the one who levelled the scores to force a penalty shootout. Then she scored the winning goal.

It is not the first time that the 21-year-old, Zulu, stepped up playing for Tuks. She was the Player of the Tournament when making her debut for Tuks in Varsity hockey in 2019.

Playing as a striker Zulu is not one to claim personal glory.

"It is the midfielders who actually make us as strikers look good as they are the ones setting up scoring opportunities. Our only challenge is to be in the right spaces to capitalize on the scoring chances."

Zulu played four games for South Africa at the Tokyo 2020 Olympics. According to her, none of her achievements as a hockey player would have been possible if it was not for her mom, Francina.

"My mother is a huge role model to me. She had to work hard for everything she had achieved. If it was not for that, I would not be able to play hockey. She made my goals possible by believing in me from the start.

"The most important thing she taught me is that through perseverance, you can do anything."



## Interim Head Coach Appointment

12 November 2021

Author Bhekani Ndebele

Congratulations to TuksHockey Head of Programme and Head Coach, on being appointed the Interim Head Coach of the South African women's national field hockey team.

"I feel excited and I am looking forward to the opportunity. This appointment means a lot to me. It is certainly one of the goals I have had in my coaching career. So it is great to be here."

He served as an assistant coach of the national women's team at the 2020 Tokyo Olympics in Japan. Zondi will be in charge of the national team at the 2022 Women's Hockey Africa Cup of Nations, which will be held from 17-23 January in Accra, Ghana.

On what did he learn at the 2020 Olympic Games?

"We learned that the game is progressing at a rapid rate and we must keep working hard in order to keep up with the teams that we eventually would like to play at the 2022 Women's FIH Hockey World Cup should we qualify."





# TuksHockey Junior Coaching

Book your  
one on one  
coaching session  
**NOW!**



**TuksSport**

TuksHockey Astro is compliant with the SA Hockey Return to Play Operational Guidelines and current gazetted regulatory protocols.

Sessions will be booked on a first come first serve basis, book now to avoid disappointments. Provide 2 preferred dates and time, **NO WEEKENDS.**

R250 Registration Fee  
1 Hour Session  
R300 Per Player  
R350 Per Goalkeeper

**For more information please contact:**  
TuksHockey Office  
Email: [tukshockey@gmail.com](mailto:tukshockey@gmail.com)  
TuksHockey Office, Hillcrest Sports Campus, Pretoria

# TuksHockey HEROES WEAR MASKS !

**Mask: R65 each**

Custom Made  
TuksHockey  
Masks  
For Sale

**Mug: R65 each  
Mask & Mug: R100**



Orders: [tukshockey@gmail.com](mailto:tukshockey@gmail.com)

## 2022 Trials:

### Men's New Member Trials

21 February 2022 @ 17:30-21:00

### Women's New Member Trials

23 February 2022 @17:30-21:00

### Youth Girls Trials

25 February 2022 @ 17:30 - 19:30

## Who do I contact?

### Club Manager

Tebogo Kgarume

Tel: +27 (0)12 420 6065

E-Mail: [tebogo.kgarume@up.ac.za](mailto:tebogo.kgarume@up.ac.za)

### Administrator

Kgothatso Maboea

Tel: +27 (0)12 420 6156

E-Mail: [tukshockey@gmail.com](mailto:tukshockey@gmail.com)

E-Mail: [kgothatso.maboea@up.ac.za](mailto:kgothatso.maboea@up.ac.za)



**TECHNOMOBI** CO.ZA



# Happy Holidays